

# SPICY THAI CARROT SOUP

Recipe by Leah King

## INGREDIENTS

- 1 yellow onion, diced
- 1/4 cup toasted sesame oil
- 3 Tbsp. fresh ginger, grated
- 3 Tbsp. garlic, minced
- 2 tsp. dried ginger
- 1 tsp. coriander
- 1/2 tsp. turmeric
- 1 tsp. garlic-chili paste (like sambal olek or similar)
- 2+ Tbsp. kosher salt
- 8 cups carrots, rough chopped (preferably Nunn Better)
- 6-8 cups vegetable stock\*\*
- 1- 14oz. can full-fat coconut milk
- 1 lime, zest & juice (optional garnish: coconut cream, additional lime & cilantro)

## PROCEDURE

1. In a stock pot, warm toasted sesame oil. Add diced onion and cook over medium-low heat, until they turn golden (approximately 20 minutes). Stir every few minutes. Don't rush this part. You are developing your needed sweetness
2. Add the fresh ginger and garlic. Saute 3-5 minutes.
3. Add the dried ginger, coriander, turmeric, and garlic-chili paste. Saute 3 minutes more.
4. Add the carrots, salt, and enough vegetable stock to cover the carrots (approximately 6-8 cups).
5. Bring to a boil, then reduce to a simmer until the carrots are soft. About 30 minutes.
6. Add coconut milk, lime juice, and zest.
7. Blend in batches until smooth.
8. Taste for salt. Add chopped cilantro.
9. (optional) Garnish with coconut cream, more cilantro, and a lime wedge.

Enjoy!

\*\*A note on vegetable stock: I often have a bin in the fridge to collect vegetable scraps for a few days before I make a soup. My favorite things to use are white and yellow onion skins, celery bits, scallion scraps, carrot peels, mushrooms, and herb stems. I avoid red onion skins and tomatoes. Make your stock anytime by adding your bits to a stock pot and simmering for an hour or two. Strain, and use throughout the week as a replacement for water in your recipes for additional depth of flavor.