

Walkabout Ridge

CRAB, COCONUT AND CILANTRO SOUP

INGREDIENTS:

2 TABLESPOONS OLIVE OIL
1 ONION, FINELY CHOPPED
1 CELERY STICK, FINELY CHOPPED
2 GARLIC CLOVES, CRUSHED
1 FRESH RED CHILE, SEEDED AND CHOPPED
1 LARGE TOMATO, PEELED AND CHOPPED
3 TABLESPOONS CHOPPED FRESH CILANTRO
4 CUPS FRESH CRAB OR FISH STOCK
1 ¼ LBS CRAB MEAT
1 CUP COCONUT MILK
2 TABLESPOONS PALM OIL
JUICE OF 1 LIME
SALT
HOT CHILI OIL AND LIME WEDGES, TO SERVE

HEAT THE OLIVE OIL IN A PAN OVER A LOW HEAT. STIR IN THE ONION AND CELERY, AND SAUTE GENTLY FOR 5 MINUTES, UNTIL SOFTENED AND TRANSLUCENT. STIR IN THE GARLIC AND CHILE AND COOK FOR A FURTHER 2 MINUTES.

ADD THE TOMATO AND HALF THE CILANTRO AND INCREASE THE HEAT. COOK, STIRRING, FOR 3 MINUTES, THEN ADD THE STOCK. BRING TO THE BOIL, THEN SIMMER FOR 5 MINUTES. STIR THE CRAB, COCONUT MILK AND PALM OIL INTO THE PAN AND SIMMER OVER A VERY LOW HEAT FOR A FURTHER 5 MINUTES. ADD WATER IF TOO THICK.

STIR IN THE LIME JUICE AND REMAINING CILANTRO, THEN SEASON WITH SALT TO TASTE. SERVE IN HEATED BOWLS WITH THE CHILI OIL AND LIME WEDGES ON THE SIDE.

ENJOY!!