



Carrot, Ginger Coconut Milk Soup

INGREDIENTS

Mild Version

6-7 c Carrots, rough chop
13.5 oz can coconut milk
1 c celery, chopped
1 c onions, chopped
1 T heaping ginger, grated*
1 t heaping garlic, grated
2 t turmeric
2.5 t salt
1/8 t ground pepper
3 T olive oil
6 c water (veg or chicken or broth)

Spicier Version/ Small Batch

3 c carrots, rough chop
7 oz. coconut milk
1/2 c celery, chopped
1/2 c onions, chopped
2 T ginger, grated**
2 t garlic, grated
2 t turmeric
1.5 t salt
1/8 t ground pepper
3 T olive oil
3.5 c water (veg or chicken or broth)

**Note: It's important to grate the ginger instead of just cutting it into chunks. Ginger is very fibrous and when you blend it those fibers do not fully break down. Grating it gives you a smoother consistency.*

*** Note: The smaller batch is half the amount of the milder version yet the ginger and garlic are doubled which is actually 4x more than the mild version. Adjust to your level of spiciness.*

INSTRUCTIONS

1. Chop up all the veggies in chunks. You can make these large or small, it doesn't matter since everything will be blended together. However, if you want to soup to be ready quicker, cut smaller chunks so they cook through faster.
2. First sauté the onions and celery in olive oil. Then add ginger, turmeric, garlic salt and pepper and cook over medium low heat until the spices are toasted. But careful not to burn the garlic and ginger since they are grated.
3. Add the carrots and let cook for 10 minutes.
4. Add water or broth and bring to a boil then let simmer until the veggies are soft enough to blend.

5. Next blend the soup.

- If you are using an immersion blender, first remove about 4-5 cups of the liquid and set aside. By doing this, you can decide on the thickness of the soup. If you prefer it thick and chunky, don't add any more of the broth back in. If you want it more smooth and soupy, then continue to add the liquid until you reach your desired consistency.
- If you are using a regular blender, use a slotted spoon to remove the veggies and add them to the blender with about 1/2 cup of liquid to start. **IMPORTANT NOTE:** Remember when using a blender with hot liquid do not completely cover the lid. It is important to let out some of the steam while blending or the top will pop off and burning hot liquid will splatter. Add liquid until you reach the thickness you want.

6. Once you have the desired consistency, add the soup back into the pot, add the coconut milk and let simmer for 5-10 minutes.

Serving options:

- Hold back on most of the broth to keep it super chunky, then use it as a base purée for seared or poached fish such as black cod, salmon, or filet of sole. Top with crispy shallots.
- Add all the broth and make it super soupy and use it as a sauce for rice noodles, topping it with fresh scallions, cilantro and chopped peanuts.
- Spoon it over rice, add roasted shrimp and chili peppers.