

3 Colours Orange Soup By Cha'kwaina Mary Ellen Elmore on Saturday, August 3, 2013 at 12:36pm

Packed with goodness and flavour, this colourful concoction is one of my favourite soups.

The three orange colours come from carrot, sweet potato and orange, the fruit.

To keep the dish vegetarian, use vegetable stock, otherwise chicken stock may be used.

Serves 6

- 1 tbsp extra virgin olive oil
- 1 tbsp unsalted butter
- 1 medium onion,
finely chopped
- 2 or 3 cloves garlic,
finely chopped
- 3 cardamom pods, remove seeds
and crush with rolling pin
- 400g carrots, chopped into
about 1cm cubes
- 600g sweet potato, peeled and
chopped into 1cm cubes
- 1 tsp chilli sauce (optional)
- 2 or 3 strips of orange rind
(taking care not to include
too much pith)
- Juice of one orange
- 1.5 litre vegetable or chicken stock
- 1 tbsp chopped mint leaves
- 1 tbsp chopped Italian parsley leaves
(or coriander for a more Asian feel)
- 2 tbsp cream (optional)

Croutons

- 2 or 3 slices of stale bread,
crusts removed, cut into 1.5cm cubes
- Oil for frying

In a large saucepan, over medium heat, put butter and extra virgin olive oil.

When hot, add onion and garlic and cook for 2 or 3 minutes until onion has softened (making sure the garlic doesn't burn).

Add cardamom seed, cook for 1 minute.

Add sweet potato and carrot and cook for 2 or 3 minutes.

Add chilli sauce (if using), orange rind, juice, vegetable stock and mint and parsley leaves.

Reduce heat and allow to simmer for 45 minutes.

Remove rind, and two or three tablespoons each of carrot and sweet potato. Reserve.

Blend the rest of the soup, either in a food processor or with a potato masher.

Stir in cream, if using.

Just before serving, heat oil in frying pan (preferably non-stick), and fry bread cubes to brown all over.

Degree of difficulty: Low. Keepability: Keeps a couple of days in the refrigerator. Wine companion: A fragrant Riesling.