

# CARROT SOUP WITH NORTH AFRICAN SPICES

You will need

serves 4-6



2 cups  
1 pint

- 5 cups vegetable stock; add 10 thin coins ginger • 1 tblsp light olive oil
- 1 med yellow onion, thinly sliced • salt • 2 garlic cloves, finely chopped
- 1-½ tps cumin seeds, toasted and ground • 1 tsp coriander seed, toasted and ground • 2 tps grated fresh ginger • cayenne pepper • 2 pounds of carrots, thinly sliced, about 7 cups • 1 med white potato, <sup>or sweet potato</sup> peeled & thinly sliced, about 1 cup • ½ cup fresh orange juice
- 2 tblsp coarsely chopped cilantro (coriander)

Keep stock warm over low heat.

Heat olive oil in soup pot. Add onion and ½ tsp salt. Sauté over medium heat until it begins to release its juices, about 5 mins, then add the garlic, cumin, coriander, ginger, and a few pinches of cayenne.

Cook until the onions are very soft, about 10 minutes, adding a little stock if it sticks to the pan.



Add the carrots, potato or sweet potato, 1 tsp salt, and 4 cups of stock. Bring to a gentle boil, reduce the heat, cover, and simmer until the carrots are very tender; about 15 mins.

Purée the stock in a blender or food processor until smooth, using a little extra stock if necessary.

Return to the pot, add the orange juice, and thin with stock to the desired consistency. Season with salt to taste and, for additional heat, <sup>if desired</sup> a pinch or two of cayenne.



Illustration  
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