

# CHILLED GOLDEN BEET & APPLE SOUP with CURRY SPICE

*Beets, apples, celery & curry powder work wonderfully as a dynamic duo, but all combine powers in this recipe to create a soft and seductive Summertime soup. Beets' distinct earthy flavor is not as pronounced in golden beets, yet here it is tempered by apple and contrasted by curry powder (which may contain ground celery seed) Note that there is no salt as preserved lemon is the seasoning that bridges all the ingredients together, and yoghurt balances the natural sweetness of apple and beet sugars. Add salt if you omit the preserved lemon and adjust seasoning to taste. Serve this chilled soup before this [Emu & Eggplant Biryani](#) and Cucumber Raita for a special dinner party.*

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## Ingredients

1 bunch Golden Beets,  
root only, peeled &  
diced evenly

3 ounces Salad Onion,  
white & pale green  
parts only, sliced

1 Tablespoon  
Grapeseed Oil

2 medium Apples,  
peeled & diced, about 1  
½ Cups

1 Tablespoon Curry  
Powder

2 teaspoons Preserved  
Lemon, minced

2 Cups Apple Cider

1 Cup Greek Yoghurt

## Directions

Heat oil in a medium saucepan over medium heat and add onions, stirring to coat with oil.

Cook onions gently so that they do not get any color but soften until translucent, about 6 minutes- turn down heat if necessary.

Add curry and preserved lemon and stir to coat.

Pour in beets, apples and cider and bring to a simmer. Cook until beets are very soft, about 20 minutes. Cool to room temperature and then use a hand blender to puree before transferring into a container to chill in refrigerator at least 2 hours or overnight.

When ready to serve, place soup and yoghurt into a high-speed blender and combine until smooth.

Pour into chilled bowls and garnish with a spoonful of yoghurt, a sprinkle of curry powder and celery leaf for color.