

open kitchen

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Powerhouse Purple Cabbage Soup

Yield: 16 servings

Ingredients

Soup

4 Tbs. olive oil (more as needed)
2 Tbs fresh ginger, chopped
1 Tbs fresh thyme, minced
4 cups purple cabbage, chopped
2 cups purple or regular potatoes, peeled and cut into quarters
2 tsp sea salt, more to taste as needed
1 tsp freshly ground black pepper, more to taste as needed
2 cups celery, chopped
2 cups apple, chopped
2 fresh garlic cloves, sliced
1/4 cup white miso
8 cups vegetable broth (homemade)
2 cans of coconut milk (13.5 oz each can)

Garnish

1 Tbs. olive oil (more as needed)
1/2 cup purple cabbage, sliced
1 tsp fresh thyme, minced
1 tsp sea salt
1 Tbs. fresh lemon juice

Method

1. In a large soup pot, add olive oil then ginger and thyme and sauté over medium high heat for 1 minute.
2. Add cabbage, potatoes, salt/pepper and cook for about 5 minutes.
3. Add celery, apple, and garlic and cooking for another 5 minutes.
4. Lower heat to medium-low and pour in vegetable broth and miso, cover with lid, and cook for 20 minutes, until potatoes are tender with a fork.
5. While soup is cooking, make your garnish by sautéing sliced cabbage, thyme, and salt over medium heat for 2 minutes. Add in lemon juice and cook for another minute. Set aside.
6. Once soup mixture is ready, stir in coconut milk and remove from heat. Let stand for 5 minutes.
7. Slowly and carefully (due to the heat) ladle the soup into a blender in batches and puree (or use an immersion blender if you have one).
8. Serve soup with garnish and a sprig of thyme.