

PAPAYA CORN SOUP

BEST FOR

- Morning Detox Drink
- Breakfast

- Lunch
- Mid-Meal

- Dinner
- An Occasional Treat

We use green papaya in this soup, which is simply the unripe versions of regular papaya. Green papaya might sound unfamiliar in a soup, but it creates a beautiful symphony of flavors with the lemongrass, ginger and coconut.

INGREDIENTS

SERVES 2, MAKES 1400 ml

Soup Base

- 3 cups peeled & chopped green papaya (approximately 1 small green papaya)
- ½ small green chili, chopped
- 2 teaspoons coriander seeds
- 1 teaspoon chopped ginger
- 1½ tablespoons chopped lemongrass stalks
- 2 ¼ cups water
- 1½ tablespoon lemon juice
- 2 teaspoons rock salt
- 2 cups coconut milk

Topping

- ¼ cup corn, boiled
- ¼ cup chopped coriander

PRE-PREPARATION

Prepare coconut milk as mentioned on page 40.

METHOD

1. Steam the papaya until it is soft.
2. Meanwhile, take a shallow pan and dry roast the green chili, coriander seeds, ginger and lemongrass together. Add ¼ cup water and let them cook together for 2-3 minutes, till the flavours are soaked in.
3. Place this spice mixture in a blender along with the steamed papaya, 2 cups water, lemon juice and salt. Blend until absolutely smooth.
4. Right before serving, add coconut milk to the soup. Stir well.
5. Top with corn and coriander and serve (Do not re-heat before serving).

Tip The papaya used is not the soft, ripe and orangey one, but the unripened green papaya, which is firm, green on the outside and white on the inside.