

COURGETTE SOUP WITH CURRY



INGREDIENTS

10 

- 2,5 courgettes
- 50 g Bresc Garlic chopped
- 100 g shallots, chopped
- 50 g Bresc Lemongrass Puree
- 75 g Bresc Madras
- 50 g Bresc WOKginger
- 1,3 l vegetable stock
- 1,3 l cream
- 50 g chives, chopped
- 25 g coriander, chopped
- 1 sweet potato

USED BRESC PRODUCTS



Garlic chopped 1000g



Garlic chopped 450g



Ginger & lime WOK 450g



Lemongrass puree 450g



Madras 450g

PREPARATION METHOD

Chop the courgettes into pieces but put some aside, which should be chopped finely for garnishing; fry the remainder well, add the garlic, shallot, lemongrass, ginger and the Madras and braise them with the courgettes. Add the cream and the stock and bring to the boil. In the meantime, dice the sweet potatoes and cook until al dente, then drain and allow to dry in their own steam. Gently cook the courgette until it is tender, then puree the soup. Fill the bowls with the soup, vegetables, chives and coriander.