

# Curried Carrot Soup Long Course

**Number of people: 100**

Carrots 16 lbs  
Water 12 quarts  
Ginger, grated 4 Tbsp  
Turmeric Powder 4 tsp  
Ground Coriander 8 Tbsp  
Ground Cardamom 2 Tbsp  
Olive Oil 1 cup  
Mustard Seeds 4 Tbsp  
Cumin Seeds 4 Tbsp  
Salt 4 Tbsp  
Lemon Juice 8 Tbsp

## **Prep:**

Peel (or wash) carrots and slice in robot-coupe on soft-slice setting. Store in covered plastic bin in the walk-in overnight. If you do not have enough carrots, you may substitute parsnips and/or turnips for part of the carrots .

Grate Ginger and store in a small, clear plastic container.

Mix together Turmeric, Coriander and Cardamom powders; label & store overnight.

## **Cook: begin at breakfast time!**

Once the stove top is free from breakfast cooking, measure water and divide into 2 pots – use the ones with the thinner bottoms. Cover with a lid and bring to a boil. Add carrots and cook until very very soft. Remember to turn the stove off before going to the 8 o'clock sitting.

After the 8-9 am meditation, heat oil in one of the double-bottomed pots, using a low flame. Add mustard and cumin seeds, cooking just until they brown and start popping. Do not let them burn! Then add other spices and stir to blend.

Add this herb mix to the carrots and water, dividing evenly between the 2 pots. Stir well.

Blend the soup, using the immersion blender. Be sure to clean the immersion blender immediately afterwards! (In a pinch for time use the robo-coupe bowl attachment , but only blend small amounts at a time.)

Reheat soup after blending if necessary. Add salt and lemon juice. Stir, taste & serve.