

# Creamy Red Lentil Soup with Spiced Chili Oil, Herbed Crème Fraiche & Toasted Coconut Flakes

Serves 10

## INGREDIENTS

### Red Lentil Soup:

2 Tbsp olive oil  
2 medium onion, finely chopped  
4 garlic cloves, finely chopped  
4" piece of ginger, peeled & finely grated  
6 kefir lime leaves  
8" piece lemongrass, crushed  
2 Tbsp medium curry powder  
2 cups red lentils  
30 oz canned tomatoes, crushed  
30 oz canned unsweetened coconut milk, shaken  
6 cups water

### Spiced Chili Oil:

2 tbsp olive oil  
2 shallots, chopped  
1 garlic clove, coarsely chopped  
1 tsp fresh ginger, peeled and coarsely chopped  
½ red chili, coarsely chopped  
1 star anise pod  
2 tsp curry powder  
1 tsp tomato paste

½ cup + 2 Tbsp olive oil  
½ lemon, zested  
Kosher salt & pepper

### Herbed Crème Fraiche:

½ cup crème fraiche  
1 ½ tbsp fresh chives, finely chopped  
1 Tbsp fresh basil, finely chopped  
1 Tbsp fresh mint, finely chopped  
2 tsp olive oil  
Salt & pepper

### Coconut Flakes:

½ cup unsweetened coconut flakes

## METHOD

### For the Red Lentil Soup:

Heat the olive oil in a large pot over medium heat. Add the onion, season generously with salt and pepper, and cook until softened and golden brown, 8–10 minutes. Add the garlic, ginger, lime leaves, lemongrass, and curry powder and cook until fragrant, about 2 minutes. Add the lentils and cook for 1 minute before adding the tomatoes and water; season with salt. Add the coconut milk and bring the mixture to a boil; reduce the heat and simmer gently until the lentils are soft but not mushy, 20–25 minutes. Season soup with salt and pepper to taste. Remove the lime leaves and lemongrass. Using an immersion blender, blend soup slightly.

### For the Spiced Chili Oil:

Heat 2 tbsp of the oil in a small saucepan. Add the shallot, garlic, chili, star anise, and curry powder and cook over low heat for 5 minutes, or until the shallot is softened. Add the tomato paste and cook for 2 minutes. Add in the remaining oil and lemon zest and simmer for 15 minutes. Allow to cool before straining through a cheesecloth-lined sieve.

### For the Herbed Crème Fraiche:

Note: If you cannot find crème fraiche, strain ½ cup of sour cream over a fine mesh sieve lined with cheesecloth for 30 minutes-1 hour. This will allow excess moisture to drip out, leaving a very thick sour cream.

In a medium bowl, mix together all of the ingredients. Season with salt and pepper to taste.

### For the coconut flakes:

In a wide skillet, toast the coconut flakes over medium heat, stirring often with a wooden spoon. Once they are golden brown, remove from the heat and allow to cool before serving.