

6. Recipe - White Ginger Carrot Soup

White Ginger Carrot Soup

Ingredients (Serves 4):

- 500g (1 lb) carrots, peeled and chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil or butter
- 1 tsp **white ginger powder**
- 4 cups vegetable or chicken broth
- 1/2 cup coconut milk or cream (optional, for extra creaminess)
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper
- 1 tsp lemon juice (for a subtle tang)
- Fresh cilantro or parsley (for garnish)

Instructions

1. Sauté the aromatics:

- In a large pot, heat the olive oil or butter over medium heat.
- Add the chopped onion and garlic and sauté for 3-4 minutes until softened and fragrant.

2. Add the carrots and ginger:

- Add the chopped carrots and **white ginger powder** to the pot. Stir well to coat the carrots with the ginger and aromatics.
- Cook for 2-3 minutes to allow the ginger flavor to infuse.

3. Simmer the soup:

- Pour in the vegetable or chicken broth. Bring the soup to a boil, then reduce the heat to low.
- Cover and let it simmer for **15-20 minutes**, or until the carrots are soft and tender.

4. Blend the soup:

- Using an immersion blender, blend the soup until smooth and creamy.
- If using a regular blender, allow the soup to cool slightly before blending in batches.

5. Add creaminess and season:

- Stir in the coconut milk or cream for added richness.
- Add salt, black pepper, and lemon juice to taste. Adjust the seasoning as needed.

6. Serve and garnish:

- Ladle the soup into bowls and garnish with fresh cilantro or parsley.
- Drizzle a little extra coconut milk on top for a beautiful finish.

Why You'll Love This Recipe

- **White ginger powder** adds a gentle, warm spice that enhances the natural sweetness of the carrots.
- Creamy, smooth, and **nutritious**, making it perfect as a light lunch, dinner, or appetizer.
- It's easy to make with simple ingredients and ready in under 30 minutes.
- Great for kids and adults—serve with crusty bread or crackers for a complete meal.

This **White Ginger Carrot Soup** is a comforting and flavorful dish perfect for any time of the year.