

• INGBRETSSEN'S FAMILY RECIPES •

YELLOW PEA COCONUT CURRY

INGREDIENTS -

2 TABLESPOONS VEGETABLE OIL
1 RED ONION, CHOPPED (ABOUT ¾ CUP)
3 CLOVES GARLIC, SMASHED
2 TABLESPOONS FRESH GINGER, GRATED
2 TO 3 TABLESPOONS PREPARED THAI
RED CURRY PASTE
1 TEASPOON EACH SALT AND PEPPER
3 CARROTS, CHOPPED
1 LARGE RUSSET OR YUKON POTATO,
CHOPPED
16 OUNCES YELLOW PEAS (IF USING
WHOLE PEAS, SOAK IN COLD WATER
OVERNIGHT AND DRAIN BEFORE USING)
8 CUPS LOW-SODIUM CHICKEN OR
VEGETABLE BROTH
15 OUNCE-CAN COCONUT MILK
JUICE FROM HALF ORANGE

SERVES 6 TO 8 -

ADD OIL TO LARGE STOCKPOT ON MEDIUM-HIGH HEAT; ADD ONIONS AND SAUTÉ
UNTIL TRANSLUCENT, ABOUT 5 MINUTES.
STIR IN GARLIC, GINGER, AND CURRY PASTE AND COOK AN ADDITIONAL 30 SECOND
TO A MINUTE. ADD SALT, PEPPER, CARROTS, POTATO, PEAS, AND BROTH.
INCREASE HEAT IF NECESSARY TO BRING SOUP TO A SIMMER; COVER AND COOK
UNTIL PEAS ARE TENDER; ABOUT 45 TO 60 MINUTES FOR SPLIT PEAS, 90 MINUTES
FOR WHOLE. CHECK SOUP OCCASIONALLY AND STIR, ADDING A FEW CUPS OF WATER
IF SOUP BECOMES TOO THICK.

USE AN IMMERSION BLENDER OR FOOD PROCESSOR TO PUREE SOUP.
RETURN TO HEAT AND ADD COCONUT MILK AND ORANGE JUICE.
HEAT THOROUGHLY. GARNISH WITH CILANTRO-LIME-YOGURT, LINGONBERRY
PRESERVES, AND CRISPED LEFSE STRIPS*. SERVE WITH HOT SAUCE ON THE SIDE.

*TO CRISP LEFSE: CUT LEFSE INTO THIN STRIPS. DEEP FRY IN VEGETABLE OIL
(AT 350 DEGREES) FOR 1 MINUTE. ALTERNATIVELY: COAT WITH NON-STICK SPRAY AND
BAKE IN A 350 DEGREE OVEN FOR ABOUT 10 MINUTES, TURNING ONCE.

FOR GARNISH -

8 OUNCES UNFLAVORED GREEK YOGURT
2 TABLESPOONS MINCED CILANTRO -
PLUS MORE FOR TOPPING
ZEST FROM HALF A LIME PLUS
1 TABLESPOON LIME JUICE
PINCH OF CUMIN

LEFSE CRISPS*
1 TO 2 JALAPENOS, SLICED THIN
LINGONBERRY PRESERVES

• WHISK TOGETHER YOGURT, CILANTRO,
LIME ZEST AND JUICE, AND CUMIN.

Vær så god!

RECIPE BY PATRICE JOHNSON