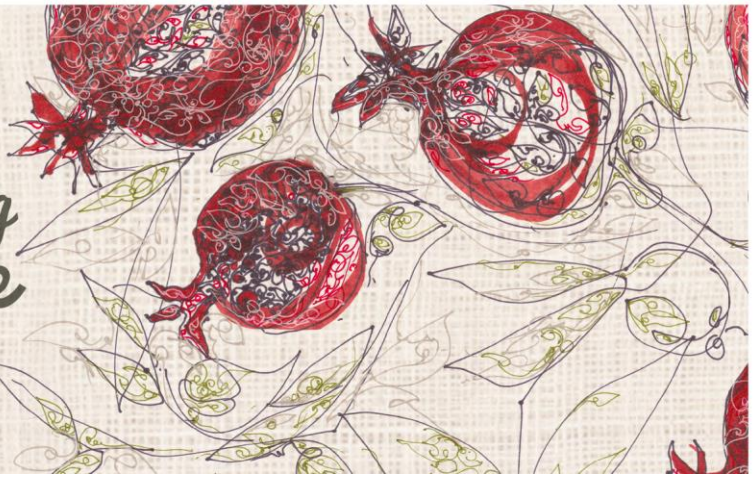




Creating
an
appetite
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Roasted Carrot, Turmeric & Coconut Soup

Preparation 20 minutes **Cooking** 1.5 hours **Makes** 12.5kg soup (approx. 50 serves at 250g each)
Cost \$1.50 each 250g serve (based on supermarket prices) **Season** Winter **Ability** Medium
Best Fresh **Equipment** Oven and Stove

Ingredients

5kg carrots (preferably organic)
4kg Queensland blue pumpkin or similar
300g Extra Virgin Olive Oil
Sea salt flakes
Cracked black pepper
250g extra virgin coconut oil
1750g brown onion (diced to roughly 1cm)
10 garlic cloves, roughly chopped
175g fresh ginger, peeled and grated
300g honey
5 teaspoons ras el hanout
5 teaspoons turmeric (ground)
5 tablespoons apple cider vinegar or 10 tablespoons
Verjuice
10L stock
2.5L coconut cream
Extra coconut cream and fresh coriander to serve



Method

Preheat the oven to 220C. Peel and cut the carrots and pumpkin into inch cubes, place into a bowl with extra virgin olive oil and sea salt and evenly spread onto parchment lined trays, place in preheated oven and cook for 30-40 minutes or until golden and soft.

Meanwhile heat a large pot on the stove, add the extra virgin coconut oil and cook the diced onion over medium heat for approximately 10 minutes (no colour). Add the garlic, ginger and honey, cook over a gentle heat for a further 5 minutes.

Add the ras el hanout and turmeric cook for 1 minute or until aromatic. Deglaze with the Verjuice or apple cider vinegar, cook for 2 minutes or until evaporated.

Place the roasted carrots, pumpkin and stock into the pot and bring to the boil. Simmer for 20-30 minutes until thick. Pour in the coconut cream and simmer for a final 5 minutes. Remove from the stove and blend in a high performance blender until silky smooth. Adjust seasoning accordingly.

To serve - divide the soup between the bowls, top with a some extra coconut cream and fresh coriander.