



CURRIED RED LENTIL SOUP WITH GARLIC NAAN CRISP

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

CURRIED RED LENTIL SOUP INGREDIENTS

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| 2 Tbsp Coconut Oil or Ghee | 1 can diced Tomatoes, 14.5 oz |
| 1 cup Onion, small dice | 4 cups Vegetable Broth |
| 3 cloves Garlic, minced | 1 cup Coconut Milk |
| 1 Tbsp fresh Ginger, minced | Kosher Salt and Black Pepper, to taste |
| 2 tsp Curry Powder | Juice of ½ Lemon |
| ½ tsp Turmeric | 1 Tbsp fresh Cilantro, chopped |
| 1 tsp Kashmiri Chili Powder | ¼ cup Coconut Flakes, unsweetened, toasted |
| <i>(or 1 tsp paprika and a pinch of cayenne)</i> | 2 Tbsp Shallots, sliced, fried |
| 1 tsp Garam Masala <i>(added at the end)</i> | Toasted Garlic Naan Bread |
| 1 cup Red Lentils, rinsed | |

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.