



karafuu & rosemary carrot soup

With the warming flavors of karafuu (cloves) rosemary and ginger, this carrot soup is the perfect partner to cosy up to during a cold day in!

Ingredients

2, 100g Muhogo (cassava) root
1 egg
½ a teaspoon of cayenne pepper
1 teaspoon of paprika
1 teaspoon of coriander powder

¼ cup of finely chopped fresh coriander
3 tablespoons of ghee
Salt to taste.
½ a tablespoon of roughly chopped ginger

Method

Peel your carrots and slice then into strips. Put it to boil in a sufuria together with the rosemary, ginger and cloves. Allow this to boil down until the carrots have completely softened.

Allow this to cool down for about 5 minutes then add to a blender. Blitz until smooth.

Pour this into a sufuria and add the milk, salt and the pepper. You can use heavy cream if you prefer a richer soup. Let it simmer down for about 5-9 minutes then remove from heat. Ladle onto your bowl, garnish with some heavy cream and some pumpkin seeds then serve.



SERVE WITH: some bread or on its own

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/karafuu-rosemary-carrot-soup/>