

Carrot and Coriander Soup

For 2-4 people:

1/8 pat butter, or dessert spoon coconut oil, or slosh of olive oil,

1 large or two medium white onions, chopped quite small,

Couple of cloves garlic, finely chopped,

4 large carrots or 6-8 medium carrots, fairly thinly sliced,

1 to 2 pints chicken broth, or 1-2 chicken/vegetable stock cubes in 1-2 pints water,

Small glass orange juice,

Small tub of double cream,

Salt and pepper, dessert spoon of coriander powder, small shake of nutmeg powder,

Heat the butter, or coconut oil, or olive oil in a large saucepan or casserole pot,

Gently heat the onions until translucent (not brown),

Add in the sliced carrot, and stir for 5 to 10 minutes on a gentle heat,

Add in the garlic, and stir for a minute or two,

Pour in the chicken broth, or chicken/vegetable stock cubes and water, orange juice, salt and pepper, and coriander powder, and bring to boil,

Turn down and simmer for 20 – 30 minutes until the carrots are soft,

Take off the heat, pour in the cream and stir,

Pour the soup into a blender, and whizz until smooth,

Reheat gently in saucepan until warmed through (do not reboil),

Pour into bowls, with swirl of cream and shake of nutmeg if wanted,

Serve with rolls, or toast, or croutons, or oatcakes.