

Cama's Feast

WINERY

❁ *December 2012 Cellar Club Party* ❁

ROASTED CARROT GINGER SOUP WITH LIME AND CUMIN CRÈME FRAÎCHE

Yield: 2 quarts or 6-8 portions.

INGREDIENTS:

2 OUNCES BUTTER	1 CUP ORANGE JUICE
2 CUPS ONION, DICED	1 TABLESPOON ORANGE PEEL
6 EACH GARLIC CLOVES, MINCED	¼ CUP TAMARI SAUCE
2 POUNDS CARROTS, PEELED, CUT INTO 2" PIECES	1 CUP CRÈME FRAÎCHE
¼ CUP OLIVE OIL	2 TABLESPOONS FRESH LIME JUICE
1/3 CUP GINGER ROOT, PEELED, MINCED	¼ TEASPOON CUMIN POWDER
1½ QUARTS VEGETABLE STOCK	SALT AND PEPPER TO TASTE

METHOD:

1. Preheat the oven to 375° F.
2. Place the carrots on a sheetpan in a single layer. Drizzle with olive oil and season with salt and pepper. Place the sheetpan in the oven and roast the carrots until soft and golden brown (about 30 minutes).
3. Meanwhile, heat the butter in a heavy pan or a Dutch oven over medium heat. Add the onion and garlic and cook without browning, 5-7 minutes.
4. Add the ginger root to the onion/garlic mixture and continue cooking for 5 minutes.
5. Add the cooked carrots, vegetable stock and orange juice to the pot with the ginger and increase the heat to high and bring to a boil then reduce the heat to simmer the soup for 20 minutes.
6. While the soup is simmering, blend the crème fraîche, lime juice and cumin powder in a bowl until well mixed. Refrigerate until using.
7. Using a stick blender, puree the soup until smooth. The solids can also be pureed in a food processor and added back to the broth.
8. Add the orange peel and tamari sauce and stir to combine.
9. Taste and adjust seasoning for salt and pepper.
10. Serve the soup in preheated bowls and garnish with the lime and cumin crème fraîche.

Recipe by Chef Wendy Bennett of Wine Country Cooking Studio
www.winecountrycookingstudio.com