Soup Carrot-Ginger

Saturday, February 24, 2024

- [ ] 0) possibly suggestion 2x to 3x Sour cream at the end, avoid too much pepper, blend excessively,
  Note
- [ ] 01) Finely chop 2 onions add to bowl #1
- [ ] 03) Grade 1 T of fresh ginger add to bowl #1
- [ ] 04) Peel and smash 2 cloves of garlic and add to bowl #1
- [ ] 05) add 2 t tablesalt to bowl #1
- [ ] 06) add 1 t sugar to bowl #1
- [ ] 07) peel 2 pounds of carrots and slice into 1/4 inch pieces and add to bowl #2
- [ ] 08) add 4 cups of water to bowl #2
- [ ] 09) add 0.75 cups of carrot juice to bowl #2
- [ ] 10) add 2 springs of fresh thyme to bowl #2
- [ ] 11) add 0.5 t of baking soda to bowl #2
- [ ] 12) finely chop 2T of chives and add to bowl #3
- [ ] 13) heat 2 T of vegetable oil in pan/pot over medium heat
- [ ] 14) stir the contents of bowl #1 into pan/pot. Keep stirring till the onions are soft but not brown. (5-7min)

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- [ ] 15) stir in the contents of bowl #2 into pan/pot
- [ ] 16) increase pan/pot to high heat and bring to a simmer
- [ ] 17) reduce heat to medium low, cover, and simmer gently till carrots are very tender (20-25min)
- [ ] 18) discard the two springs of thyme from the pan/pot
- [ ] 19) working in batches, blend the contents of the pot/pan in a soup blender till smooth (put blended soup in clean pot)
- [ ] 2) Mince 1/4 cup of crystalized ginger add to bowl #1
- [ ] 20) stir in 1 T of vinegar into pot
- [ ] 21) stir in 0.75 cup of carrot juice into pot
- [ ] 22) put soup in pot over medium heat and bring to a simmer (1-2 min)
- [ ] 23) season with salt and pepper to taste 1t
- [ ] 24) Transfer soup to individual bowls and garnish with sour cream and chives, serve