CARROT AND ORANGE SOUP

From our garden: carrots

NOTES TO STUDENTS and VOLUNTEER:

1. Work as a group to make this recipe.
2. Prepare all ingredients first before commencing the cooking process.
3. Focus on your peeling and knife skills.

Ingredients
100g butter
2 tablespoons olive oil
2 brown onions, finely chopped
2 stalk celery, thinly sliced
2 bay leaves
2 kg carrots, peeled and thinly sliced
10 cups vegetable stock
Zest of 1 orange
Freshly squeezed juice of 1 orange
Salt
Freshly ground black pepper
Grated nutmeg and cream to serve

Equipment
Large pot with lid
Wooden spoon
Large knife
Chopping board
Measuring jug
Measuring spoons
Vegetable peeler
Juicer
Microplane
Stick blender
Kitchen scales

What to do

- Melt butter and olive oil in a large pot.
- Add the onion and celery and sauté with some salt until softened.
- Add the bay leaves and carrots.
- Cover the pot with a lid and cook gently for 10 minutes, stirring occasionally.
- Add the stock and simmer until tender.
- Cool slightly. Remove the bay leaves and blend the soup using a stick blender.
- Add the orange zest, juice and heat gently.
- Serve with a dollop of cream, grated nutmeg and freshly ground black pepper.