

CURRIED RED LENTIL SOUP WITH GARLIC NAAN CRISP

PAIRED WITH 2022 SYRAH SLIDE MOUNTAIN | YIELDS 4-6 SERVINGS

CURRIED RED LENTIL SOUP INGREDIENTS

2 Tbsp Coconut Oil or Ghee
1 cup Onion, small dice
3 cloves Garlic, minced
1 Tbsp fresh Ginger, minced
2 tsp Curry Powder
½ tsp Turmeric
1 tsp Kashmiri Chili Powder
(or 1 tsp paprika and a pinch of cayenne)
1 tsp Garam Masala (added at the end)
1 cup Red Lentils, rinsed

1 can diced Tomatoes, 14.5 oz
4 cups Vegetable Broth
1 cup Coconut Milk
Kosher Salt and Black Pepper, to taste
Juice of ½ Lemon
1 Tbsp fresh Cilantro, chopped
¼ cup Coconut Flakes, unsweetened,
toasted
2 Tbsp Shallots, sliced, fried
Toasted Garlic Naan Bread

METHOD

1. Heat oil/ghee in a pot over medium heat.
2. Add onion and cook until lightly golden.
3. Add garlic and ginger; cook until fragrant.
4. Add curry powder, turmeric, and chili powder. Stir for 30–45 seconds to bloom the spice oils.
5. Stir in red lentils to coat them in the spice mixture. Add tomatoes and broth and bring to a gentle boil.
6. Reduce heat, cover, and simmer 20–25 minutes, stirring occasionally.
7. Stir in coconut milk and garam masala and bring to a simmer for 10-15 minutes.
8. Finish with lemon juice, salt, and pepper to taste.
9. Serve garnished with cilantro, toasted coconut, fried shallots, and garlic naan.