

# Callaloo Soup TT

Bright green Caribbean soup.

This is reputedly the national dish of Trinidad and Tobago.

## Ingredients

- 4 bunches callaloo leaves
- 2 medium onions
- 4 cloves garlic
- 750 ml coconut milk
- 350 ml semi-skimmed milk
- 6 spring onions
- 2 potatoes
- salt and freshly ground **FAIRTRADE** black pepper
- 1 **FAIRTRADE** lemon

Add the lemon juice and adjust the seasoning to taste.

## To serve

Re-heat to serve.

Good with good fresh bread, or just as a soup.

## Variation

Frozen (or fresh) spinach can be used in place of the Callaloo leaves. Just cover the spinach in boiling water before adding to the soup.

## Method

### Preparation

Wash the fresh leaves and remove any tough stems.

Skin and chop the onions and spring onions.

Peel and cut small the potatoes.

Skin the garlic and chop.

Juice the lemon and discard the skin and pith.

### Cooking

Heat the milk and coconut milk through to boiling and add all of the solid ingredients plus any liquid from de-frosting frozen stuff.

Allow to boil for a few minutes (2 to 3) and then cover and simmer for about 30 minutes or so, until the onion and potato are well cooked.

Then take the solids through a food blender until as smooth as you like your soup. This usually needs a couple of batches at least.