

Family Place Carrot Coriander Soup

Submitted by Jean MacKenzie

This recipe comes from the Family Place Community Garden Cookbook . It, and its many variations, is a great favourite with both children and adults.

The Family Place "Open Space" group makes soup every Wednesday and welcomes families with young children to drop by and share a bowl of soup and good company!

2 tsp sunflower oil

1 onion, chopped

1 celery stick, sliced, with 2-3 leafy tops reserved

2 small potatoes, chopped

4 cups vegetable or chicken stock

2-3 tsp ground coriander

1 tbsp. fresh coriander (cilantro)

1 cup of milk; soy or nut milk are also tasty

Salt & pepper

Heat the oil in a large heavy bottomed saucepan and fry the onion over gentle heat for 3-4 minutes, stirring frequently.

Add the carrots, potato, and chopped celery and stir well.

Reduce the heat even further, cover the pan and cook for about 10 minutes. Shake the pan frequently so the vegetables do not stick.

Add the stock, bring to a boil then partially cover and simmer for a further 8-10 minutes until the veggies are tender.

Meanwhile, reserve a few tiny celery leaves for garnish and finely chop about 1 tablespoon of the remaining celery tops.

In a small pan, dry fry the ground coriander for about 1 minute over moderate heat, stirring constantly. Reduce the heat and add the chopped celery tops and fresh coriander; dry fry about 1 minute. Set aside.

When the veggies are tender, puree the soup in a processor or blender (the stick blender works well here) and return to the saucepan. Stir in the milk, coriander mixture, and season to taste with salt and pepper.

Heat very gently (do not boil or the milk will curdle),

Taste, adjust the seasoning, and serve garnished with celery leaves.