

Curry Carrot & Ginger Puree (or soup!)

Culinary Medicine, Nutrition Services

Serves: cups

Equipment: cutting board, knife, large pot with lid, spoon, blender

Ingredients

2 tablespoons olive oil
1 leek, just the greens, chopped
2 inches fresh ginger, chopped
1 tablespoon turmeric or curry powder
4 large carrots, chopped
2 parsnips, chopped
4-6 cups vegetable or chicken stock or water
Salt and black pepper to taste

Instructions

1. In a large pot, warm oil over medium high heat. Add leeks and a pinch of salt sauté until tender, 3-5 minutes.
2. Add ginger and spices. Turn to medium-low and stir for 1 minute.
3. Add remaining ingredients.
 - For a puree, add 4 cups of liquid and simmer uncovered until vegetables are soft (15-20 min).
 - For a soup, add 6 cups of liquid and simmer, covered with a lid, until vegetables are soft (15-20 min).
4. Using a blender, blend until smooth, in batches, only filling blender half full.
5. Taste and season as needed. Serve.



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Why We Like This Recipe

This same recipe can be used as a puree as a side dish, or add extra liquid and eat it as a creamy soup.

Chef's Notes:

- Notice the beautiful smell when you warm the spices in the oil in Step 2. This is called "blooming spices" and is done to release the essential oils of the spices, serving to deepen the aroma and taste of the dish.

Nutrition Notes:

- Ginger contains a component called "gingerol" which can reduce inflammation. It has been used in traditional medicine to help with arthritis, muscle pain, and gastrointestinal issues.

Gardener's Notes:

- In ancient times, ginger was so highly valued that it was often used as a form of currency. It was traded extensively along spice routes and was considered a luxury item in many cultures.



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