
Carrot Soup III

*Owner Sylvie Router - Chez Sylvie Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

2 pounds carrots, peeled
1/2 large onion
2 quarts chicken Veloute
half-and-half or cream
1/2 tablespoon fresh dill
salt
white pepper
VELOUTE
2 1/2 ounces butter
1/3 cup flour
2 quarts chicken stock
1 teaspoon sugar, depending on the sweetness of the carrots

Cut up the peeled carrots and onion into uniform slices.

Cover the carrots and onion with chicken stock and simmer until the carrots are tender.

Puree' the carrots and onion. Reserve.

Make the chicken Veloute: In a saucepan over medium heat, cook the butter and flour for 10 minutes, stirring (so as to not brown the flour). Let cool. Then add hot, but not boiling, chicken stock. Stir with a whip until the roux is dissolved. Bring to a boil, stirring constantly. Reduce the heat and simmer for 20 minutes.

Add the carrot puree' and cream to the Veloute.

Season with dill, salt, pepper and sugar to taste.

Soups, Chili, Stew

Per Serving (excluding unknown items): 1219 Calories; 61g Fat (47.7% calories from fat); 21g Protein; 130g Carbohydrate; 26g Dietary Fiber; 155mg Cholesterol; 18049mg Sodium. Exchanges: 2 Grain(Starch); 17 Vegetable; 11 1/2 Fat; 1/2 Other Carbohydrates.