

Roasted Carrot Soup

- 2 pounds carrots
- 3 tablespoons extra-virgin olive oil, divided
- $\frac{3}{4}$ teaspoon fine sea salt, divided, to taste
- 1 medium yellow onion, chopped
- 2 cloves garlic, pressed or minced
- $\frac{1}{2}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon ground cumin
- 4 cups vegetable broth (or water)
- 2 cups water
- 1 to 2 tablespoons unsalted butter
- 1 $\frac{1}{2}$ teaspoons lemon juice, to taste
- Freshly ground black pepper, to taste



1. Preheat the oven to 400 degrees Fahrenheit.
2. Peel carrots and then cut them on the diagonal so each piece is about $\frac{1}{2}$ " thick.
3. Place the carrots on a baking sheet. Add 2 tablespoons olive oil and $\frac{1}{2}$ teaspoon of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer.
4. Roast the carrots until they're caramelized on the edges and easily pierced through by a fork, 25 to 40 minutes, tossing halfway.
5. Once the carrots are almost done roasting, in a Dutch oven or soup pot, warm the remaining 1 tablespoon olive oil over medium heat until shimmering. Add the onion and $\frac{1}{4}$ teaspoon salt. Cook, stirring occasionally, until the onion is softened and turning translucent, 5 to 7 minutes.
6. Add the garlic, coriander and cumin. Cook until fragrant while stirring constantly, about 30 seconds to 1 minute. Pour in the vegetable broth and water, while scraping up any browned bits on the bottom with a wooden or silicone spatula.
7. Add the roasted carrots to the pot when they are out of the oven. Bring the mixture to a boil over high heat, then reduce the heat as necessary to maintain a gentle simmer. Cook for 15 minutes, to give the flavors time to meld.
8. Once the soup is done cooking, remove the pot from the heat & let it cool for a few minutes. Carefully transfer the hot soup to a blender, working in batches if necessary. Add the butter, lemon juice and several twists of black pepper. Blend until completely smooth. Add additional salt and pepper if necessary, to taste.

Carrot Soufflé

- 2 pounds carrots peeled and thinly sliced
- 1/2 cup butter melted
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 4 eggs
- 1/4 cup all purpose flour
- 1 1/4 teaspoons baking powder
- 3/4 teaspoon salt
- 3/4 cup granulated sugar
- cooking spray
- powdered sugar for garnish (optional)



1. Preheat the oven to 350 degrees F. Coat a 2 quart baking dish with cooking spray.
2. Bring a pot of lightly salted water to a boil. Add the carrots, and cook for 15-18 minutes or until carrots are very tender.
3. Drain the carrots and place them in the bowl of a food processor. Add the butter, vanilla extract, cinnamon and eggs. Process until smooth.
4. Add the flour, baking powder, salt and sugar to the food processor. Pulse until just combined.
5. Pour the carrot mixture into the prepared dish. Bake for 40-45 minutes or until golden brown and set. Let stand for 5 minutes, then serve. Garnish with powdered sugar if desired.