

Flying Inspiration

Fly with the feminine

Gabriella Guglielminotti Trivel's recipes

Prawn soup

Suggestions: a delightful soup perfect for summer rich in minerals like phosphorus, iron, magnesium, calcium, potassium, manganese, sodium, selenium and zinc and vitamins of the B group, vitamin C, E, K and omega-3 fatty acids.

Instructions

extra virgin
olive oil



onions

garlic



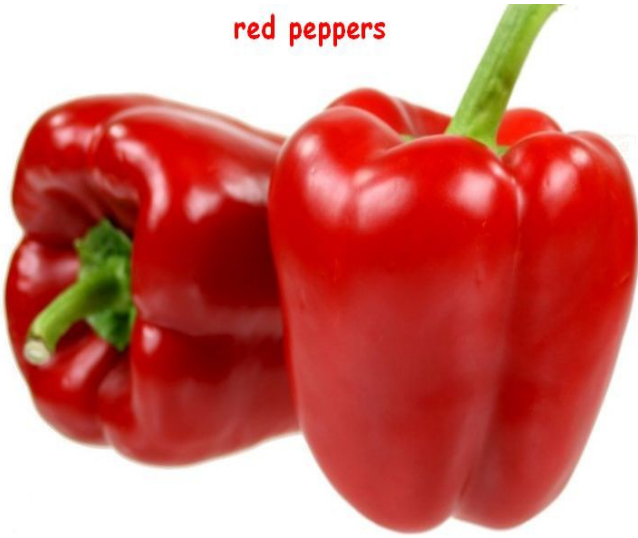
ginger



chillies

Put in a pot some extra virgin olive oil, some chopped onions, garlic, ginger and chillies.

red peppers



baby corn



king prawns



lemon



Heat it up and when it fries add sliced red peppers, baby corns chopped in chunks and stir it; when it starts to sweat add the king prawns that you have cut along the back and some lemon slices that you cut in small bits.



cider



After a while add a spice mix of your choice like garam masala, a barbecue mix or any other you like; stir it well and then add some cider and let it cook.



coconut milk



Add some boiling water and then later some tamari and some Japanese or Chinese rice vinegar. Let it cook for at least an hour at medium heat and add some coconut milk. Taste the broth to see if you need to add more tamari, vinegar or coconut milk.



mint



Dilute some miso paste with some boiling water in a bowl, add the soup to it and stir it well so that it all mixes together. Serve the soup with some chopped fresh coriander and mint.



If you like this recipe, I would like to read your comments!
Contact me on www.flyinginspiration.com