



Store pre-washed carrots in the bottom of your fridge. Unwashed carrots can be stored in a dry (unheated) basement in paper bags for several weeks. The soil keeps them dormant so preserving the nutritional value of the roots. Remove the top of the carrot.

- Scrub all carrots - if they are organic you can then prepare as you wish.
- Non-organic carrots should be peeled and tip of the carrot cut off.
- Carrots can be grated and mixed with other salad ingredients and served with a light dressing.
- Grated carrots are good in sandwiches with savoury spreads, pâtés etc.



Carrot and coriander soup

Preparation and cooking time: about 45 minutes

serves

4-6

Ingredients

- 3 large carrots – diced
- 1 medium onion – finely chopped
- 2 tablespoons vegetable oil (or olive oil if you prefer)
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1 stock cube
- 4 cups water (about 1 1/2 pints, or 900ml)
- 1/3 bunch fresh coriander, washed and finely chopped
- pepper

Method

- Heat the oil in a large saucepan over medium heat.
- Add the chopped onion and stir. When softened add the carrot and spices.
- Cook and stir for a further 2-3 minutes then stir in the chopped coriander (save some of the chopped leaves for a garnish).
- Add boiling water and stock cube. Cover the pan and simmer gently for 20 minutes or until the carrot is tender.
- Blend the soup with a hand blender or mash with a potato masher. Sieving also gives a smooth soup but takes a while. Rewarm the soup, season and serve with a swirl of crème fraîche or yoghurt and a hunk of warm bread.

Variation:

Add half a cup of washed red lentils with the coriander for a hearty winter soup. You may need to add a bit more water – adjust the consistency after blending.