

CARROT, LEEK AND TARRAGON SOUP

THE IDEAL SOUP FOR SWEET YOUNG MARKET
GARDEN CARROTS. OLDER SUPERMARKET CARROTS
NEED ADDED SUGAR - YOU'RE THE CHEF.

1 TBSP	BUTTER	15 ML
5	CARROTS, THINLY SLICED (ABOUT 3 CUPS/750 ML)	5
1	LARGE LEEK OR ONION, THINLY SLICED	1
4 CUPS	CHICKEN BROTH OR WATER	1 L
1 TBSP	PACKED BROWN SUGAR (OPTIONAL)	15 ML
1/2 TO 1 TSP	DRIED TARRAGON	2 TO 5 ML
1/2 TSP	SALT	2 ML
	FRESHLY GROUND BLACK PEPPER	
1 TBSP	FRESHLY SQUEEZED LEMON OR ORANGE JUICE	15 ML
	SNIPPED FRESH CHIVES	

IN A LARGE SAUCEPAN, MELT BUTTER OVER MEDIUM HEAT.
ADD CARROTS AND LEEK; COVER, REDUCE HEAT TO LOW
AND LET VEGETABLES "SWEAT" FOR 10 TO 12 MINUTES
OR UNTIL SOFTENED BUT NOT BROWNED. ADD CHICKEN
BROTH, BROWN SUGAR (IF USING), TARRAGON TO TASTE,
SALT AND PEPPER TO TASTE; BRING TO A BOIL. REDUCE
HEAT AND SIMMER, UNCOVERED, FOR 10 MINUTES OR
UNTIL VEGETABLES ARE VERY SOFT. USING AN IMMERSION
BLENDER, OR IN A FOOD PROCESSOR OR BLENDER IN
BATCHES, PURÉE SOUP UNTIL SMOOTH. RETURN TO

PAN, IF NECESSARY. STIR IN LEMON JUICE AND ADJUST SEASONING WITH SALT AND PEPPER, IF DESIRED. SERVE GARNISHED WITH CHIVES. SERVES 4.

MAKE AHEAD: LET SOUP COOL, TRANSFER TO AN AIRTIGHT CONTAINER AND REFRIGERATE FOR UP TO 1 DAY OR FREEZE FOR UP TO 1 MONTH. THAW AND REHEAT TO SERVE.

TIP: MANY RECIPES CALL FOR ONLY THE WHITE PART OF THE LEEK, BUT WE THINK THIS IS A WASTE. USE AS MUCH OF THE GREEN PART AS YOU WANT! LEEKS GENERALLY CONTAIN DIRT BETWEEN THEIR LAYERS. THE EASIEST WAY TO CLEAN THEM IS TO SWIRL CHOPPED OR SLICED LEEKS IN A LARGE BOWL OF WATER. LET THE DIRT FALL TO THE BOTTOM AND REMOVE LEEKS WITH A SLOTTED SPOON. REPEAT IF NECESSARY.

VARIATION: IF YOU DON'T LIKE, OR DON'T HAVE, TARRAGON, REPLACE IT WITH AN EQUAL AMOUNT OF DRIED THYME, PARSLEY OR DILL.

This recipe should be doubled.