

CREAMY SWEET POTATO-CARROT SOUP

Susan Denzer, Chef and Culinary Consultant

Love + Craft Kitchen, LLC

www.loveandcraftkitchen.com

love + craft

KITCHEN



Soup is one of those comfort foods that reaches deep inside us. For me, the soup-making process is as wonderful as sitting down to enjoy the fruits of my labor. Chopping, sauteing, simmering, tasting... wafting aromas creating anticipation... light and luxurious, or thick and hearty.... it is all part of a time-honored cooking experience. And, while many of us tend to think more about making soup when the seasons bring a chill, soup can serve us well at any time of year.

This recipe for **Creamy Sweet Potato-Carrot Soup** is warm, inviting, and surprisingly satisfying. Many flavor-building, nutrient-dense ingredients come together to create a richly flavored dish. The splash of brandy that is added near the end of cooking time deepens the flavor profile. If you don't have any handy or prefer not to use it, no worries, the soup will still be delightful.

Serve this soup as an appetizer or first course, alongside a salad, or as an entree with a warm, crusty baguette.

Makes: approximately 8 cups

INGREDIENTS

3 tablespoons olive oil, divided
1 pound sweet potatoes, peeled, cut into 1-inch cubes
1/2 pound carrots, peeled, cut into 1-inch pieces
1 leek, diced, thoroughly washed and drained
1/2 small to medium fennel bulb, thinly sliced
1/2 medium apple, peeled, diced (suggest Honeycrisp or similar)
2 cloves of garlic, minced (about 1 heaping tablespoon)
2 teaspoons grated fresh ginger (or from a jar)
5 cups chicken or vegetable broth or stock, low sodium
1 tablespoon molasses
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
1/4 teaspoon ground turmeric
1/4 teaspoon ground nutmeg
1/2 teaspoon kosher salt
1/4 teaspoon ground black pepper
1 cup half and half (or oat milk)
1 tablespoon brandy (such as Cognac or Calvados) or dry sherry
optional garnishes - Gorgonzola dolce or another blue cheese, and/or roasted pumpkin seeds

DIRECTIONS

Roast the Sweet Potatoes and Carrots

1. Preheat the oven to 425°F. Line a large cookie sheet or baking dish with parchment paper.
2. Place the cut sweet potatoes and carrots onto the cookie sheet or baking dish in a single layer. Drizzle 1 tablespoon of oil over top, and toss to coat. Spread out evenly on the pan. Sprinkle lightly with salt and pepper.
3. Place the pan into the oven and roast the veggies for 20 - 25 minutes, until pierced easily with a fork and very lightly browned.

Prepare the Soup

4. Heat the remaining 2 tablespoons of oil in a large pot or Dutch oven over medium heat on the stovetop. Add the leek, fennel, and apple. Sweat these ingredients until they are soft and lightly browned, about 5 - 8 minutes. Add the garlic and ginger, and cook for 30 seconds more.
 5. Add the roasted sweet potatoes and carrots, broth or stock, molasses, cumin, cinnamon, turmeric, nutmeg, salt, and pepper. Stir to combine. Bring to a light boil, then reduce the heat to a low simmer. Cover the pan and allow to simmer for 30 - 35 minutes. Check the sweet potatoes and carrots with a fork - they should be very soft when pierced with a fork. If not, allow them to simmer for another 5 minutes.
 6. Remove the pan from the heat. Using an immersion blender or full-sized blender, puree the soup. Do so in two batches in a full-sized blend if necessary.
 7. Stir in the half and half and the brandy. Return the soup to the stovetop and allow it to gently simmer uncovered for another 5 minutes to fully heat through. Do not boil the mixture.
 8. Serve immediately or cool and refrigerate for later use.
- To serve: ladle hot soup into bowls, and top with garnish or choice - Gorgonzola dolce or another blue cheese, and/or roasted pumpkin seeds. Enjoy!



Photos: Love + Craft Kitchen, LLC