

## Spicy Plum Soup

Author: Adapted from a recipe at [5secondrule.com](http://5secondrule.com), credited to "Cooking Know-How"

Carolyn T's  
Main Cookbook

Servings: 8



*Notes: I added the allspice and coriander seeds to the mixture; the creme fraiche and mint garnish were my additions. Sprinkle the salt on the top of the soup just as you're serving - it adds a lovely texture and heightens the bright fruit flavor.*

*Description: Could be served as a first course, but it's very sweet, so dessert is better.*

1. In a large saucepan bring the water, fruit, and spices to a boil over high heat. Reduce heat to low, cover and simmer slowly until the fruit is meltingly tender, about 10-25 minutes.
2. Transfer the plums to a large bowl and set aside. Using a slotted spoon, locate all the spices and discard.
3. With the liquid remaining in the pan, set it over high heat and boil, uncovered, until the mixture has reduced by half, stirring occasionally.
4. Sift the plum mixture through with your hands to make sure you've removed all the pits and spices.
5. Add the boiled liquid to the plums, add the sugar, yogurt and red wine. Using a stick blender, puree the soup. You may also use a food processor or a blender. You may need to do this in batches.
6. Transfer the soup to a large non-reactive bowl (glass or plastic), cover and chill for 4 hours, or up to 3 days. Season with salt just before serving. You may garnish the soup with a dollop of creme fraiche and a mint leaf.

**4 cups cold water**

**2 pounds plums, halved, pitted**

**1 4-inch stick cinnamon**

**4 whole cloves**

**2 whole allspice berries, [my addition]**

**2 whole coriander seeds, [my addition]**

**1/4 teaspoon freshly ground nutmeg**

**1/2 cup sugar (or Splenda)**

**1/2 cup yogurt, plain, unsweetened**

**1/2 cup red wine**

**salt to taste**

**Creme fraiche & mint leaves to garnish**

*Serving Ideas: The plummy color of this soup is so pretty, do serve it in glass if you can. I use small, but tall glasses, serve it with the spoon already placed inside.*

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 146 Calories; 2g Fat (13.0% calories from fat); 2g Protein; 31g Carbohydrate; 3g Dietary Fiber; 2mg Cholesterol; 30mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.*