



## Curried Carrot and Orange Soup

Curried carrot and orange soup will have your taste buds dancing with joy. It is refreshing, full of antioxidants and is as delicious cold as it is warm. Easy to prepare and refreshingly delicious - and different! Make sure to add it to your soup collection.

### Ingredients (serves 4):

Knob of butter	1 tsp ground coriander
1 red onion, chopped	½ tsp ground cumin
2 garlic cloves, chopped chunky	Pinch chilli flakes (adjust to your taste)
450g carrots, washed and diced	½ tsp ground fenugreek
750ml water	2" piece freshly grated ginger
12 black peppercorn seeds	Juice of 4 oranges
3 whole cloves	Zest of one orange
6 green cardamom pods, bruised	Crème fraîche (optional)
½ cinnamon stick	Salt and black pepper to taste
1 tsp ground turmeric	

### Method:

In a large saucepan, melt the butter over a medium heat. Add the onion and fry for 5 minutes. Add the garlic, carrots and water.

Tie the whole spices into a piece of muslin and lower into the pan. Add the ground spices and bring to the boil and simmer for 25 minutes, stirring occasionally.

Remove the pan from the heat and add the orange juice, zest, coriander leaves and crème fraîche if using. Check the temperature and heat gently if necessary, but don't boil.

Blend the contents of the pan, season as required and serve with freshly baked bread.