

Roasted Carrot Soup

Total Time: 20 mins

Portions: 4 Portions



Ingredients

For the soup

1 tbsp Unsalted Butter for sautéing
Onion chopped up
Clove Garlic chopped up
500 g Carrots peeled and thinly sliced
1000 ml Vegetable stock
1 Taylor & Colledge Organic Vanilla Pods
about 3 - 4 tsp Salt to taste
pinch ground black pepper to taste
15 g Fresh ginger
1 Yellow bell pepper roughly diced

For the topping

about 20 g Crème Fraîche to taste
Clove Garlic thinly sliced
0.5 tsp Taylor & Colledge Vanilla Bean Paste
about 1 Carrot green

Preparation

1. In a large pot, melt the butter over medium heat.
2. Add the chopped onion, garlic, and ginger. Sauté until softened and fragrant.
3. Add the sliced carrots and yellow bell pepper, cooking for a few more minutes.
4. Pour in the vegetable stock and bring to a boil.
5. Add the vanilla seeds and to pod the soup, then reduce the heat and simmer until the carrots are soft, about 15–20 minutes. Remove the vanilla pod.
6. Season with salt and pepper and blend the soup until smooth using a hand blender or a regular blender.
7. For the topping sauté the garlic sliced in 1 tsp of butter until soft. Add the vanilla paste and stir until the garlic is covered in vanilla.
8. To serve, top the Soup with Crème fraîche, vanilla garlic and carrot greens.
9. Adjust seasoning if necessary.