

~Finding Philothea~

Carrot Ginger Soup

Serves 4

Ingredients

2 tablespoons good quality olive oil
2 tablespoons unsalted butter
2 shallots, roughly chopped
kosher salt
3 garlic cloves, minced
1 tablespoon fresh ginger, peeled and minced
1 teaspoon ground cumin
1 teaspoon garam masala
1/2 teaspoon ground coriander
1 pound carrots, cut into 1 inch pieces
3 cups chicken stock, preferably homemade
black pepper, freshly ground
1/2 cup heavy cream

Preparation

1. Heat the olive oil and butter in a soup pot over medium heat. Add shallots and a pinch of salt, mix.
2. Cover the pot and sauté over low heat until shallot is very soft, about ten minutes.
3. Add garlic and ginger, sauté for one minute.
4. Add cumin, garam masala, and ground coriander, sauté for another minute.
5. Add carrots, stock, and big pinch of salt.
6. Bring mixture to a boil, turn down heat and simmer until carrots are tender, about twenty minutes.
7. Working in batches, blend soup in a high-speed blender. Return soup to pot.
8. Season to taste with salt and pepper.
9. Slowly drizzle heavy cream into soup, mix until well blended.

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