



rosemary & karafuu  
potato soup

One of my favorite things in the world to have right now that it is cold is some rosemary and karafuu soup! Absolutely warming and nutritious too!<3



### Ingredients

- |                                 |                               |
|---------------------------------|-------------------------------|
| 3 large potatoes                | 1 red onion finely diced      |
| 1 tablespoon of grated ginger   | 1/2 a cup of milk             |
| 1 tablespoon of rosemary leaves | 1/2 a teaspoon of cumin seeds |
| 1 teaspoon of whole karafuu     | Salt to taste                 |
| 3 cloves of garlic, minced      |                               |
| 1 teaspoon of chili paste       |                               |

### Method

In your sufuria, add the red onions ginger and garlic, Sautee this for a few minutes then add the whole spices: cumin and clove. Sautee this for about 5 minutes then add the whole rosemary leaves. Sautee for another 5 minutes until fragrant then add the potatoes, some salt followed by some water/ stock then boil everything until the potatoes are completely softened.

Let this cool for a few minutes then blend to a puree. Return this to your sufuria, and add some milk bit by bit until as light or as thick to your satisfaction then serve.



**SERVE WITH:** on its own or with some bread

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/rosemary-karafuu-potato-soup/>

Video: <https://www.youtube.com/watch?v=NpASOCNfKPk>