

CHILLED CARROT SOUP



Preparation : 15 min - **Resting :** - - **Cooking :** 20 min - **Equipment :** -

Ingredients : 4

- 1 kg of carrots - 1 onion - salt, pepper - 1 ½ tbsp of acacia honey - 2 oranges - 2 chicken stock cubes - olive oil - 1 ½ tbsp of ground cumin

1. Bring the water almost to the boil in a large pan and dissolve the stock cubes in it.
2. Peel the carrots and slice them in the midi bowl using the 4-mm slicing disc. Cook them in the stock.
3. Cut a sliver of orange peel and add it to the carrots as there are cooking. Peel the onions and chop them in the mini bowl. Fry them in olive oil. Set aside.
4. When the carrots are cooked, blend them with the onions, salt and pepper in the main bowl fitted with the metal blade and the Blendermix. Gradually add the cooking liquid via the feed tube. Allow to cool.
5. Juice the oranges using the citrus press and add the juice to the cold carrot soup. Add the honey and ground cumin. Stir in well with the spatula.
6. Allow to chill for at least 3 hours in the fridge.

Chef's tip :

For a milder taste, add a little crème fraîche.

Patissier Multifunction ■

Mini Plus ■

Compact 3200 XL ■

CS 4200 XL ■

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