

*Choras
Amici*

*We eat very well at every rehearsal
Weekend! – Soups and cheese at lunch,
then 3 or 4 of these mains and desserts
delight up to 24 of us in the evening
- thank you so much, Wendy!*



Aunty Wendy's recipes

Beetroot and coconut soup

Serves 4-6

500g cooked beetroot (no vinegar)

1 litre vegetable stock

200g block creamed coconut

4 cloves garlic

1tsp ground cumin

Juice of half a lemon

Coarsely chop the beetroot

Bring the vegetable stock to the boil and add the creamed coconut. Stir until dissolved.

Place the beetroot, garlic, cumin, lemon zest and juice into a blender with about 200ml of stock. Blend until smooth.

Add the beetroot puree to the simmering coconut stock. Bring to the boil and simmer for 10 minutes.

(This is a great little 'canape' for an elegant dinner when serve in a shot glass . . .)