

Carrot And Coriander Soup

Ingredients

175g leeks
450g carrots, peeled
40g butter
2 tsp ground coriander
1 tsp flour
1.1 litres vegetable stock
salt and pepper
150ml yogurt or soured cream (cream probably less lumpy in soup)
to garnish: coriander leaves and croutons

Method

Slice vegetables, melt butter in large pan, add vegetables and cook for 5-10 minutes until soft but not coloured. Stir in ground coriander and flour for 1 minute. Add stock, bring to boil. Add salt and pepper. Reduce heat. Cover. Simmer for 20 minutes or until all vegetables tender. Leave to cool slightly. Blend in blender till smooth (or stick blender in pan). Reheat gently and stir in yogurt/cream. Do not boil. Server garnished.