



Carrot and Coriander Soup – by Mick Goodman

Serves: 4

Ingredients

- 50 g / 2 oz / 4 tbsp butter
- 3 leeks, sliced (or 1 large onion — see note)
- 450 g / 1 lb carrots, sliced
- 15 ml / 1 tbsp ground coriander
- 1.2 litres / 2 pints chicken stock
- 150 ml / ¼ pint Greek-style yogurt
- Salt and freshly ground black pepper
- 30–45 ml / 2–3 tbsp chopped fresh coriander (to garnish)

Method

1. Melt the butter in a large pan. Add the leeks (or onion) and carrots, stir well, cover, and cook for 10 minutes until the vegetables begin to soften.
2. Stir in the ground coriander and cook for 1 minute. Pour in the stock, season to taste, bring to the boil, then cover and simmer for 20 minutes until the vegetables are tender.
3. Leave to cool slightly, then purée the soup in a blender until smooth. Return to the pan and stir in 30 ml / 2 tbsp yogurt. Taste and adjust seasoning. Reheat gently — do not boil.
4. Ladle into bowls, add a spoonful of the remaining yogurt to the centre, scatter over the chopped coriander, and serve immediately.

Notes

- From Mick: “I didn’t have leeks available and used a large onion instead.”
- Using homemade chicken stock will give a richer flavour, though stock cubes work perfectly well.

