

Carrot & Ginger Soup



Notes:

This soup is a zinger. It brings a happy tingle to your nose and your belly. It can be great as a main course served with bread and unsalted butter or you can start with this as a delicious first course for a multi-course meal. Adapted from Wolf Gang Puck.

Time To Cook:

- Novice cook: 1 and 1/2 hours
- Experienced cook: 1 hour

Ingredients:

- 1 pound orange carrots
- 1 pound yellow carrots
- 1 pound white carrots
- 1/4 cup peanut oil
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 tablespoon minced green onion
- Pinch red pepper flakes
- 1 tablespoon salt
- 1/2 teaspoon freshly ground white pepper
- 1/2 teaspoon turmeric
- 1 tablespoon honey, or to taste
- 8 cups vegetable stock
- 1 cup heavy cream

- 4 ounces butter
- Oil, for deep-frying
- 1/2 cup julienne ginger

Instructions:

1. Peel the carrots and slice thinly. In a stockpot, heat the oil and sauté the garlic, minced ginger, green onions and pepper flakes for 1 to 2 minutes or just until glossy. Do not allow to develop color.
2. Add the carrots, salt, pepper, turmeric and honey. Sauté for 2 minutes, stirring constantly.
3. Add the stock and bring to a boil. Lower to a simmer and add the cream. Cook for 40 minutes or until carrots are tender.
4. Transfer to a blender; add the butter and process to a puree. Strain soup into a new stockpot. If the soup is too thick, add extra stock. Taste and adjust seasoning with salt, pepper and honey. Keep warm.
5. Preheat oil to 300°F. Deep-fry the ginger and drain on a plate lined with a paper towel.

To serve: ladle 6 to 8 ounces of soup. Garnish with fried ginger. Serve immediately.

Tip: Cook this over a two-day process for a more intense flavor. If you can't get yellow and white carrots just use the regular orange ones.