



Chef's tip:
Add 1/2 cup/125 ml of stock
at a time to achieve concentrated,
robust flavors and further reduce by half
before adding more stock. This process takes
time and patience, but the results are worth it.

plantwop

The spice and warmth from the ginger gives a fiery kick in contrast to the sweetness of the carrot and coconut. My go-to carrots are organic rainbows, which have a noticeable naturally sweet taste and vibrant color. I use the orange, cream, and yellow for the soup and reserve a vivid purple with yellow center as a garnish for added crunch and a punch of color.

Carrot Ginger

SOUP

INGREDIENTS

Extra-virgin olive oil, as needed
1 medium yellow onion, chopped
2 garlic cloves, minced
One 1-inch/ piece of fresh ginger, peeled and minced
1 lb/ carrots, peeled and roughly chopped
Kosher salt and freshly ground black pepper, as needed
3 cups/700 ml vegetable stock
15 oz/425 ml can of coconut milk

Garnish

1 rainbow carrot; purple and orange carrot, sliced and diced into uniform batons and microgreens

METHOD

Heat olive oil over low heat in a large saucepan, add onion, and cook until soft and translucent, about 5 minutes. Add the garlic and ginger, and cook until fragrant. Add carrots and cook until the mixture caramelizes.

Reserve 1 cup/250 ml of the stock for the puree step. Deglaze the pan by adding 1/2 cup/125 ml of the 2 cups/500 ml stock at a time. Reduce by half before adding more stock. The stock will absorb the flavorful bits from the bottom of the pan as it reduces. Repeat for the balance of the reserved stock. Adjust the seasoning with salt and pepper to taste.

Carefully pour the hot soup mixture into the blender bowl. Add the reserved 1 cup/250 ml of stock. Puree on high until the mixture is smooth and creamy. Add the coconut cream. Pulse to blend; be careful not to overmix. Return the soup to the saucepan and reheat over low heat. Serve hot, garnish with carrot batons and micro greens