

## **Carrot-Ginger Velvet Soup**

Source: The Splendid Table ([www.splendidtable.org](http://www.splendidtable.org))

From *Recipes 1-2-3*, by Rozanne Gold.

1 1/2 lbs fresh carrots (with carrot tops, if possible), plus 2 large carrots for roasting (see note)  
3" piece of fresh ginger, yielding 1 1/2 tsp fresh ginger juice (see note)  
1/2 C heavy cream

### **DIRECTIONS:**

Trim carrots, saving the carrot tops. Peel carrots & cut into 1" pieces - Put in a medium-size pot with 4 C water & 1 1/2 tsp salt. Bring to boil - lower heat & cook, covered, for 35 minutes, or till carrots are very soft.

Transfer carrots to a food processor & purée till very smooth, slowly adding cooking water as you go. All the water should be incorporated. Add ginger juice & heavy cream - process.

Gently heat soup before serving, adding a few TBS water if necessary.

Serve with julienned oven-roasted carrots & a few leaves from carrot tops.  
Makes 1 quart, serving 4 or 5

### **Notes:**

1 To oven-roast carrots: Preheat oven to 400° F. Put washed, unpeeled carrots in a pie tin or on roasting pan & bake 50 minutes, or till soft. Let cool. Peel. Cut into matchstick-size julienne.

2 To prepare ginger juice: Peel the ginger with a small, sharp knife. Grate on the large holes of a box grater. Put grated ginger in paper towel & squeeze the juice from ginger. You will have about 1 1/2 - 2 tsp.