



cream of fennel soup

SERVES 4 • **PREP:** 15 minutes • **COOK:** 25 minutes • **GF, DF** • **YEAR-ROUND**

With its smooth and delicate texture and sweet, licorice-like flavor, this soup delivers a bowl of Soma. It is an excellent dish for cooling and calming down excess Pitta and Vata in your body. Each spoonful unfolds previously unnoticed nuances of flavor and creates a moment of peace in your system. It is easy to digest but nourishing enough to make for a light dinner when you don't have much of an appetite. If your fennel bulb came with stalks and fronds, they fit perfectly into this recipe—slice them up and use them. The taro root is the secret behind the velvety, creamy texture of this soup; see my Note below if you don't have taro on hand.

This wholesome, delectable, ivory-color soup goes well with Plain Basmati Rice (page 64), Vegetable Bread (page 70), and many more.

- 1 tablespoon ghee or olive oil
- 1 teaspoon slivered fresh ginger
- 1 teaspoon ground fennel seeds
- 1 teaspoon ground coriander
- Tiny pinch of asafoetida
- 4 cups thinly sliced fennel bulb (2 medium bulbs with or without fronds)
- 1 medium taro root, peeled and thinly sliced (about ½ cup)
- 1 teaspoon salt, or to taste
- 2 teaspoons fresh lime juice, or to taste

GARNISHES

- Freshly ground black pepper
- Olive oil
- 4 teaspoons minced fresh dill or fennel frond leaves

FOR VATA OR PITTA BALANCING: Enjoy as is.

FOR KAPHA BALANCING: In Step 1, add 1 small green seeded and minced Indian or Thai chile with the ginger.

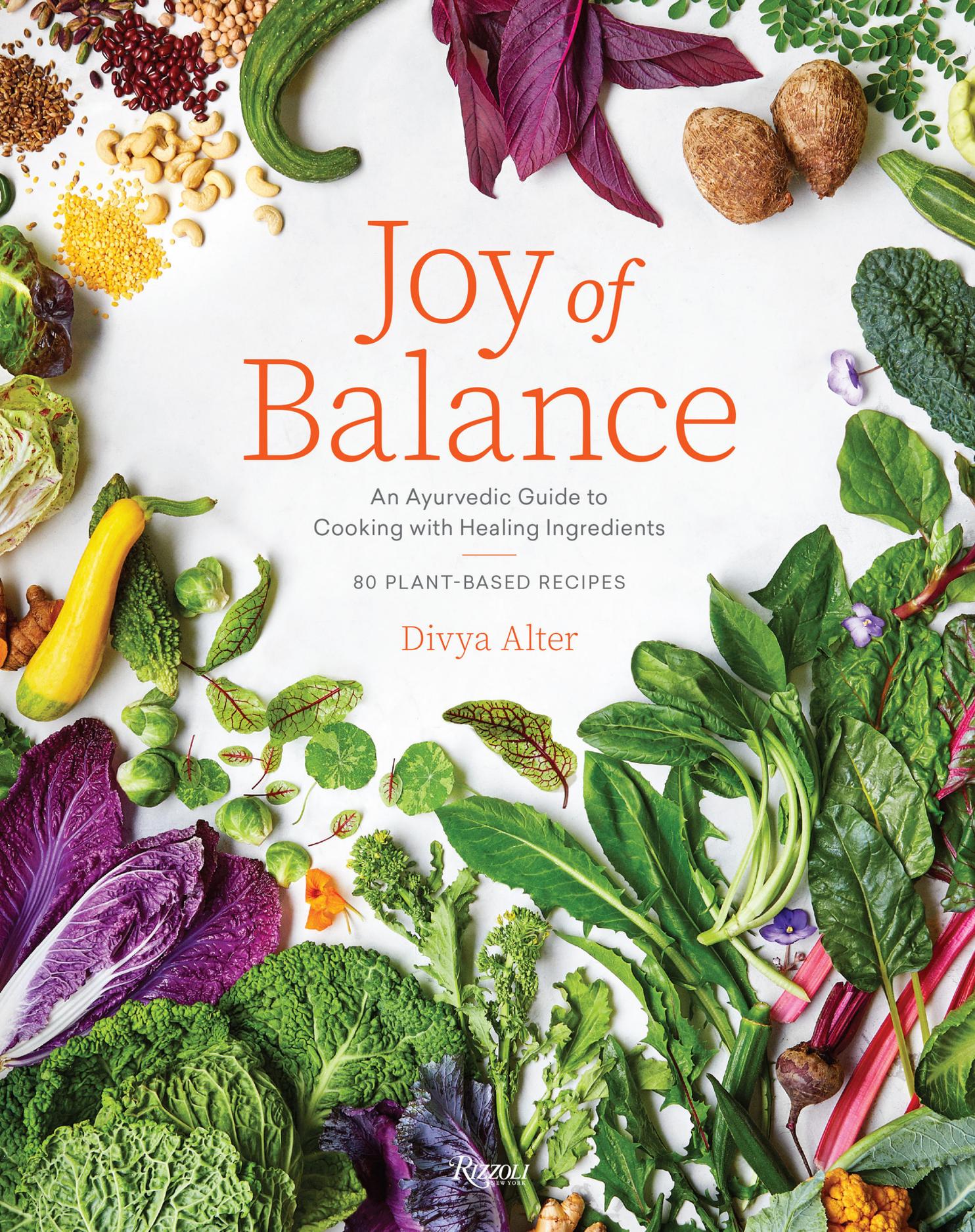
1. Melt the ghee in a 4-quart saucepan over medium-low heat. Add the ginger, ground fennel, coriander, and asafoetida, and toast for 10 seconds, then stir in the sliced fennel and taro. Cover and sweat the vegetables, stirring occasionally, for 5 minutes. Add 4 cups water and the salt. Bring the soup to a boil, then cover, lower the heat, and simmer for 10 to 15 minutes, until the vegetables are tender. Set the pot aside uncovered to let the soup cool down a bit.

2. Using a blender, puree the soup to a smooth, creamy consistency. Transfer it back to the saucepan, and gently heat the soup to serving temperature. Stir in the lime juice.

3. Serve hot. Garnish each individual bowl with a few turns of the peppermill, a drizzle of olive oil, and a sprinkle of dill.

VARIATION: To add protein, in a separate small saucepan, cook ½ cup chana dal (soaked in water overnight and rinsed) with 3 cups water for 45 minutes, or until the chana is soft and starts to break apart. Season the cooked chana with ½ teaspoon salt. When adding the lime juice in Step 2, fold in the chana and a little bit of its cooking liquid into the blended soup. The chana will give the soup a pleasant chunky texture.

NOTE: If you do not have taro root, mix 1 tablespoon arrowroot powder with 1 tablespoon water, and add it to the soup in Step 2, before blending.

A top-down view of a variety of fresh ingredients including leafy greens, vegetables, and nuts. The ingredients are arranged around the central text, creating a vibrant and healthy aesthetic. The background is a plain, light color, making the colors of the food stand out.

Joy of Balance

An Ayurvedic Guide to
Cooking with Healing Ingredients

80 PLANT-BASED RECIPES

Divya Alter

RIZZOLI
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