



Winter Recipe I

Carrot Cream Soup with Basil-Mint Swirl

Makes 3 to 4 servings or 4 to 5 cups

Potato adds to the smooth, light texture of this multi-season soup that satisfies without the ubiquitous can of chicken broth, the dairy products usually included in creamed vegetable soups (butter, half and half or cream) or a roux (a flour and butter sauce).

2 large cloves garlic, sliced
2 ribs celery, sliced
1 pound carrots, 4 or 5 carrots or 3 1/2 cups, sliced
1 potato, sweet potato or yam, 1/2 pound, peeled and sliced
1 red Bell pepper, halved, seeded and sliced (optional, in season)
2 cups water
3-inch piece kombu sea vegetable
3/4 teaspoon sea salt and/or 1 cube vegetarian consommé or 2 teaspoons Seitenbacher powdered consommé
1/4 teaspoon white pepper
1 cup soymilk (optional)

Basil-Mint Swirl:

Makes 1 to 1 1/4 cups

You can make this sauce a couple of days ahead. Color, flavor and consistency are maintained with refrigeration. A smaller volume is difficult to blend in a food processor.

4 ounces basil (two 2-ounce bunches), 3 cups, leaves only
12 large sprigs mint, 2 ounces or 1 1/2 cups, leaves only
1/4 cup toasted pine nuts
2 large cloves garlic
2 tablespoons lemon juice
1 tablespoon extra virgin olive oil (optional)
1/2 teaspoon sea salt
1/2 teaspoon natural soy sauce or tamari (Ohsawa Organic is the best brand)
Mint sprigs for garnish

1. Place vegetables in a pressure cooker or pot with water, kombu, salt and/or consommé, and pepper. Bring to pressure or boil and cook until tender, 5 minutes in pressure cooker, 10 to 15 minutes in pot. Remove kombu.

2. Purée ingredients until smooth. Add soymilk only if more liquid is needed. Return soup to pot to heat through.

3. To make *Basil-Mint Swirl*, process all ingredients together.

4. Serve soup with a heaping tablespoon topping on center of each serving. With a chopstick or spoon handle, swirl herb paste in a spiral pattern out from the center. Garnish with a sprig of mint. (Basil darkens when placed on hot soup.)



*Variation: **Curried Cream of Carrot Soup:*** Add 2 teaspoons curry powder, 1 teaspoon cumin and a pinch of cayenne. Top center of swirl with a dollop of tofu sour cream and a sprig of mint.

Note: For larger amounts, such as 3 times this recipe, multiply all ingredients by 3 except water and soymilk. Reduce water to 4 cups instead of 6 cups. Add soymilk gradually to texture desired, about 2 cups instead of 3 cups.