

Carrot and Lemon Soup

Getting ready: 15 minutes

Cooking to plate: 20 minutes

Four bowls of soup

What to find:

One small onion
300g potatoes
300g carrots
One tablespoon olive oil
25g butter
One small scrubbed lemon
Approx 750ml vegetable stock
Freshly ground pepper

Kitchen Stuff:

Potato peeler
Small vegetable knife
Chopping board
Grater
Large pan and lid
Wooden spoon
Hand held blender or potato masher (food processor)
Measuring jug

What to do:

1. Peel the onion, potatoes and carrots and finely chop them on the chopping board.
2. Using the fine blade on the grater, grate the rind from the lemon. Turn the lemon as you grate and be careful not to grate the pith (white) or your hands.
3. Heat the olive oil and butter in a large pan and cook the chopped onions until they are soft (2-3 minutes).
4. Put the rest of the chopped vegetables into the pan, cook for 2 minutes, stirring all of the time and then add the lemon rind and stock.
5. Bring the pan to the boil and simmer, with the lid on until the potatoes and carrots are soft (12-15mins.)
6. Remove the pan from the heat and blend the soup with the hand blender. Or roughly mash with a potato masher. Little gentle smashes, avoid spills.
7. If the soup is too thick, add extra stock (or milk) to thin it down. Season with freshly ground pepper.

Stuff for adventurous cooks:

Change the vegetables – celeriac, carrot and orange are tasty. Leek and potato is a classic soup – it's really yummy too. (See tip).

Use green vegetables for a green soup – try adding some nutmeg.

Cut up some bread into small pieces and make croutons.

Toast some pine nuts, pumpkinseeds or sunflower seeds and sprinkle these on top of the soup.

Chop some fresh parsley or coriander and sprinkle it over the soup before you eat it.

Tips:

To toast nuts: place the nuts in a dry pan and heat gently. Shake the pan occasionally to ensure even cooking, until the nuts are golden brown.

Leeks are available from autumn through to spring. Young leeks can be steamed; older ones are delicious in soups. Leeks (especially home grown ones) can be tricky to wash – so, try soaking them in a bowl of water for 15 minutes before you use them. Remove the stem and cut off the tougher green tops.

ALWAYS HAVE A GROWN UP IN THE KITCHEN WHEN YOU COOK

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