

[Carrot Fennel Soup](#) Gourmet | November 2008

by Ruth Cousineau

What a soup. Carrots and fennel caramelize when roasted at high heat, then release their sweet essence when blended. A drizzle of fennel-seed oil echoes and intensifies the fennel flavor.

Yield: Makes 6 servings

Active Time: 20 min

Total Time: 50 min

ingredients

2 medium fennel bulbs with fronds
1 pound carrots, quartered lengthwise
1 medium onion, quartered
1 garlic clove
5 tablespoons extra-virgin olive oil, divided
1/2 teaspoon sugar
2 1/2 cups reduced-sodium chicken broth
2 1/2 cups water
1 teaspoon fennel seeds

Equipment: an electric coffee/spice grinder

preparation

Preheat oven to 450°F with rack in lowest position.

Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard stalks and remaining fronds. Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 tablespoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread in a 4-sided sheet pan and roast, stirring occasionally, until browned and tender, 25 to 30 minutes.

Blend half of vegetables in a blender with broth until very smooth. Transfer to a medium saucepan. Repeat with remaining vegetables and water. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper.

Meanwhile, finely grind fennel seeds in grinder and stir into remaining 2 tablespoons oil.
3 Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

Cooks' notes:

- Soup can be made 1 day ahead and chilled.
- Fennel oil can be made 2 days ahead and kept at room temperature.