

## Carrot soup

The flavour of this soup is divine and its colour golden. Orange peel adds an extra dimension to the carrots and the bowls will always be wiped clean. It can be enjoyed hot or ice cold on a warm summer's day.

### Serves a family of 4

500 g (1 lb 2 oz) carrots  
450 g (1 lb) potatoes  
150 g (5 ¼ oz) celeriac  
2 onions  
1 tsp oil  
water  
1 can of organic coconut milk  
juice and zest of 1 organic orange  
1 pinch of freshly grated ginger  
1 clove of garlic  
1 tsp white balsamic vinegar  
1 tsp agave syrup  
½ tsp cayenne pepper  
herb salt  
freshly ground black pepper

### Serves 40 children

5 kg (11 lb) carrots  
3 kg (6 lb 10 oz) potatoes  
1 kg (2lb 3 oz) celeriac  
500 g (1 lb 2 oz) onions  
2 tbsp oil  
water  
5 cans of organic coconut milk  
juice and zest of 2 organic oranges  
2 tsp freshly grated ginger  
3 cloves of garlic  
5 tsp white balsamic vinegar  
3 tsp agave syrup  
1–2 tsp cayenne pepper  
herb salt  
freshly ground black pepper

1. Peel the carrots, potatoes, celeriac and onions, dice them roughly, and sauté in oil in a heavy pan.
2. Add water until the vegetables are almost covered, then add the coconut milk and stir in the orange juice, orange zest, ginger and garlic.
3. When the vegetables have softened, blend and add the vinegar, agave syrup, cayenne and salt and pepper to taste.
4. You can garnish the soup with marinated pearl barley or rye bread croutons.