

Creamy Orange Ginger Soup

Recipe By *Estee Kafra*



Cooking and Prep:  1
h 10 m

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Gluten Free,

Low Carb, Pescetarian

Source: Family Table by

Mishpacha Magazine

This soup has a creamy consistency that may fool you into thinking it's dairy. If you're using it for a dairy meal, add some milk for extra creaminess. Try to buy the loose and large carrots; they're often sweeter than the bagged ones.

Ingredients (11)

Main ingredients

- 2 tablespoons oil
- 2 onions, diced
- 3 cloves garlic, chopped or 3 cubes **Gefen Frozen Garlic**
- approximately 1 inch ginger root, thinly sliced

- 6 carrots, peeled and cut into chunks
 - 3 sweet potatoes, peeled and cut into chunks
 - 1 turnip, peeled and cut into chunks
 - vegetable stock or **Empire Chicken Broth** or other chicken stock, to cover
 - salt, to taste
 - 1 teaspoon white pepper
 - 1 teaspoon **Gefen Honey** or sugar
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Start Cooking

Make the Soup

1. Heat oil in a large pot. Add diced onions, garlic, and ginger and cook just until fragrant (they shouldn't brown).
2. Add the carrots, sweet potatoes, and turnip and let sauté very gently for about 20 minutes, until the vegetables begin to soften and caramelize. Add vegetable stock to cover plus about one inch, and add seasonings. Let cook until all the vegetables can easily be pierced with a fork.
3. Use an immersion blender to puree until smooth. Adjust seasoning to taste.

Tip:

For a nice garnish, dice a mango thinly. Squeeze about one teaspoon of juice from a ginger root, and add two teaspoons of very finely chopped parsley. Mix to combine. Add one teaspoon of this mixture to the top of each bowl of soup before serving.

Credits

Photography: Daniel Lailah.

Food Styling: Amit Farber.