

Carrot Orange + Fennel Soup

Makes 2 quarts

I have been making some version of this soup for years. Carrots are so incredibly sweet and when you roast them they get even sweeter. Sometimes I use fennel seeds, sometimes I go for coriander or just all cumin. The orange adds freshness and brightness. It's a pretty foolproof recipe so feel free to experiment!

Directions

Pre heat the oven to 425°F.

Toss the cut carrots with the oil, salt, and pepper. Spread out on a baking tray and place in the hot oven. Roast till golden brown. The more caramelized the carrots are the sweeter your soup will be.

While your carrots are roasting, sauté the onions, celery, and garlic with the butter in a large pot. Its ok if they get a little brown.

Add the fennel seeds and the cumin.

Add the roasted carrots, broth, bay leaf, and thyme leaves. Simmer for 30 minutes. Add the orange zest, and the orange chunks in the last 5 minutes of cooking.

Ladle your soup in batches into the blender and puree till smooth.

If you are using the cream, add it at the end. If you are going to freeze the soup don't add the cream till you are warming the soup up again after defrosting. ■

Ingredients

2 lbs carrots-washed, cut in 1 inch pieces (7 cups)

2 tablespoons olive oil

1/2 teaspoon black pepper

1/2 teaspoon salt

2 tablespoons butter

1 large onion, small dice (3 cups)

3 ribs celery, small dice (2 cups)

3 cloves garlic cloves, rough chopped

1 tablespoon fennel seeds, whole

1 teaspoon Cumin seeds, whole or ground

8 cups chicken broth

1 bay leaf

1/3 cup pulled thyme leaves

2 oranges, zested & peeled without the white pith, rough chop the fruit

1/2 cup cream (optional. If freezing don't add)