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EPISODE 1 - CARIBBEAN BANANA SOUP

Ingredients for 6 serves:

1 litre coconut milk
500 ml chicken stock
2 tsp fish sauce
3 tbsp lime juice
2 tsp green curry paste
50g butter
1 tbsp grated ginger
1 tsp coriander powder
1 tsp turmeric
2 tsp brown sugar
2 tsp salt
6 ripe bananas
1 large onion
2 or 3 cloves of garlic
spring onions to garnish

Method:

Peel and chop the onion and garlic.
Chop the white parts of the spring onions.
Finely slice the green bits diagonally for the garnish.
Peel and grate a large piece of ginger.
Peel and cut the bananas into chunks.

Melt the butter over medium heat in a large saucepan and add the onions and the white parts of the spring onions.
Sauté for about 3 minutes or until glassy.
Add the ginger and garlic and cook for a further minute or so.
Add the turmeric and coriander and stir through.
Add the curry paste and stir through.
Add the bananas and stir through continuously for about 5 minutes.
One after the other, add coconut milk, chicken stock, sugar, salt, fish sauce and lime juice.
Bring to the boil.
Mix everything with a hand blender until creamy smooth.
Garnish with the sliced spring onions.