



Arvinda's

ARTISANAL SPICE BLENDS *for* INDIAN COOKING

Madras Carrot Soup

Ingredients:

4-5	carrots, peeled and cut into small pieces
4 cups	vegetable stock
1 tsp.	Arvinda's Madras Masala (add 2 tsp. for a spicier soup)
½ cup	light cream (10% or substitute milk for a lower fat version)
½ cup	water
1 tsp.	sea salt, or to taste
¼ cup	chopped cilantro, to garnish (optional)
½ tsp.	Arvinda's Garam Masala , to garnish

Flavouring Tip

Substitute **Arvinda's Madras Masala** with **Arvinda's Curry Masala** for a milder soup



Method of Preparation:

Fill a pot with vegetable stock and add carrots. Bring to a boil and simmer until carrots are cooked and soft (approximately 30 minutes).

Using a hand blender, puree carrots until smooth. Add **Arvinda's Madras Masala**, light cream or milk and water to thin out. Stir and simmer on medium heat for 10 minutes. Add additional **Arvinda's Madras Masala** to get soup to desired hotness.

If soup is too thick, add more water to thin it out. Add sea salt to taste if necessary.

Serve soup in a bowl garnished with a pinch of **Arvinda's Garam Masala** and chopped cilantro. Serve with pappadums for dipping.

Serves 4.

