
Carrot Soup with Tarragon and Orange

Caroline Cazaumayou, chef, 2016



Servings: 8

1. Melt butter in large heavy-bottomed pan over medium heat. Add carrots and onion and saute until onion is soft, about 8-10 minutes. Add broth; cover and bring to a boil. Reduce heat, uncover and simmer until carrots are tender, about 10 minutes. Turn off heat and allow to cool for 10-15 minutes before proceeding.

2. Working in batches, puree the soup in a blender, filling half way only. Pour into another container and continue to puree until all the soup is smooth. Pour soup back into the soup pot; add orange juice, brandy and the chopped tarragon. May be made a day ahead to this point and refrigerated. Can be frozen at this point.

3. Simmer soup for 5 minutes for flavors to blend. Season to taste with salt and pepper. Pour into bowls and serve with tarragon sprigs on top.

2 tablespoons unsalted butter
2 pounds carrots, peeled, sliced
1 1/2 cups onion, chopped
6 cups chicken broth, or vegetable broth
1 cup orange juice
2 tablespoons brandy, optional
4 teaspoons fresh tarragon, finely minced
Fresh tarragon sprigs for garnish

Per Serving (excluding unknown items): 132 Calories; 4g Fat (30.0% calories from fat); 5g Protein; 17g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 609mg Sodium. Exchanges: 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Carolyn T's Blog: tastingspoons.com