

CARROT GINGER SOUP



Serves 4

You will need:

- 1 pound carrots, peeled and roughly chopped
- 1 small onion, roughly chopped
- 1 tablespoon fresh ginger, peeled and chopped
- 1/4 teaspoon curry powder
- 4 cups chicken stock or water
- 1 cup orange juice
- 1/4 cup heavy cream
- 1 tablespoon unsalted butter
- Salt and pepper

Cooking directions:

Combine butter and 1/4 cup of the chicken stock in a soup pot, and place over medium heat. Once the butter melts, add onion, ginger and curry powder. Once onions are tender, add remainder of chicken stock, orange juice and carrots. Bring to a boil and reduce to a simmer for 20 minutes.

Using a food processor, blender or immersion blender, puree the mixture until smooth. Add cream, and return to simmer for 5 minutes. Season with salt and pepper and serve. A dollop of crème fraiche and snipped chives make an excellent garnish.

Play around with the veggie-to-broth ratio depending upon the density of the vegetables and how thick or thin you like your soup.