

Carrot Ginger Soup

Serves 6

This is a nice fall soup. Use fresh carrots and ginger root for the best flavor. I found the carrot juice in the health drinks section in Buschs on South Main in Ann Arbor. I'd look for it in Earth Fair or Whole Foods in Charleston.



Ingredients:

- 5 Tbsp. unsalted butter, divided
- 2 onions
- 1/4 cup crystalized ginger
- 1/8 oz. fresh ginger (1 Tbsp. peeled and minced)
- 2 garlic cloves
- 3 tsp. salt, divided
- 1 tsp. freshly ground pepper
- 1 tsp. sugar
- 2 lbs. carrots
- 4 cups water
- 1 1/2 cups carrot juice, divided
- 2 sprigs of fresh thyme
- 1/2 tsp. baking soda
- 1 Tbsp. cider vinegar
- 2 Tbsp. Chives
- 4 Tbsp. sour cream
- 3 slices of hearty white bread
- 1 Tbsp. olive oil

Equipment

- Large sauce pan (4 quart)
- Food processor

Carrot Ginger Soup:

<input checked="" type="checkbox"/>	Directions	Time (min)	
	Mince onions and crystalized ginger	2	
	Grate fresh ginger: 1 Tbsp.	1	
	Peel garlic and crush	1	
	Peel carrots. Slice 1/4" thick	3	
	Melt butter in a large sauce pan over medium heat	1	
	Add onions, crystalized ginger, fresh ginger, garlic, 2 tsp. salt, and sugar.	1	
	Stir frequently until onions are soft but not brown	6	
	Increase heat to high. Add carrots, water, 3/4 cup carrot juice, thyme, and baking soda. Bring to a simmer.	3	
	Reduce heat, cover, and simmer until carrots are very tender		
	Tear 3 slices of hearty white bread into pieces	1	25
	Fry in 3 Tbsp. butter and 1 Tbsp. olive oil	10	
	Drain on paper towel	1	
	Mince chives	1	
	Discard thyme sprigs.	1	
	Transfer part of carrot mixture to a food processor and blend until smooth. Transfer to large bowl. Repeat until all the mixture is processed.	5	
	Rinse out the large sauce pan	1	
	Pour soup into pot. Add vinegar and 3/4 cup carrot juice. Heat to simmer.	3	
	Add 1 tsp. salt and 1 tsp. freshly ground pepper	1	
	Let sit overnight		24 hrs
	Reheat	5	
	Transfer to serving dish or individual bowls	1	
	Garnish with sour cream, chives, and croutons	1	
	Total	53	