



Creamy carrot soup with smoked tofu

Total time:
30 min

Dish:
lunch/dinner

Servings:
4 – 6

Ingredients:

4 carrots
4 parsley roots
1 small celery root
1 onion
2 **tbsp** butter
200 **ml** heavy cream (33 %)
2 bay leaves
allspice (to taste)
black pepper (to taste)
a pinch of nutmeg
a few drops of lemon juice
1 **tsp** brown sugar
salt (to taste)

For garnish:
1 smoked tofu
olive oil
fresh parsley leaves

Instructions:

1.

Sauté the finely chopped onion in butter until golden. Add the peeled, chopped root vegetables and sauté for a while until they become fragrant. Season with salt, pepper, bay leaf, allspice and a pinch of nutmeg. Pour in about 2 litres of water and cook until the vegetables are tender.

2.

Once the vegetables are soft, pour in the cream and blend everything until smooth. Season the soup to taste with cane sugar and a few drops of lemon juice. Cut the smoked tofu into cubes and fry in olive oil until golden. Serve the soup with the fried tofu, fresh parsley and, if you like, with pieces of fresh carrot.