

# Carrot-Ginger Soup

BY COOK'S ILLUSTRATED

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## WHY THIS RECIPE WORKS

Sometimes the simplest recipes get overcomplicated as more and more versions are made. For this carrot-ginger soup, we decided to go back to the basics. With a combination of cooked carrots and carrot juice, we were able to get well-rounded, fresh carrot flavor. Using a mixture of ginger products, we were able to get bright, refreshing ginger flavor with a moderate kick of heat. Finally, for a smooth texture without the fuss of straining, we added a touch of baking soda to help break down the carrots and ginger, producing a silken creamy result.

## INGREDIENTS

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- 2tablespoons [unsalted butter](#)
  - 2onions, chopped fine
  - ¼cup minced crystallized ginger
  - 1tablespoon grated fresh ginger
  - 2garlic cloves, peeled and smashed
  - Salt and pepper
  - 1teaspoon sugar
  - 2pounds carrots, peeled and sliced ¼ inch thick
  - 4cups water
  - 1 ½cups carrot juice
  - 2sprigs fresh thyme
  - ½teaspoon baking soda
  - 1tablespoon [cider vinegar](#)
  - chopped chives
  - Sour cream
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## INSTRUCTIONSSERVES 6

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In addition to sour cream and chives, serve the soup with Buttery Croutons (see related content).

1. Melt butter in large saucepan over medium heat. Add onions, crystallized ginger, fresh ginger, garlic, 2 teaspoons salt, and sugar; cook, stirring frequently, until onions are softened but not browned, 5 to 7 minutes.
2. Increase heat to high; add carrots, water, ¾ cup carrot juice, thyme sprigs, and baking soda and bring to simmer. Reduce heat to medium-low and simmer, covered, until carrots are very tender, 20 to 25 minutes.
3. Discard thyme sprigs. Working in batches, process soup in blender until smooth, 1 to 2 minutes. Return soup to clean pot and stir in vinegar and remaining ¾ cup carrot juice. (Soup can be refrigerated for up to 4 days.) Return to simmer over medium heat and season with salt and pepper to taste. Serve with sprinkle of chives and dollop of sour cream.