

Chilled Carrot Soup

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Servings: 10

*1 tablespoon olive oil
1 tablespoon coriander seeds
1 tablespoon cumin seeds
1/4 cup freshly sliced ginger
1 onion, sliced
1 jalapeno, sliced
2 cups orange juice
2 cups coconut milk
4 cups chicken stock
1 pound carrots, peeled and sliced
1 cup creme fraisch (for garnish)
1 cup fresh cilantro (for garnish)*

Preparation Time: 30 minutes

Cook Time: 2 hours 20 minutes

In an eight-quart saucepan, heat one tablespoon of olive oil over medium heat.

Add the coriander and cumin seeds. Saute' until fragrant, about 2 minutes.

Add the ginger, onion and jalapeno. Sweat for 4 minutes.

Add the orange juice, coconut milk and chicken stock. Bring to a simmer.

Add the carrots. Simmer for two hours.

Remove from the heat. Puree' using an immersion blender or regular blender.

Strain twice through a fine-mesh sieve, pushing through all the solids with a rubber spatula.

Chill in the refrigerator for two hours.

Garnish with creme fraische and cilantro.

Serve.

Per Serving (excluding unknown items): 179 Calories; 13g Fat (64.6% calories from fat); 3g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 882mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 1/2 Fat.