

A Recipe from Staveley

A number of people who were on the Rangitata field trip on Monday expressed interest in a recipe for the soup they enjoyed at their lunch stop.

Thai Corn Chowder

2 T olive oil
1 onion diced
2 cloves garlic sliced
3 cm ginger sliced
1 t ground coriander
1 t ground cumin
½ red, green or yellow pepper diced
1 tin creamed corn
1 tin diced tomato or use fresh
1 tin coconut cream
1½ t sweet chilli sauce
brown sugar, salt and pepper to taste
thin with a little water

Heat oil in saucepan. Add onion and cook for 2 minutes. Add garlic and ginger, then coriander, cumin and pepper. When flavours have been released add the rest of ingredients. Garnish - fresh coriander, shredded carrots or sliced red pepper.

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