

Carrot and Orange Soup

Serves 6

Ingredients

25g ghee or butter
700g Carrots, peeled and sliced
2 medium onions, skinned and slice
1.1 litres chicken Stock
salt and Pepper
1 medium orange
fresh Coriander to serve

Method

1. Melt the ghee or butter in a large saucepan, add the carrots and onions and cook gently until the vegetables begin to soften.
2. Add the stock, season with salt and pepper and bring to the boil. Reduce the heat cover and simmer for about 40 minutes, until the vegetables are tender.
3. Allow the soup to cool slightly, then sieve or puree in a blender or food processor.
4. Grate the rind from the orange and add to the soup.
5. Squeeze the juice from the orange and add to the pan. Reheat gently and adjust the seasoning, if necessary. Garnish with chopped coriander just before serving.