

Carrot and Ginger Soup

Serves 4

Warm spices give the humble carrot a touch of the exotic in this glorious, golden soup. The flavour improves with keeping – so, if possible, make it the day before you want to serve it.

1 medium onion finely chopped
1 tbsp olive oil
1 tspn ground coriander seed
1 tbsp fresh ginger, peeled and minced
1lb/450gm carrots (peeled weight) sliced finely
2 pints/1ltr vegetable stock
¼ cup cooked rice
salt and pepper to taste
yoghurt and/or fresh coriander to serve

Heat oil on a medium heat and fry onion for 3 - 5 minutes until beginning to soften but not brown, add coriander and continue frying for another minute then add stock, ginger and carrots. Bring to a boil then simmer, covered, until carrots are soft, about 20 minutes. Add rice and puree to a smooth texture. Reheat, check for seasoning and serve with a splash of yoghurt and fresh coriander, chopped.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

