

CAMELIZED CARROT SOUP

(adapted from [Food and Wine magazine](#))

1/3 cup low fat yogurt
1 teaspoon chopped tarragon
1/4 teaspoon caraway seeds, chopped
salt and pepper
6 Tbs unsalted butter (divided in 4 + 2 Tbs)
1 pound carrots, peeled and cut into 1/2-inch pieces
1/2 teaspoon salt
1/4 teaspoon baking soda
2 cups fresh carrot juice (see notes)
1 tablespoon minced fresh ginger

In a small bowl, mix the yogurt with tarragon, caraway seeds, a touch of salt and pepper, and reserve. In a pressure cooker, combine 4 tablespoons of the butter with the carrots and cook uncovered until the butter is melted. Stir in the salt and baking soda, cover and cook at full pressure for 10 minutes. Carefully move the pressure cooker to the sink and run cold water over the lid until the temperature drops down and the pressure is equalized (one minute under cold water will definitely be enough). Open the pressure cooker, add the carrot juice (or a mixture of carrot juice and water), and stir to release caramelized bits stuck to the bottom of the pan.

Transfer the contents of the pan to a blender or food processor, add the ginger, the remaining 2 Tbs of butter, and puree until smooth. Season the soup with pepper and pour into bowls. Garnish with a small dollop of the reserved yogurt, sprinkle some fresh tarragon, and serve.