

# Jeanne Journal

Cooking Classes and Demonstrations

## Roasted Carrot-Ginger Soup

Yield: Makes 6 Servings

### Ingredients

3 pounds medium carrots, peeled, chopped in equal pieces (about 5 cups)

olive oil

Salt & pepper

1-1/2 cups chopped onion

1 tablespoon finely chopped peeled fresh ginger

2 tomatoes, seeded, chopped (about 2 cups)

5 cups chicken stock, low sodium

1 1/2 teaspoons grated lemon zest

2 tablespoons fresh lemon juice

1 teaspoon coriander

1 teaspoon fennel

3 teaspoons minced garlic

1 teaspoon Kosher salt

½ teaspoon black pepper

### Garnishes:

4 tablespoons sour cream, ½ cup croutons and/or sliced mint leaves

### Method:

Preheat the oven to 400 degrees F.

Arrange the carrots on a large lightly oiled baking sheet. Season the carrots lightly with salt and pepper and drizzle generously with olive oil. Roast at 400 degrees for 20 minutes and toss. Check carrots, when they are fork tender and nicely caramelized, remove them from the oven and set aside briefly.

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In sauce pan on medium heat, add 2 Tablespoons olive oil.

Add onions and sauté for 2 minutes. Add tomatoes, ginger, coriander, fennel, lemon zest & juice, 1 teaspoon salt, 1/2 teaspoon black pepper and the garlic. Sauté until onions are tender.

Once cool enough place carrots and onion mixture in a large food processor or blender. Puree until the mixture is smooth. Add stock slowly through feed tube. Add more stock, if needed for a smooth consistency.

Transfer the carrot puree into a heavy cooking pot. Add more stock as needed to have a smooth medium bodied puree. On medium heat slowly warm up soup, watching carefully as the soup will bubble. Stir occasionally. Adjust seasonings and add additional stock as needed.

Transfer to serving bowls and garnish with freshly chopped mint leaves, sour cream and / or croutons.