

Olive



CARROTS

BASIC CARROT SOUP

INGREDIENTS

60g (2oz) MARGARINE
1.5kg (3 LB) CARROTS, PEELED
AND SLICED
2 ONIONS, FINELY CHOPPED
1 LITRE (2 PINTS) VEGETABLE STOCK
1 LITRE (2 PINTS) MILK

METHOD

- MELT MARGARINE AND SAUTE THE ONION AND CARROTS.
- ADD STOCK AND MILK, COVER AND SIMMER FOR 15-20 MINUTES UNTIL THE VEGETABLES ARE TENDER.
- LIQUIDISE, AND SEASON.

VARIATIONS

BELOW ARE INGREDIENTS YOU CAN ADD TO CREATE DIFFERENT SOUPS.

CARROT AND MINT SOUP

ONCE PUREED, ADD 4TBSP OF FRESH CHOPPED MINT AND A DASH OF WORCESTER SAUCE.

CARROT AND ORANGE SOUP

OMIT THE MILK AND ADD AN ADDITIONAL 1PT OR 1/2 LITRE OF STOCK. ONCE PUREED ADD 1/2 PINT OR 1/4 LITRE OF ORANGE JUICE AND THE GRATED ZEST OF 1 ORANGE. STIR IN 1 PINT OR 1/2 LITRE OF CREME FRAICHE AND FINISH WITH SNIPPED CHIVES.

CARROT, CARDAMOM AND CREAMED COCONUT SOUP

THIS SOUP TASTES BETTER THAN IT SOUNDS SO DO GIVE IT A GO! OMIT THE MILK AND SUBSTITUTE WITH STOCK. ONCE COOKED ADD 20 CRUSHED CARDAMOM SEEDS AND 2 OZ CREAMED COCONUT. PUREE.

CARROT AND CORIANDER SOUP

ALMOST A TRADITIONAL SOUP NOW! ONCE COOKED, PUREE THE SOUP WITH A LARGE HANDFUL OF FRESH FRAGRANT CORIANDER LEAVES.

CUMIN CARROT FRIES

INGREDIENTS

2KG CARROTS
3 TBSP. CORN FLOUR
3 TBSP. VEGETABLE OIL
1 TSP GROUND OR WHOLE CUMIN SEEDS
BLACK PEPPER

METHOD

- HEAT OVEN TO 200C/180C FAN/GAS 6. CUT CARROTS INTO 'FRIES', ABOUT 1CM THICK, AND MIX WITH CORN FLOUR AND A LITTLE BLACK PEPPER.
- TOSS WITH VEGETABLE OIL, SPREAD IN A SINGLE LAYER ON A BAKING TRAY LINED WITH PARCHMENT, AND BAKE FOR 40-45 MINUTES, TURNING HALFWAY.
- MIX A LITTLE SALT WITH THE CUMIN AND TOSS THROUGH THE COOKED FRIES AND BAKE FOR A FINAL 3-4 MINUTES

GLAZED CARROTS WITH SHALLOTS & THYME

INGREDIENTS

2KG CARROTS
500ML VEG OR CHICKEN STOCK
750G SHALLOTS, HALVED AND PEELED
175G SALTED BUTTER
TSP SALT
1/2 TBSP. SUGAR
1/2 TBSP. THYME PLUS EXTRA SPRIGS

METHOD

- CUT THE CARROTS IN HALF LENGTHWISE. HOLDING YOUR KNIFE AT A SHARP ANGLE, CUT EACH HALF INTO 1/4-INCH-THICK SLICES TO MAKE HALF-MOONS.
- PUT THE CARROTS AND SHALLOTS IN A PAN AND ADD ENOUGH BROTH TO COME HALFWAY UP THE SIDES OF THE VEGETABLES.
- ADD THE BUTTER, SALT, AND SUGAR AND BRING TO A BOIL OVER HIGH HEAT. COVER THE PAN WITH THE LID SLIGHTLY ASKEW, REDUCE THE HEAT TO MEDIUM HIGH, AND COOK AT A STEADY BOIL, SHAKING THE PAN OCCASIONALLY, UNTIL THE CARROTS ARE TENDER BUT NOT SOFT (8 TO 10 MINUTES).
- UNCOVER, ADD THE THYME, AND CONTINUE TO BOIL UNTIL THE LIQUID EVAPORATES.
- CONTINUE TO COOK THE CARROTS AND SHALLOTS OVER MEDIUM-HIGH HEAT, STIRRING OCCASIONALLY, UNTIL THEY BEGIN TO CARAMELIZE AND TURN GOLDEN BROWN, 3 TO 4 MINUTES.
- TASTE AND ADD A PINCH MORE SALT, IF NECESSARY, AND SERVE