Soups / Nepal

Gundruk soup

A sour soup of fermented dried greens with potato, soybeans and chilli.

Time 55 min **Servings** 4

What you'll need.

- ☐ 80 g Gundruk — or fermented greens
- ☐ 100 g Soybeans — soaked overnight
- ☐ 2 piece Tomatoes
- ☐ 20 g Ginger
- ☐ 3 piece Dried chillies
- ☐ 1 tsp Timur pepper
- ☐ Salt — to taste
- ☐ 400 g Potatoes
- ☐ 1 piece Onion
- ☐ 5 clove Garlic
- ☐ 1 tsp Turmeric
- ☐ 1 tsp Fenugreek seeds
- ☐ 50 ml Mustard oil

Let's make it.

01 Soak the gundruk in warm water for ten minutes and squeeze it out, keeping the water.

02 Toast the soybeans in a dry pan until they darken in patches and crack.

03 Heat the mustard oil until it smokes, take it off and let it cool a minute; raw mustard oil is acrid.

04 Fry the onion, garlic, ginger and turmeric, add the tomatoes and cook five minutes.

05 Add the gundruk, soybeans and potato, and pour in the soaking water and a litre of water.

06 Cook twenty-five minutes, until the potato and beans are soft, and season.

07 Sizzle the dried chillies, fenugreek and timur in a spoon of oil and pour it into the soup.

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