



Beetroot soup with hibiscus and coconut crisps



To prepare the soup

Heat the oil in a large saucepan and fry the onion, garlic, ginger and coriander seeds for around 5 minutes while stirring. Add the hibiscus powder and beetroot, then fry for another 5 minutes at medium heat. Then pour over the vegetable stock, coconut milk and beetroot juice, add salt and leave to simmer for 30 minutes. Add the basil and blend the soup. Strain through a fine sieve.

Chutney preparation

To make the coconut chutney, blend all ingredients apart from the coconut flakes and then mix with the coconut flakes.

Coconut crisps preparation

Use a mandolin to cut the coconut into strips around 1 mm thick. Wet the strips with a little beetroot juice and spread them onto a baking tray covered with baking paper. Dry on the hot air setting at 90 °C for one hour.

Rezept für 4

Ingredients for the soup

2 tbsp. oil
2 red onions, peeled and diced
2 cloves of garlic, peeled and chopped
2 tbsp. ginger, chopped
1/2 tsp. coriander seeds
1 tsp. hibiscus powder
500 g beetroot
5 dl vegetable stock
5 dl coconut milk
5 dl beetroot juice
Salt
1 handful of red basil leaves

Chutney ingredients

1 clove of garlic, peeled and diced
3 tbsp. lemon juice
4 tbsp. beetroot juice
2 tbsp. red basil, finely chopped
1 tsp. sugar
2 tbsp. ginger, chopped
50 g coconut flakes

Coconut crisps ingredients

1 coconut, husk removed
Some beetroot juice



Anrichten

To finish

Serve the soup into bowls and add the coconut crisps and chutney on the top.

Coconut crisps cooking level

Preheated

1 hour | Hot air setting at 90 °C