

Spicy Marrow Soup

A rather unusual and incongruous vegetable to make into soup is the marrow, but try this recipe for Spicy Marrow Soup and even confirmed marrow haters (and we have a couple in our family!) will be converted.

The smoked paprika makes a huge contribution to the taste and is available in major supermarkets — use it if you can rather than regular paprika.

The pungent taste of [Thai mint](#) goes really well with the spiciness. Regular mint can of course be substituted if you need to.

25g butter
2 tbsp oil
2 cloves garlic, crushed
1½ tbsp smoked paprika
1 tbsp tomato puree
1 good sized marrow, peeled and deseeded
600 ml chicken or vegetable stock
440 ml coconut milk *or*
3cm slice creamed coconut dissolved in 400ml water
salt and black pepper to taste
4 tbsp [Thai mint](#) leaves — shredded



Method:

- Melt the butter with the oil in a large saucepan and sauté the onion and garlic over a low heat until very soft but not brown.
- Meanwhile prepare the marrow and cut into 1 – 2 cm cubes.
- When the onion is completely soft add the smoked paprika and the tomato puree.
- Cook for a further 2 minutes being careful that the contents of the pan do not stick.
- Add the marrow and the stock and simmer the soup for 20 minutes until the marrow cubes are very tender. You can at this point add a couple of small peeled and cubed potatoes if you would like a thicker soup.
- Once the soup has cooled a little, blitz until smooth either in a liquidizer or with a stick blender.
- Add the coconut milk and the shredded herbs and season to taste.
- Reheat gently and sprinkle each bowl with a few shredded mint leaves and a little more smoked paprika.
- Serve with warm bread.