

Carrot and Tomato Soup

From Marc Wing

Serves 6

- ¾ lb. Carrots, thickly sliced
- 4 tbs. butter
- 1-½ tsp. ground coriander seeds (plus more)
- 1 lb tomatoes, skinned and coarsely chopped (canned is OK)
- 4 cups chicken stock
- ¾ cup heavy cream
- salt
- black pepper
- 3-4 tbs. parsley
- Lemon Juice

Cook carrots gently in the butter for 2 minutes, adding the ground coriander and stirring often.

Then add the tomatoes, stir to mix, and cook for another 5 min.

Heat the stock and add to the pan, and simmer for 35 min. or until the carrots are soft.

Puree briefly in a food processor or push through a coarse food mill. It should not be too smooth.

Add more coriander and lemon juice to taste.

Return to the pan and reheat, adding the cream, salt and pepper to taste, and the coriander or parsley.

Cover and let stand for 5 min before serving to allow the taste of the herbs to permeate the soup.