

## epicurious

### Curried Lentil, Tomato, and Coconut Soup

BY YOTAM OTTOLENGHI BON APPÉTIT DECEMBER 2017



This recipe calls for medium curry powder, but it's flexible. If the one you have is mild or very spicy, adjust the heat level with more, or less, red pepper flakes.

**YIELD:** 4 servings

#### INGREDIENTS

- 2 tablespoons virgin coconut oil or extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 (2 1/2") piece ginger, peeled, finely grated
- 1 tablespoon medium curry powder (such as S&B)
- 1/4 teaspoon crushed red pepper flakes
- 3/4 cup red lentils
- 1 (14.5-ounce) can crushed tomatoes
- 1/2 cup finely chopped cilantro, plus leaves with tender stems for serving
- Kosher salt, freshly ground pepper
- 1 (13.5-ounce) can unsweetened coconut milk, shaken well
- Lime wedges (for serving)

#### PREPARATION

Heat oil in a medium saucepan over medium. Cook onion, stirring often, until softened and golden brown, 8–10 minutes. Add garlic, ginger, curry powder, and red pepper flakes and cook, stirring, until fragrant, about 2 minutes. Add lentils and cook, stirring, 1 minute. Add tomatoes, ½ cup cilantro, a generous pinch of salt, and 2½ cups water; season with pepper. Set aside ¼ cup coconut milk for serving and add remaining coconut milk to saucepan. Bring mixture to a boil; reduce heat and simmer gently, stirring occasionally, until lentils are soft but not mushy, 20–25 minutes. Season soup with more salt and pepper if needed.

To serve, divide soup among bowls. Drizzle with reserved coconut milk and top with more cilantro. Serve with lime wedges.

Roger Kohn, November 2019, Asian Theme

This is a very easy soup to make.

- Red lentils are important - they soften more than other lentils.
- I learned when we were in Thailand to use the cilantro leaves **and Stems**.
- Many people use the whole can of coconut milk - adding the last bit at the end is just for show.
- I use seedless red pepper flakes.