

Cream of Sweet Potato and Ginger Soup

Adapted from a recipe courtesy of Matthew McTigue
Executive Chief at El Tovar, Grand Canyon
www.grandcanyonlodges.com

measuring cups and spoons
large heavy based saucepan
chopping board and knife
heatproof stirring spoon
kitchen scales
stick blender or blender
4 large or 6 small soup bowls
scissors for snipping

METHOD

INGREDIENTS

1. In the soup pot over a medium heat, **warm**

2 TBS **unsalted butter or olive oil**

2. Add and **sauté** until soft

1 cup **diced onion** (~1 medium)

½ cup **diced celery** (~1 long stalk)

½ cup **diced carrots** (~1 medium)

3. **Add**

4 cups **vegetable stock**

2 cups **diced orange sweet potato** (~300g/10oz)

1 cup **full fat dairy or coconut cream**

2 tsp **ground ginger**

1 tsp **ground cinnamon**

1 tsp **rapadura or coconut sugar**

½ tsp **pink or sea salt**

¼ tsp **ground white pepper**

Pinch **ground nutmeg**

Pinch **ground all spice (pimento)**

4. Bring to the boil and **simmer** for 30 minutes.

5. Use an immersion blender to **puree, or blend** several batches in a blender until smooth.

6. **Serve garnished** with

freshly cracked **black pepper**

snipped **celery leaves**

