

Carrot Ginger Soup

2 Tablespoons unsalted butter
2 onions, chopped fine
¼ cup minced crystallized ginger
1 Tablespoon grated fresh ginger
2 garlic cloves, peeled and smashed
Salt and pepper
1 teaspoon sugar
2 pounds carrots, peeled & sliced ¼ inch thick
4 cups water
1 ½ cups carrot juice
2 sprigs fresh thyme
½ teaspoon baking soda
1 Tablespoon cider vinegar
Chopped chives
Sour cream



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.

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.

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.

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