



Carrot and coriander soup with pickled chillies and toasted chestnuts

Serves 4

Warming winter soups are a go to dish and what better than this family favourite. Our chef has spiced it up a little giving you the option to add some pickled chillies and toasted chestnuts. Make a big batch and freeze it so it is ready for when you have a full house and a lot of hungry mouths to feed over the Christmas holidays.

Ingredients

Soup

- 1tbsp Guernsey butter
- 1tsp chopped garlic
- 1 onion, finely chopped
- 650g carrots, peeled and roughly chopped
- 1tsp ground coriander
- 1 litre vegetable stock
- 30g fresh coriander
- 8tbsp Guernsey cream
- ½ tsp paprika

Pickled chillies and toasted chestnuts (optional)

- 1 green chilli, sliced
- 1 red chilli, sliced
- 100ml apple cider vinegar
- 2 cloves
- 5 black peppercorns
- 1 star anise
- 1tsp sugar
- Toasted chestnuts (to garnish)

Method

1. Melt the butter in a saucepan over a low to medium heat. Add the onion and cook until soft. Add the garlic and cook for a further few minutes. Add the carrots, ground coriander, paprika and some seasoning and mix well.
 2. Pour the stock over the carrots. Stir to coat and bring to the boil. Cover, reduce the heat to low and simmer for 30-35 mins until the vegetables are tender and soft.
 3. Remove the soup from the heat and add two-thirds of the coriander leaves and stalks to the soup as well as the cream, then blend until smooth.
 4. Serve with sliced pickled chillies and chopped toasted chestnuts to taste.
1. Slice the chillies. Mix the vinegar, spices and sugar together and bring it to the boil. Pour the vinegar mix over the chillies and allow to sit so it can pickle for a minimum of 6 hours/ideally overnight. You could make a whole bottle and keep them in the fridge for weeks.



Prepared by
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Chef's tip

Crunchy, sweet, delicious carrots are a very versatile ingredient when it comes to using up food and making your meals go further. You can eat them raw, grate them in salads, bake them into a carrot cake, roast them in garlic and butter or make them into a soup.

December

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	Don't forget to check changes to Christmas collections at gov.gg/mybinnight					
17	18	19	20	21	22	23
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31						

Handy tip

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