

Roasted Carrot Ginger Soup with Carrot Top Pesto

Brooklyn Street Local

Pesto

- 2 cups carrot tops
 - 2 garlic cloves
 - ½ cup basil
 - ¼ cup walnuts
 - ¼ cup grated parmesan
 - ½ cup olive oil
 - 2 Tbsp lemon juice
 - ½ tsp salt
1. Wash and trim carrot tops, discard tough stems
 2. Combine all ingredients except olive oil in food processor
 3. Pulse for 1-2 minutes until evenly mixed and there are no large pieces
 4. While food processor is running, slowly add olive oil
 5. Continue to blend for 2-3 min or longer if you prefer a smoother pesto
 6. Transfer to ½ qt container or jar. Keeps in fridge for up to a week.

Roasted Carrot Ginger Soup

- 2 pounds carrots
 - 1 large onion
 - 5 Tbsp olive oil
 - 6 cups vegetable stock*
 - 2 cloves garlic
 - 1 Tbsp grated fresh ginger
 - 2 tsp coriander
 - 1 tsp cumin
 - Salt to taste
 - ¼ cup yogurt (*when serving*)
1. Pre-heat oven to 400
 2. Scrub and peel carrots, add peels to stock container
 3. Rough chop carrots, toss in 2 Tbsp olive oil, sprinkle with salt and pepper
 4. Spread evenly on a baking sheet.
 5. Roast for 35 - 45 min until they are easily pierced with a fork and edges are caramelized.
 6. Meanwhile...
 7. Medium dice onion, adding onion skin/ scraps to stock container
 8. Heat 3 Tbsp olive oil over medium heat, add onion, stir regularly until translucent
 9. Add garlic, grated ginger, spices
 10. Stir regularly until garlic is brown and spices are aromatic
 11. Add roasted carrots and vegetable stock to onion mix
 12. Bring to a boil and simmer covered for 15 min until carrots are very soft.
 13. Remove from heat and blend with immersion blender until smooth, or if using a counter top blender mix in batches.
 14. Serve hot or cold with good bread. Top with pesto and a dollop of yogurt.

**A note on vegetable stock*

A great way to use scraps is in stock. At BSL we make stock every week so we always have a container full of carrot peeling, onion and garlic skins, herbs stems, etc. If you are not making stock today you can also store the scraps in your freezer in a quart container or freezer bag until you are ready to use them.