



Coconut Ginger Carrot Bisque

By Chef Veera Gaul, Ph.D.



Ingredients

- 1 ½ tablespoons [Unflavored EVOO](#)
- 1 large yellow onion, chopped
- 2 tablespoons ginger paste or minced ginger
- 4-5 cloves garlic, minced
- 1 ½ lb carrots, chopped
- 1 ½ teaspoons ground turmeric
- 3-4 teaspoons Sambal Oleak / Thai Chili Sauce / Sriracha (or to taste)
- 4 cups vegetable stock
- 1 can (15 oz) unsweetened coconut milk
- 1 tablespoon lime juice (from ½ a lime)
- Salt and pepper to taste

Garnishes

- Chopped cilantro
- Chopped, toasted peanuts or cashew nuts
- Drizzle of Crème Fraiche or Coconut Cream (optional)

Preparation

Heat the EVOO in a soup pot over medium heat. Add the chopped onions and sauté until translucent and soft (about 4 minutes). Add the ginger and garlic and continue sautéing until fragrant (another 2-3 minutes).

Add the carrots, turmeric and stock to the pot. Bring to a boil and then reduce the heat and simmer, covered, for 15-18 minutes until the carrots are tender.

Blend the soup in batches in a blender or food processor and return to a clean pot. Add the coconut milk, lime juice and sambal (to taste). Season with salt and fresh cracked pepper.

Serve with toppings of chopped cilantro, chopped toasted nuts and a drizzle of crème fraiche (if using)

Serves 4

Total Time: 30 minutes

Categories: Soups & Salads, Appetizer, Light Lunch, Vegan, Vegetarian, Gluten Free, Dairy Free, Coconut Ginger, Carrot Bisque, Turmeric, Sambal Oleak, Coconut Milk, Peanuts, Cashew Nuts, Warming, Winter Soup, Fall Flavors,