

# Moroccan Carrot Soup with Spiced Crema + Scallion Oil

Serves 4

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## INGREDIENTS

### For the Soup:

1 tbsp extra-virgin olive oil  
1 tbsp butter  
1 medium onion, peeled and chopped  
3 cloves garlic, peeled and chopped  
1.5 lb carrots, peeled, trimmed and sliced  
3 cups vegetable stock  
1 1/2 tsp honey  
1/2 tsp curry powder  
1/2 tsp ground ginger  
1/2 tsp ground cumin  
1/8 tsp ground cinnamon

1 cup coconut milk  
Salt and pepper to taste

### For the Spiced Lime Crème

1/2 cup sour cream  
1/4 cup buttermilk  
pinch ground cumin  
1 lime zested

### Scallion Oil: yields 1/2 cup

1/4 cup Vegetable oil  
4 scallions, white + green parts thinly sliced to equal 1 cup

### Roasted Chickpeas:

3 cups chickpeas  
2 tbsp olive oil  
1 tsp ground cumin  
1 tsp chili powder  
1/2 tsp cayenne pepper  
1/2 tsp sea salt

### Garnish:

1/2 cup coconut milk for drizzling  
1 red chili, thinly sliced  
1/4 cup micro cilantro  
1 tsp charcoal finishing salt

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## METHOD

### For the Soup:

Place the olive oil and butter in a stockpot over medium-high heat, and stir just until the butter melts.  
Add the onion and sauté until the onion softened and translucent, about 5 minutes. Season generously with salt, and pepper. Add the garlic and continue to cook. Add in the carrots and sauté for 5 minutes.  
Add the vegetable stock, bring to a boil, then reduce the heat and simmer, covered, until the carrots are very tender, about 20 minutes.  
Whisk in the honey, ginger, cumin, and cinnamon. Working in batches, transfer the soup to a blender (do not fill your blender past the maximum fill line!). Securely fasten the lid and use a kitchen towel to protect your hand from steam escaping from the top of the blender as you purée the mixture until smooth. Transfer puréed soup to a large pot, and repeat with remaining batches.

### For the Spiced Lime Crème

In a bowl, stir together sour cream and buttermilk.  
Add the cumin, and zest, and whisk to combine. Season with salt and pepper. Transfer to an airtight container or cover bowl with plastic wrap and refrigerate until chilled, use within 1 week.

### For the Scallion Oil:

In a small saucepan, heat the oil over medium heat until hot. Test the oil by dropping in a scallion slice; it should sizzle on contact. Add the scallions, and stir immediately to expose them quickly to the oil.  
Remove the scallions when they have collapsed and are soft, after about 30 seconds. Once cooled, blend the mixture with an immersion blender.

### For the Roasted Chickpeas:

Heat the oven to 400°F and arrange a rack in the middle.  
Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes.



CLASS RECIPE