

CARROT AND CORIANDER SOUP

INGREDIENTS

- 1 TBSP VEGETABLE OIL/ OLIVE OIL
- 1 ONION, SLICED
- 1 SHALLOT, CHOPPED
- 450G/ 1LB CARROTS, SLICED
- 1.2 LITRES/ 2 PINTS VEGETABLE STOCK
- 1 LARGE BUNCH FRESH CORIANDER, ROUGHLY CHOPPED
- 6 CORIANDER SEEDS, CRUSHED
- 1 CLOVE OF FRESH GARLIC
- 4 TABLESPOONS OF CRÈME FRAICHE OR LOW FAT YOGURT
- 1 BAY LEAF
- MALDON SEA SALT
- CRACKED BLACK PEPPER

PREPARATION METHOD

1. HEAT THE OIL IN A LARGE PAN AND ADD THE ONIONS, SHALLOT, GARLIC, BAY LEAF AND THE CARROTS. COOK FOR 3-4 MINUTES UNTIL STARTING TO SOFTEN BUT DO NOT ALLOW TO COLOUR.
2. STIR IN THE CORIANDER SEEDS AND SEASON WELL. COOK FOR 1 MINUTE.
3. ADD THE VEGETABLE STOCK AND BRING TO THE BOIL. SIMMER UNTIL THE VEGETABLES ARE TENDER. REMOVE THE BAY LEAF.
4. BLEND TO A SMOOTH PUREE WITH A HAND BLENDER OR IN A BLENDER UNTIL SMOOTH. REHEAT IN A CLEAN PAN, STIR IN THE FRESH CORIANDER AND PLACE A BLOB OF CRÈME FRAICHE OR YOGURT IN THE CENTRE OF EACH BOWL AND SERVE.
5. THICK CUT GRANARY OR SEED WHOLEMEAL BREAD GOES PARTICULARLY WELL.

