

Curried Apple Soup- Laurel Hardin

This soup is great for using parts of the ingredients that you might normally toss in the garbage (or your compost bin).

Stock: Ingredients: peels and cores from apples (used below), skins from onions and garlic (see below), 2 cinnamon sticks, 2 ½ c. apple juice, 2 ½ c. water.

Put all ingredients in a kettle and boil gently, covered partly, about 45 min. Let stand about 1 hour and then strain back into kettle.

Soup: Mix together 3 T. Flour, 1 t. @ dry mustard, turmeric, ground cumin, ground coriander, ¼ t. @ ground cloves, and cayenne pepper.

Mix together 1 c. @ (2c. total) sour cream and yogurt (or any proportion of one or the other). Let come to room temp.

In a heavy skillet, saute 3 T. butter, ½ t. fresh grated ginger, 2 med. cloves minced garlic, 1 ½ c. chopped onion and a dash of salt for about a minute.

Add 4 heaping c. peeled & chopped apples (any kind except delicious), 1 t. salt, stirring well for 5 minutes. Then add lemon juice and sprinkle in the Flour and dry spice mixture stirring constantly. Cover and cook 8-10 min. on low heat, stirring occasionally. Turn off heat and rest about 10 min.

Puree the mix in skillet with stock in batches of about 1/3. Return to kettle and whisk in yogurt/sour cream. DO NOT HEAT OR COOK ANY MORE.

Serve either cold or heated over low heat, or in microwave. You may top with toasted almond slivers.