

Carrot, Orange & Ginger Soup

Yield: 10 portions

1 Kg	LOCAL carrots, peeled and chopped
1	large onion, peeled, fine diced
2 Tbsp	vegetable oil
1 L	chicken broth (or water & chicken base)
½ Tbsp	fresh ginger root, minced
	zest of one orange
	juice of one orange
	salt and pepper to taste
½ cup	35% cream
2 Tbsp	dry white wine



Sautee onion in vegetable oil for a few minutes, add ginger and carrots and sauté another 4 to 5 min.

Add chicken stock. Bring to a boil and let simmer for about 30 to 40 min., or until soft.

Allow soup to cool for a few minutes. Puree until smooth.

Add orange juice and zest, cream, white wine, salt pepper to taste. Heat and serve.