

FIREFIGHTER



Gourmet Foods

Carrot Ginger Soup

This is a very simple to make but satisfying soup. You can obviously add more veggies or ingredients...but sometimes simpler is better.

- 5 pounds of carrots
- 1 tsp. nutmeg.
- 3 Tbsp butter
- ½ tsp Cinnamon
- 3 Tbsp of chopped/pickled ginger.
- ½ tsp salt
- 1 Tin of Coconut milk

The carrots must first be boiled until soft, then pureed in your food processor or blender. It is best done in smaller batches. You will have to add water to the carrots to blend properly. The quality of your blender will determine if you need to add a little more water.

Throw everything into the soup pot and bring to a boil stirring occasionally. Simmer for 30 minutes stirring occasionally as not to stick and burn. Shake the heck out of the tin of Coconut milk to homogenize it (nice word huh!) and add it to the mix.

If you are feeling wild and crazy you can add some heavy cream to thicken it. (And your waistline) Yum. Top with green onions, or shallots, or crushed roasted almonds, or roasted garlic chunks, or herbed croutons or...

Notes: You can substitute the carrots with pureed oven roasted squash or pumpkin. You can also add some Thai curry paste and Sambal Olek (or other hot sauce) to turn it into a Thick creamy Thai soup. Play with your food. Please!