



Carrot-Ginger Soup with Cashew Cream

By Rebecca Katz

This versatile soup can be prepared either with Magic Mineral Broth or using the carrot cooking liquid as your stock. The ginger adds an agreeable pep but the real showstopper is the cashew cream. Your taste buds will thank you.

Yields 4 servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Storage: Refrigerate for up to 5 days. Freeze for up to 2 months.

Type of Dish: Main Course - Meatless

Ingredients

- 2 tablespoons extra virgin olive oil
- 2 cups yellow onion, chopped
- salt
- 3 pounds carrot, cut into 1-inch pieces
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground coriander
- pinch of red pepper flakes
- 8 cups cold water or magic mineral broth
- 1/8 teaspoon maple syrup (Optional for this recipe)

Cashew Cream:

- 1 cup cashews
- 1 cup water
- 2 teaspoons fresh lemon juice
- pinch of nutmeg



Photo: Lori Eanes Photography

Instructions

In a 6- to 8-quart pot, heat the olive oil over medium flame. Add the onions with a pinch of salt and saute until golden. Add the carrots, ginger, curry, cumin, cinnamon, allspice, coriander, and red pepper flakes and stir to combine. Deglaze the pan with 1 cup of water or broth, and then add the remaining 7 cups of liquid with 1 teaspoon of salt. Cook until the carrots are tender, about 20 minutes.

In the same pot, heat the olive oil over medium heat. Add the onions with a pinch of salt and sauté until golden. Add the ginger, curry, cumin, cinnamon, allspice, coriander, and red pepper flakes and stir to combine. Deglaze the pan with 1 cup of the carrot cooking liquid. Add the carrots to the pot and mix well to coat with the onions and spices.

In a blender, puree the soup in batches, adding the cooking liquid first and then the carrots. Blend until very smooth. Add additional liquid to reach the desired thickness. Return to the pot, add the maple syrup, and reheat slowly. Taste- does it need a squeeze of lemon, a pinch or two of salt, or a drizzle of maple syrup?

To make the cashew cream, grind the cashews in a mini food processor or nut grinder (some blenders are not powerful enough to turn nuts into cream, so we give them a head start). If you have a Vita-mix, skip this step. Put the water in a blender. Add the ground cashews, lemon juice, 1/4 teaspoon salt, and nutmeg. Blend until very smooth, about 3 minutes. To serve, ladle the soup into bowls and drizzle cashew cream on top.

Tips

For Magic Mineral Broth, please see the Basics page for the recipe.