Carrot soup with cheese flowers

Ingredients for the carrot soup

2 tablespoons of oil
2 red onions, peeled and diced
2 garlic cloves, chopped
½ a teaspoon of fennel seeds
1 teaspoon of turmeric
500g of carrots, peeled and diced
500ml of vegetable stock
500ml of carrot juice
500ml of cream
Salt

Ingredients for the cheese flowers

4 slices of toast
4 tablespoons of grated Gruyere

Preparing the carrot soup

Heat the oil in a large pan and fry the onions, garlic and fennel seeds for around five minutes, stirring regularly. Add the turmeric and carrots and fry for another five minutes on a medium heat. Add the vegetable stock, carrot juice and cream. Season, bring to the boil leave to simmer for 20 minutes then blend the soup in a mixer.

Preparing the cheese flowers

Cut out the flowers and sprinkle with cheese. Bake in the oven for five minutes at 200 °C.

Zug, December 2016

Anrichten

Cooking level for the cheese flowers

With pre-heat

5 minutes | hot air setting at 200 °C