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EPISODE 37 - BEETROOT SOUP WITH THE BARBECUE SAUCE COLA

Ingredients for 2 serves:

1 tbsp olive oil
1 onion small
1 tsp chopped garlic
1 tsp grated ginger
4 small beetroots
4 tbsp The Barbecue Sauce Cola
500 ml chicken stock
200 ml coconut milk
Salt & Pepper

100 g Chicken thigh meat
2 tbsp Orange juice
2 tbsp The Barbecue Sauce Cola

Yoghurt and chives to garnish

Method:

Fry the onion, Garlic and ginger in olive oil till glassy
Add "The Barbecue Sauce Cola" and stir through
Add the beetroots and stir through
Deglaze with the chicken stock
Bring to the boil
Add the beetroot and stir through
Purée with a hand mixer until almost completely creamy
Add the coconut milk and stir through
Salt and pepper to taste
Fry the chopped chicken meat in a bit of olive oil
When nicely cooked, deglaze with a dash of orange juice
Once the orange juice has evaporated add "The Barbecue Sauce Cola" and stir through
Serve with a spoonful of coconut yoghurt or coconut cream and the caramelised chicken bits
Garnish with some chopped chives