



Natalie's Carrot Soup

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A fragrant, curried base topped with thyme-roasted carrots and pine nuts. It's comfort in a bowl!"

**NATALIE SWARTZ
MAYOR'S OFFICE**

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PREP TIME

20 mins

COOK TIME

40 mins

SERVINGS

6 - 8

INGREDIENTS

For the soup:

- 4.5 tablespoons butter
- 4 tablespoons olive oil
- 1 onion, chopped thin
- 7 carrots, peeled and chopped thin
- 1 tablespoon ginger
- Salt and pepper to taste
- 3 teaspoons curry powder
- 6 cups vegetable stock
- 1/2 cup heavy cream (optional)

For the toppings:

- 3.5 tablespoons butter
- 1 tablespoon olive oil
- 3 carrots, peeled and chopped into small cubes
- 2 teaspoons sugar
- 1 tablespoon thyme leaves
- Appx. 50 grams roasted pine nuts

PROCEDURE

1. Melt the butter and olive oil in a medium pot over medium heat.
2. Add carrots, onion, ginger and cover. Let rest on medium heat for 10 minutes, stirring from time to time.
3. Add salt and pepper, curry, and vegetable broth and bring to a boil.
4. Turn heat down to low and cover, leaving soup to simmer until carrots soften.
5. Meanwhile, melt the butter and olive oil for the toppings in a medium to large pan.
6. Add carrots, sugar, and thyme to the heated pan. Sautee and stir for 20 minutes until carrots soften.
7. Return to the soup. Use a hand blender to blend until only small chunks of carrots remain.
8. If you choose to add heavy cream, add it to the blended soup and stir.
9. Taste test! Do you need more salt, pepper, curry powder? Add to taste.
10. Plate the soup in bowls and top with pan-roasted carrots and pine nuts.