



Carrot and Orange Soup

A wonderful coloured soup flavored with mace.

Preparation Time : 15 mins

Cooking Time : 30 mins

Ingredients

4 oz / 110g onion, chopped
2 oz / 50 g butter
1 lb / 450 g carrots, peeled and diced
1/2 pint / 275ml fresh orange juice
1 pint / 450ml good chicken stock
2 tsp sugar
a little sherry (optional)
salt and pepper seasoning

Herbs & Spices

1/4 tsp Mace Ground or 1/4 tsp Nutmeg Ground

Cooking Instructions

Saute the onion in the butter until soft. Add the carrots, place lid on pan and turn down heat and allow the vegetables to sweat for 15 mins. Add all other ingredients and simmer for 30 mins. Liquidise in a blender and adjust seasoning.

Serve with a swirl of cream and chopped parsley to garnish.