

OLD JOE'S KAIA GUESTHOUSE

Physical address: N4 Schoemanskloof Valley
Mpumalanga, South Africa
Tel: +27 (0)13 733 3045/6
Fax: +27 (0)86 518 1778
Website: www.oldjoes.co.za
E-mail: info@oldjoes.co.za



Pineapple and Sweet Potato Soup

Fry in oil:

- 2 medium chopped onions*
- 4 cloves squashed garlic*
- 20 ml sweet basil*
- 20 ml marjoram*
- 10 ml thyme*
- 20 ml coriander*
- 5 ml nutmeg*
- 20 ml Robertson's Veggie Spice*
- 20 ml black mustard seed*

Add:

- 1 kg chopped ripe sweet pineapple (±4 medium)*
- 4 cm piece of chopped fresh ginger*
- 1 kg chopped unpeeled sweet potatoes*
(the peels add great texture and it is healthy!)

Cover with boiling water, simmer until all is tender, then puree to a fine pulp.

Add: *2 tins coconut milk*

Adjust seasoning.
Add a little maple syrup to sweeten in case the pineapples are not sweet enough.
Thin with water if too thick.

Serve hot (or chilled in summer) with a sprinkle of chopped chives.