

Curried Carrot Soup

FLAVOR PROFILE: MIDDLE EASTERN/INDIAN

SERVES 4

Sweet carrots lend themselves to the flavors of the complex spices found in curries. This recipe calls for a commercial curry powder, but it is possible to make your own blend, balancing cumin, turmeric, cayenne, or other chilis. In lieu of ghee, the clarified butter commonly used in Indian cooking, extra virgin olive oil is substituted.

What you need:

- 1 ½ TABLESPOONS (TBSP) EXTRA VIRGIN OLIVE OIL
 - 1 LARGE SHALLOT, MINCED
 - 1 ½ POUNDS (LB) CARROTS, PEELED AND COARSELY CHOPPED
 - 1 TEASPOON (TSP) CURRY POWDER
 - 6 CUPS LOW-SODIUM, LOW-FAT CHICKEN BROTH
 - 2 TBSP FRESH ORANGE JUICE
 - KOSHER OR SEA SALT
 - FRESHLY GROUND PEPPER
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What to do:

1. In a large saucepan over medium heat, heat the oil.
2. When it is hot, add the shallot and sauté until soft, about 2 minutes.
3. Add the carrots, curry powder, and broth.
4. Increase the heat to medium-high and bring to a boil.
5. Reduce the heat to low, cover, and cook until the carrots are tender, about 20 minutes.
6. Remove from heat and add the orange juice.
7. Using a food processor or blender, process to a smooth purée.
8. Taste and season with salt and pepper.
9. Drizzle with the remaining olive oil.

SUGGESTION: Butternut squash and sweet potatoes also lend themselves to curried flavors and could be substituted for the carrots here for a fall version of the soup.