

Published December 19th, 2012

## Curried Carrot-Apple Soup with Ginger Creme Fraiche

(Serves 12-16)

### INGREDIENTS

1/2 cup olive oil  
3 onions, chopped  
6 shallots, chopped  
6 garlic cloves, chopped  
1 teaspoon fresh thyme, minced  
1 tablespoon fresh ginger, minced  
8 carrots, peeled and chopped  
3 parsnips, peeled and chopped  
4 green apples, peeled, cored and chopped  
1 1/2 tablespoons curry powder  
1/2 teaspoon ground coriander  
1/2 teaspoon ground ginger  
1 tablespoon salt  
1/2 teaspoon white pepper  
1 gallon chicken stock (I used 3 quarts for a thicker

soup)



Photo Susie Iventosch

### DIRECTIONS

Saute first five ingredients until fragrant. Add carrots, parsnips and apples and continue to saute for another five minutes. Add spices, salt and pepper. Saute until veggies are tender. Add chicken stock to cover and boil for one hour or until everything is soft and smells fantastic! Cool to room temperature. Once cooled, puree in batches until silken in texture. Reheat and serve hot with a dollop of creme fraiche.

Ginger Creme Fraiche

Mix together: 1 cup creme fraiche, 1/4 teaspoon ground ginger and pinch of salt.

Reach the reporter at: [info@lamorindaweekly.com](mailto:info@lamorindaweekly.com)

[back](#)

Copyright © Lamorinda Weekly, Moraga CA