



Carrot Ginger Soup

Yield: about 6 servings.

2 Tbsp.	unsalted butter
1-1/2 c.	onions, diced
1 Tbsp.	curry powder
1/2 tsp.	cayenne pepper
4 c.	carrots, peeled and sliced
2 Tbsp.	fresh ginger, grated
4 c.	vegetable stock
3 c.	half & half
	salt & white pepper to taste

Preparation:

1. Saute onions in butter over low heat until soft but not browned. Stir constantly, 3 to 4 minutes. Add curry and cayenne and sauté one minute to bring out flavor.
2. Add carrots, ginger and stock. Bring to a boil, reduce heat, cover and simmer on low for 25 to 30 minutes.
3. Puree the soup in a blender or with a wand. Blend as long as necessary to get rid of lumps. Stir in cream.
4. Just prior to serving gently heat soup to 180 degrees. Do not boil.
5. Garnish with sour cream if desired