



Carrot and Ginger Soup

Makes 8 Servings

INGREDIENTS:

2 tablespoons butter
2 tablespoons olive oil
2 onions, chopped
1 inch fresh ginger, finely chopped
1 lb. carrots (about 4-6), finely sliced
4 cups chicken stock or water
juice of 5 Clementines (about $\frac{3}{4}$ cup), or orange juice
sea salt and freshly ground black pepper
shreds of lime and Clementine (or orange) zest, to serve



INSTRUCTIONS:

Heat the butter and oil in a saucepan, add the onions and a pinch of salt and cook until softened and golden. Add the ginger and carrots and sauté a few minutes more. Add the stock or water, the Clementine juice, salt and pepper. Bring to a boil and then simmer until the carrots are tender, about 20 minutes.

Strain into a pitcher; put the solids into a blender with 1-2 ladles of strained liquid, then puree, adding extra liquid if necessary. When smooth, add the remaining liquid and puree again.

Reheat if necessary, taste and adjust the seasoning then serve the soup in bowls and top with lime and Clementine zest.

NUTRITIONAL INFO:

Not available

**** Other Ideas****

- When pureeing solids, use a hand blender in the saucepan rather than transferring solids to a blender.