

Salt and Serenity

Broccoli Coconut Soup

Serves 4-6

1 Tablespoon safflower or other neutral oil
4 large shallots, peeled and roughly chopped
2 large cloves garlic, grated on a microplaner
1 teaspoon kosher salt
¼ teaspoon black pepper
1 jalapeno, seeded and finely diced (optional)
2 medium sized heads of broccoli, florets cut into 2-inch pieces, stalk peeled and sliced across into ½ inch pieces (you should end up with just over 4 cups chopped broccoli)
1 cup full fat coconut milk
3 cups chicken or vegetable stock or water
3 cups washed baby spinach leaves
¼ cup cilantro leaves, stems still attached is ok (optional)

Garnishes: (any or all)

Toasted coconut flakes
Crispy fried onions or shallots
Thinly sliced green onion
Whole spinach leaves
Blanched broccoli florets

1. Heat oil in a large heavy bottomed pot over medium heat. Add shallots and cook, stirring occasionally, until the shallots are soft and translucent, about 5-7 minutes. If the shallots start to stick to bottom of pot and brown too quickly, add ¼ cup of water to halt the burning.
2. Add garlic, salt, pepper and jalapeno, if using. Stir well and cook for another minute. Add chopped broccoli, coconut milk and stock or water. Stir well. Bring to a boil and then reduce heat to low. Cover pot and simmer soup for about 15-20 minutes, until broccoli is quite tender.
3. Add spinach and cilantro and stir. Remove pot from heat. Let soup sit for about 15 minutes to cool slightly.
4. Carefully transfer about 1/3 of the soup to a blender. Make sure lid is on tight. Start on low speed and gradually increase speed. Puree soup until creamy. Transfer soup to a clean container and repeat with the remaining soup, in 2 more batches. Taste soup for seasoning.
5. Serve with any or all of the suggested garnishes. Soup will keep in the fridge for about 3 days or it can be frozen for up to 3 months.