



Burley Model Allotments

Carrot and Coriander Soup

Ingredients

- 75g butter or margarine
- 225g onions, chopped
- 750g carrots, sliced
- 3 tablespoons plain flour
- 1.2 litres chicken stock
- Salt
- Pepper
- 1 tablespoon coriander seeds
- Large bunch of chopped fresh coriander
- 1 bay leaf
- 1 tablespoon lemon juice
- 600ml milk
- 150ml single cream
- 2 tablespoons of chopped fresh parsley to garnish

Method

1. Melt the butter in a large saucepan. Add the onions and fry over a gentle heat for about five minutes or until soft and lightly coloured. Add the carrots; stir to coat in butter, and fry for a further 2-3 minutes.
2. Stir in the flour and cook for 1-2 minutes, then gradually stir in the stock and bring to the boil.
3. Season well with salt and pepper and add the coriander seeds, bay leaf and lemon juice. Cover the pan and simmer gently for about 30 minutes or until the carrots are very tender.
4. Discard the bay leaf and add the chopped coriander leaves, puree the soup in a food blender. (At this point the soup can be frozen once the liquid has cooled. It can be kept in the freezer for up to 3 months. Thaw the soup before continuing with the final step)
5. Return to a clean pan with the milk and bring to boil. Then turn the heat down to a simmer, taste and adjust the seasoning, stir in the cream and reheat gently.

Serve at once in warmed soup bowls, garnish with the chopped parsley.