

## Almost Spring . . . Still Time for Some Soup

**W**e are now in what I call the tween time. That seasonal space between Winter and Spring. Not quite as cold as the last two months of Winter, but not yet warm enough to enjoy outdoor activities, especially dining on the back deck or patio.

So while we wait for the temperatures to warm up several more degrees, having a bowl of soup might just be the right approach as we anticipate Spring's arrival.

Although, from my perspective, there is never a wrong time to enjoy a bowl of soup.

In this post I am sharing a soup recipe based on one that I published back in October 2022, titled Pot of Soup. With that recipe the main ingredient was roasted butternut squash, although in the recipe posted here, carrots replaced the squash as the main ingredient along with a few other minor ingredient adjustments to complete this featured soup. Here is how you can get that done.

### Gingered Carrot Soup

#### Ingredients

6 large carrots

2 medium onions

1 rib of celery

2 fennel top stalks

2 cloves garlic

2-inch piece of ginger, peeled

Several sprigs of fresh thyme, tied in a bundle

4 tablespoon butter + 3 tablespoons olive oil

6 cups vegetable stock

1/2 cup Half&Half whisked into 1/2 cup whole milk Greek yogurt

1 teaspoon grated ginger to finish

## *Garnish*

Finally minced scallion, celery leaf, or parsley.

## *Alternative Garnish*

Whisk together 2 tablespoons of cream cheese with 2 tablespoons of whole milk Greek yogurt and finely minced scallion, both white and green parts.



*Mise en place*

## **Method**

Roughly chop the first six ingredients and set aside.

In a large stockpot melt the butter in the olive oil over a medium-high temperature.

When the butter foams but does not brown, add the chopped vegetables, stirring to thoroughly combine, seasoning using a little salt and pepper. Include the thyme bundle at this time as well.

Lower the heat slightly and sauté the vegetables for 15 to 20 minutes, stirring occasionally to prevent sticking.

Add the stock, raising the heat to a simmer and stirring for 5 more minutes.

Next add the Half&Half and yogurt mix, along with the reserved grated ginger. Stir to thoroughly combine these ingredients into the soup. Continue simmering the soup until the vegetables have softened.

Taste and adjust the seasoning to your liking.

The final preparation of this soup can be handled in one of two ways, and will determine the overall thickness and texture of the dish.

Once the vegetables have sufficiently softened, take the stockpot off the heat and using an immersion mixer, work this around the soup until a smooth, homogenized mixture is achieved.

If the soup seems too thick, a little vegetable stock or warm water can be added to thin it.

Again, check and correct the seasoning to your taste.

If you want a smoother, more velvety finish, use a blender (I used a Vitamix). This may have to be done in two batches when the soup is cool enough to handle.

Ladle half the amount in the container of the blender or Vitamix and process at high speed until completely smooth.

Repeat this with the second batch and combine both in a clean stockpot to rewarm for serving.

Garnish the soup by floating a tablespoon of the finely minced herbs in the center of each individual serving bowl.

Alternatively, swirl a dollop of the cream cheese-yogurt mix noted in the beginning of the recipe, around the center of each individual bowl.

Like most soups, they always seem to taste better on the second day which seemed to be true with this dish as well.

It can be served as an espresso cup size amuse bouche to energize the taste buds to begin a meal, as a first course, or as the main course accompanied by warm, right out of the oven, artisan bread.



*At the table*

However you decide to serve it, this soup will help you navigate that tween time as we segue into Spring. Do give it a try.

Enjoy your Gingered Carrot Soup!



Eat well • Drink well • Be well

*What yields the most delicious healthful results is the simplest—cooking at home!*