



Carrot and Ginger Soup

This recipe is so exceedingly simple, it's perfect for the Mise en Place section. You can prepare it in advance, and serve it as the first course of a dinner party. The flavor profile will be perfect for stimulating the appetite for the rest of this late Spring meal. The advantage of this recipe is that it can be served year-round, either warm in the cold months, or chilled in the Spring or Summer. It also freezes well, so you can keep it for those cold Winter nights!

4 servings

Ingredients

1 medium onion, diced
½ teaspoon olive oil
1 tablespoon maple syrup
1 tablespoon honey
1 tablespoon ginger root, grated
1 cup carrot, peeled and chopped
3 cups vegetable stock
1 small sweet potato, peeled and diced
1 teaspoon salt
¼ teaspoon black pepper
¼ teaspoon thyme, dried
¼ teaspoon garlic clove, minced

Equipment

Heavy bottomed medium saucepan
Food processor or immersion blender

Preparation

Heat a deep saucepan or soup pot over medium heat and add the olive oil. Sauté the diced onion until it becomes translucent, about 5-8 minutes. You do not want to caramelize the onion, just sweat it. Add the maple syrup, honey and ginger to the pot, and stir thoroughly until combined.

Continue to cook until the onions begin to turn a lovely shade of golden brown, about 10 minutes longer. Add all the remaining ingredients, stir to combine. Cover and simmer for another 10 minutes until the carrots are soft.

Cool slightly, then purée. Serve warm or chilled.

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