

Ginger Carrot Soup with Curry Coconut Cream

Makes 4 servings

2 tbsp butter
6 thin slices ginger
1/2 yellow onion, sliced
3/4 lb carrots, sliced
1 tsp sesame oil
½ tsp garlic salt
1 to 1-1/2 tbsp curry powder
1/4 tsp ground turmeric
1 tbsp lemon or orange zest
2-1/2 cups soup stock
1/2 cup coconut milk

For garnish:

Sliced green onion
Cilantro sprigs
Toasted sesame seeds

1. Melt butter in a wok or stir-fry pan over medium-high heat. Add ginger, onion and carrots; cook for 3 – 4 minutes.
2. Add sesame oil, garlic salt, curry powder, turmeric, lemon zest and stock. Reduce heat, continue to cook until carrots are soft, about 20 minutes.
3. Puree carrot mixture in a blender until smooth. Add coconut milk and more stock, if needed. Warm over medium heat.
4. Garnish with green onion, cilantro and toasted sesame seeds.

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