



CARROT-GINGER BISQUE

BY JASON HALL, CMC

INGREDIENTS

- 7 c Chicken or vegetable stock
- 2 lbs Fresh carrots, peeled
- 3 leeks, Sliced in half lengthwise & thoroughly cleaned
- 1 Yam, Peeled
- 4 stalks Celery
- 4 T Butter
- 1 (3-inch) piece Fresh ginger root, peeled and grated
- 1 t Nutmeg, ground
- 1 t Salt
- 1 t Freshly ground black pepper
- 1/2 pint Heavy cream

YIELD: 1.5 QT



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METHOD

In a large pot, bring stock to a boil.

While stock is heating, chop all vegetables into small pieces (approximately 1/2-inch cubes).

In a sauté pan, over medium-high heat, melt half of the butter. Sauté vegetables with ginger and nutmeg for approximately 15 minutes, or until vegetables are browned. Add remaining butter as needed.

Add sautéed vegetables to stock, reduce heat, cover with a lid, and simmer for 30 minutes.

Let cool to room temperature and then puree in a blender. Soup should be thick and smooth. If you like your soup velvety smooth, pour through a fine mesh strainer. Add salt and pepper.

To serve, reheat, ladle into bowls, then drizzle 1 tablespoon of cream into each bowl. Serve in warmed bowls.