



Yield: Serves 4-6

Shakarkandi

Shorba

Indian Spiced Sweet Potato Soup

Ingredients:

- 2 lbs Sweet Potatoes (**Sakarkandi**) - peeled and cut into 1/2 - 3/4 inch 'cubes'
- 1 medium Onion (**Pyaz**) - diced
- 2 inch piece Fresh Turmeric (**Haldi**) - grated into a paste
- 5 cloves Fresh Garlic (**Leh-sun**) - grated into a paste
- 1/2 inch piece Fresh Ginger (**Adrak**) - grated into a paste
- 1 Can (15 oz) Unsweetened Coconut Milk (**Nariyal ka Doodh**)
- 2 Cups Vegetable Stock
- 2 Tbs Oil - divided (can use coconut, olive, grape seed, or canola oil)
- 1 Tbs **Garam Masala**
- 1 tsp Kosher Salt (**Namak**) or to taste
- 3/4 tsp Cumin Powder (**Jeera**)

-OPTIONAL GARNISH-

- Fresh Coriander Leaves (**Dhania Patta**) - chopped
- Roasted, Unsalted Cashews (**Kaju**) - chopped
- A sprinkle of Grated, Unsweetened Coconut (**Nariyal**)
- A drizzle of additional Coconut Milk (**Nariyal ka Doodh**)

Preparation:

- 1) Heat 1 Tbs of the oil in a large pan, wok, or kadahi over medium high heat until shimmering
- 2) Once oil is hot, add sweet potato and sauté until lightly browned (apx 5-7 minutes)
- 3) Add onion and continue to sauté for 3 minutes
- 4) Add turmeric, ginger, and garlic to the pan and continue to sauté for another 2-3 minutes or until the raw garlic smell is gone
- 5) Sprinkle the garam masala, cumin powder, and salt over the top and sauté for another 30 seconds to a minute
- 6) Add the vegetable stock and thoroughly combine - Bring to a Boil
- 7) Once boil has been achieved, cover the pot and reduce heat to a simmer - Allow to simmer until sweet potato is fork tender (apx 10-12 minutes)
- 8) Remove from heat and, using an immersion blender* purée until smooth
- 9) Add coconut milk and thoroughly combine
- 10) Return to heat and bring back to a simmer - Adjust seasoning
- 11) Serve hot garnished as desired along with idli, dosa, steamed basmati rice, or as part of any Indian meal

* Transfer to a blender (in batches if necessary) as alternative