



BENGAL LANCERS' SOUP

This recipe is not mine, I found it in my [New Covent Garden Soup Co's book - Soup and Beyond](#) I've been making this soup for years. It's an amazing recipe book, many of the recipes have become my "go to" staples as they always work and are well researched.

Ingredients

225g red lentils, rinsed well
3 tablespoons groundnut oil (can substitute with olive or sunflower oils)
1 large onion, finely sliced
1 large green chill and one large red chilli, deseeded and finely chopped
15g fresh ginger, peeled and finely chopped
1 clove of garlic, crushed
1 teaspoon of ground turmeric
1 teaspoon ground coriander
1 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
275ml chicken or vegetable stock
2 large tomatoes, chopped
100ml coconut milk
1 teaspoon salt
1 desert spoon tamarind puree (I don't use this as I can't find it in Portugal)
15g fresh coriander, chopped
To garnish (optional) natural yoghurt

Method

- Put the lentils into a saucepan and pour in water to cover by 4cm. Bring to the boil and simmer fairly rapidly for 10 minutes, stirring from time to time and skimming away any scum from the surface. Remove from the heat, cover tightly and set aside.
- While the lentils are cooking heat the oil and fry the onions over a moderate heat, stirring, for about 15 - 20 minutes until golden brown.
- Reduce the heat and stir in the green and red chills, ginger and garlic. Cook gently, covered, for 3 minutes. Stir in the turmeric, coriander, cumin and black pepper and cook gently for 2 minutes, stirring.
- Add the stock, lentils, tomatoes, coconut milk, salt and tamarind puree and stir well. Increase the heat and bring almost, but not quite to the boil.
- Cool a little then blend in a liquidiser until the soup is smooth. Reheat the soup, stirring, until almost at boiling point.
- Remove from the heat and stir in the chopped coriander. Garnish with a spoonful of natural yoghurt and serve with warm bread.

Notes

Serves 4, preparation time 20 minutes, cooking time 40 minutes