

Spiced tomato and coconut soup

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Gordon Ramsay's version of a spicy South Indian tomato soup, from his book accompanying the Channel 4 series, Gordon's Great Escape

- Serves: 4
- Prep time: 15 mins
- Cooking time: 45 mins
- Total time: 1 hr
- Skill level: Bit of effort
- Costs: Mid-price

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- Spice level: Medium
- Make in advance

Ingredients

For this soup, it is better to use cheap cooking tomatoes that are flavourful but slightly sour, as this provides an astringency to balance the slightly sweet and creamy coconut milk.

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- 500g tomatoes
- 2 tbsp vegetable oil
- 1 large onion, peeled and chopped
- 2.5cm ginger, peeled and chopped
- 2 large garlic cloves, peeled and chopped
- Sea salt and freshly ground black pepper
- 2 red chillies, deseeded and finely chopped
- ½ tsp dried fenugreek, crushed with a pinch of salt (optional)
- 1 bay leaf
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 100g tomato pure
- 400ml tin coconut milk
- Pinch of sugar (optional)

- 1 tbsp coconut or vegetable oil
- 1 tsp cumin seeds
- Pinch of asafoetida (optional)
- Handful of coriander leaves and
- 2tbsp toasted flaked coconut, to garnish (optional)

Method

1. Bring a pan of water to the boil. Lightly score a cross at the top and base of each tomato then lower them into the boiling water for 15-20 seconds. Remove with a slotted spoon and refresh in a bowl of iced water. Once cooled, peel off the skins of the tomato and roughly chop the flesh. Set aside.
2. Heat the oil in a medium saucepan and add the onion, ginger and garlic. Add a pinch of salt and some pepper and sweat for 4-5 mins until the onion begins to soften. Add the chillies, fenugreek, bay leaf, turmeric and cumin and cook for another 3-4 mins.
3. Tip in the chopped tomatoes and tomato pure and stir well.
4. Pour in the coconut milk and use the tin to measure out an equal amount of water. Add this to the pan and bring to a simmer. Cook gently for about 15-20 mins until the tomatoes are very soft and have broken down.
5. Pure the soup using a stick blender (or an ordinary one) and if you want a really smooth result, push the pure through a fine sieve into a clean pan.
6. Season well to taste with salt and black pepper, adding a pinch of sugar if it tastes too acidic from the tomatoes. If you prefer a thinner soup, dilute it with some boiling water and adjust the seasoning.
7. When you are ready to serve, reheat the soup. In a small saucepan, heat the coconut or vegetable oil and add the cumin seeds and asafoetida, if using.
8. As they begin to pop, take the pan off the heat and pour the spiced oil into the tomato soup. Stir well.
9. Ladle into warm bowls and garnish with coriander leaves and toasted flaked coconut, if you wish. Serve immediately.

This recipe is taken from Gordon Ramsay's Great Escape, published by Harper Collins, priced £25, available from [Amazon](#)

Gordon's Great Escape series starts Monday 18th - 20th January 2010, on Channel 4 at 9pm

By Gordon Ramsay

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Nutritional information

Guideline Daily Amount for 2,000 calories per day are: 70g fat, 20g saturated fat, 90g sugar, 6g salt.

<http://www.goodtoknow.co.uk/recipes/439211/Spiced-tomato-and-coconut-soup>