

Bell Pepper Soup

Category: Soup

Servings: 4

Rating: 10

Source: Best American Recipes 2000

Description:

A great starter for Kashmiri leg of lamb main course. Make the soup a day ahead to blend the flavours. Use various coloured peppers for a different colour and taste.

This recipe makes enough for four, but not with large portions.

Ingredients:

olive oil	2 tablespoons
shallot	2 large, chopped
garlic	2 cloves, chopped
red bell pepper	4 medium, seeded and coarsely chopped
carrot	2 medium, sliced
chicken broth	2 cups
pear	one whole, chopped (use tinned pear as a substitute)
Sea salt	1/4 teaspoon
cayenne pepper	1/8 teaspoon (reduce for less spicy)
orange juice	optional, to taste
sour cream	served individually
cilantro	served individually

Instructions:

Sauté the bell peppers, shallots, garlic, and carrot in the olive oil, covered, until softened but not browned, about 15 minutes. Add the broth and pear and simmer, covered, for about 30 minutes. Cool and then process in a food mill with a medium-fine seive. If you would like the soup more fine textured, use a fine seive.

Season with salt and cayenne. If the soup is too thick, thin it with orange juice.

May be served warm or at room temperature. Pass sour cream and minced cilantro as condiments.