

Spiced Carrot Apple Soup with Fresh Mint

Bon Appétit | December 2010

by Selma Brown Morrow

Yield: Makes 6 servings

Active Time: 50 minutes

Total Time: 50 minutes

ingredients

2 tablespoons chicken fat or olive oil

1 1/2 cups chopped white onion

1 1/4 pounds carrots, peeled, diced, plus 1 carrot, peeled, halved lengthwise

3 3/4 cups low-salt chicken broth

3/4 cup diced peeled fuji apple plus 1/2 cup finely diced (for garnish)

2 teaspoons chopped fresh ginger

4 1/2 tablespoons frozen apple juice concentrate, thawed

1/4 teaspoon freshly grated nutmeg

1/4 teaspoon ground allspice

Coarse kosher salt

Chopped fresh mint

preparation

Heat chicken fat in large saucepan over medium-high heat. Add onion; sauté 2 minutes. Add all carrots, broth, 3/4 cup apple, and ginger; bring to boil. Cover. Reduce heat; simmer until carrots are tender, about 20 minutes. Remove carrot halves; dice finely. Puree soup in batches in blender; return to pan. Mix in apple juice and spices. Season with coarse salt and pepper.

Ladle soup into bowls. Top with finely diced carrot, finely diced apple, and mint.

What to drink:

Try a full-bodied kosher white wine, like the BARON HERZOG 2007 CENTRAL COAST CHARDONNAY (California \$13).

Read More <http://www.epicurious.com/recipes/food/printerfriendly/Spiced-Carrot-Apple-Soup-with-Fresh-Mint-362569#ixzz18LZwGenp>