

4 Carrot and Coriander Soup

2oz each	Onion, celery, white of leek prepared and roughly chopped
8oz	carrots, peeled and roughly chopped
2- 3 tbl sp	roughly chopped fresh coriander stalks and leaves
2oz	butter or margarine
2oz	flour
2oz	tomato purée
1 ½ pt	water
1	vegetable stock cube
½ pt	milk
	Seasoning – finely chopped coriander leaves to garnish

Method

1. Gently fry the vegetables and coriander stalks in the butter or margarine being careful not to brown them. A lid on the pan will help.
2. Stir in the flour and tomato purée
3. Gradually stir in the water and vegetable stock cube. Bring to the boil and allow to simmer for about fifteen minutes.
4. Add the milk and bring back to the boil – allow to simmer for another fifteen minutes.
5. Liquidise the soup in a blender and strain. A flour sieve is useful for this.
6. Season with salt and freshly milled pepper. Remember that the stock cube is salty so do not add too much salt. Sprinkle with finely chopped fresh coriander just before serving. If the soup tastes a little sweet, add a little more tomato purée.

