

Carrot Soup

Ingredients:

3 large onions
75g/3oz butter
2 cloves garlic
A pinch of salt
900g/2lb carrots
Pepper
1tblsp coriander seeds
1 glass sherry
600ml/1pt chicken stock
600ml/1pt milk
To garnish-chopped parsley



Method:

1. Peel and slice onions, cook carefully in butter in a large pan.
2. Crush garlic with salt and add to onions.
3. Scrub carrots, slice thinly and add to pan.
4. Season with salt and pepper. Add coriander seeds and sherry. Cover and cook gently until vegetables are soft, about 10-15 minutes.
5. Add stock and cook for a further 15 to 20 minutes. Allow to cool.
6. Liquidise or sieve the soup, return to clean pan.
7. Add milk when ready to serve. Reheat carefully. Adjust seasoning.
8. Sprinkle parsley in each bowl of soup.

Ann says... This recipe is taken from Farmhouse Kitchen - Book 3. This is great especially when carrots are cheap or you have a plentiful supply as most horse owners do! It freezes well without the milk. It would be good in a flask for a winter picnic.

