

Curry, Carrot and Coconut Milk Soup

(from “Urban Pantry,” by Amy Pennington)

2 tablespoons olive oil
1 shallot, thinly sliced
2 large pinches salt
4 large carrots, peeled and roughly chopped
1 can (13.5 oz.) coconut milk
1 cup. chicken (or vegetable) stock
2 tablespoons yellow curry paste (or to taste)

In a medium saucepan, heat olive oil over medium heat. Add shallot and one pinch salt, stir until soft (but not brown) – about 2 minutes. Add carrots, stir occasionally, letting them sit still and brown a bit (the shallot will start to caramelize as well), about 8-10 minutes. Pour in coconut milk and broth, reduce heat to low. Simmer until carrots are soft and cooked through, about 25-30 minutes. Remove from heat.

Add the soup to blender in batches, puree until smooth. Return to pot, and over medium heat, season with salt and pepper, adding 2 level tablespoons of yellow curry paste. Stir until blended. Garnish with a small spoonful of crème fraîche or plain yogurt.

Total time: about 1 hour