

View from the Fridge – Recipes from Brian Donkin

Recipe # 94 – Carrot and Herb Soup

Preparation time: 10 mins Cooking time: 45 mins

Ingredients:

4 carrots peeled and sliced
1 stick of celery diced
1 small onion peeled and diced
2 cloves of garlic smashed
Pinch of thyme
Pinch of tarragon
Pinch of oregano
6 large basil leaves
2 bay leaves
½ wine glass of single cream
50 gms butter
1 tblespn plain flour
1 ½ pts vegetable stock

Method

1. Put in pot all ingredients except flour, stock and cream
2. Stir under medium heat for 8 minutes – do not brown!
3. Sprinkle in flour, add vegetable stock and bring to the boil
4. Simmer for 35 minutes
5. Blend or force through sieve
6. Add cream, bring back to the boil and serve immediately

Serves 3

