

CHEF MARK RECIPE:

## Carrot Orange Cilantro Soup

6 servings

**Chef Mark Schoenthaler**  
PERSONAL CHEF SERVICES  
*Classic cuisine with a contemporary flair.*

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*6 carrots peeled and coarsely chopped*  
*1 medium yellow onion peeled and diced*  
*2 cloves garlic smashed*  
*2 Tablespoons olive oil*  
*4 cups chicken stock*  
*3 large oranges zested, zest chopped finely and oranges juiced*  
*Good dash red pepper flakes*  
*¼ cup finely chopped fresh cilantro*  
*Salt and freshly ground white pepper to taste*  
*Optional: Cream Fraiche for garnish*

Heat olive oil in large soup pot until hot, add onions, carrots and garlic and lower heat to medium and add red pepper flakes. sauté until somewhat soft, covered tightly. Do not brown. Stirring occasionally (You will be sweating the vegetables for maximum flavor).

Combine orange zest, juice from the oranges and the cilantro in a small bowl and set aside.

Cook soup until carrots and onions are very soft 20 – 30 minutes. Remove from heat and strain reserving liquid.

Puree solids with part of the reserved liquid until very smooth in a blender. This should be done in several batches. Return to soup pot and add all remaining liquid.

Add the orange juice, cilantro mixture and stir well to combine. Adjust seasonings with salt and pepper.

Can be served immediately or cooled, refrigerated and kept for several days. Bring to a full boil before serving if stored.

Ladle hot soup into soup bowls and garnish with crème fraiche if desired and additional cilantro sprigs.

This is a wonderful creamy soup that is very low fat with a very unusual and interesting flavor.