



## TURNIP, CARROT AND KAMO KAMO SOUP

**Season:** Autumn  
**From the garden:** Turnip, kamo kamo  
**Type:** Dinner  
**Difficulty:** Easy  
**Country of origin:**  
**Serves:** 6 serves or 30 tastes  
**Source:** [infinebalance.com](http://infinebalance.com)

### Equipment

- \*chopping board and knife
- \*measuring cups and spoons
- \*large saucepan
- \*mixing bowls and spoon
- \*wooden spoon
- \*blender

### Ingredients

- \*3 small turnips (around 3 cups when diced)
- \*2 large carrots
- \* $\frac{1}{2}$  small kamo kamo (around 3 cups when diced)
- \*1 onion
- \*4 stock cubes dissolved in 4 cups of water
- \* $\frac{1}{2}$  tsp cinnamon
- \*1 tsp ground cumin
- \* $\frac{1}{4}$  tsp chilli powder
- \*1 tsp salt
- \*pepper to taste
- \*1 cup coconut cream
- \*a little oil for frying

### Method

1. peel the kamo kamo, remove the seeds and chop into small pieces
2. chop the turnip and carrot into similar sized pieces

**3.slice the onion**

**4.heat a little oil in the saucepan and cook the onion until softened**

**5.measure the spices into the saucepan and fry for a little longer**

**6.add the chopped vegetables and stock into the saucepan, put a lid on and bring the soup to a boil**

**7.let the soup simmer for around 30 minutes until the vegetables are soft**

**8.transfer the soup to a blender (do that in batches if necessary) and blend**

**9.return the soup to the pot and add in the coconut cream**

**10.warm the soup before serving and adjust the seasoning if necessary**

**Notes: The vegetables can be precooked in the microwave or oven to soften before cutting**

**Skills: *measuring, chopping, blending***