

Carrot-and-Fennel Soup

By Amanda Hesser | **YIELD 6 servings** | **TIME 30 minutes**

INGREDIENTS

2 tablespoons unsalted butter
1 medium fennel bulb, trimmed and thinly sliced; fronds reserved
1 ½ pounds carrots, peeled and thickly sliced
1 large garlic clove, thinly sliced
1 teaspoon salt, or to taste
⅓ cup fresh orange juice
¼ cup sour cream
Freshly ground black pepper, to taste

PREPARATION

Step 1

In a 3-quart heavy saucepan, over medium heat, melt the butter until foamy. Add the fennel slices and cook, stirring, until softened. Add the carrots and garlic and cook another minute. Pour in 6 cups of water and season with salt. Simmer, covered, until the carrots are very tender, about 20 minutes.

Step 2

Remove the soup from the heat and stir in the orange juice, sour cream and reserved fennel fronds. Use the back of a spoon to mash some of the carrots and fennel, but leave the soup chunky. Season with salt and pepper.

PRIVATE NOTES

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