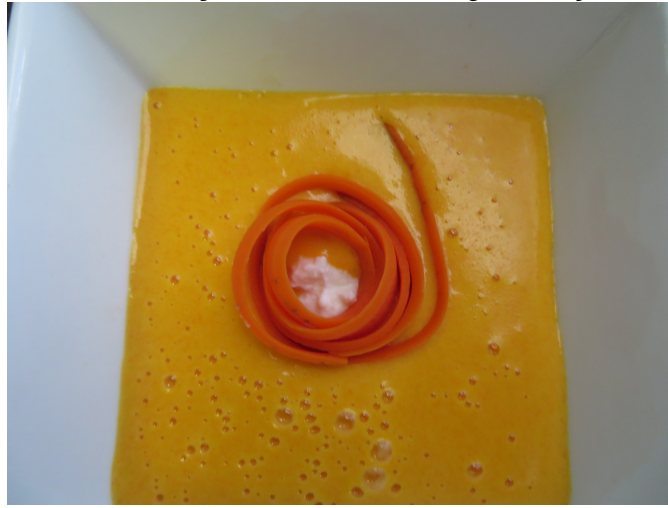


Cream of Carrot and Ginger Soup



Ingredients

8 oz. orange carrots, peeled, and chopped small
1 oz. unsalted butter
1 tbsp. fresh grated ginger
2 heaping tbsp. flour
2 cups milk
½ cup heavy cream
¼ tsp. kosher salt
1/8 tsp. ground pepper

Procedure

1. In a heavy bottomed non-reactive saucepan, melt butter.
2. Add carrots and ginger. Stir while sautéing for approximately 1 minute.
3. Add flour. Stir in and cook while stirring approximately 30 seconds.
4. Add milk. Using a whisk, stir well. Wisk continually for approximately 2-3 minutes. Make sure you keep the liquid moving off the bottom so it doesn't burn.
5. When the liquid has thickened, and the carrots are tender, puree the soup.
6. Either insert an immersion blender, or transfer small batches to the pitcher of a blender (but only fill the canister up half way). Puree as smooth as possible.
7. If desired, send through a fine meshed strainer for a smoother soup.
8. Season to taste with salt and pepper.
9. Stir in heavy cream.
10. If needed, reheat slowly. This soup is easily frozen.

Yields approximately 1 ½ quart of soup

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