

## Carrot Fennel Soup

### Ingredients:

4 medium fennel bulbs with fronds  
2 lbs carrots, quartered lengthwise  
2 medium onions, quartered  
2 garlic cloves  
10 tbsp extra virgin olive oil, divided  
1 tsp sugar  
5 cups chicken broth  
5 cups water  
2 tsp fennel seeds

### Preparation:

Pre-heat oven to 450 degrees with rack in lowest position.

Chop enough fennel fronds to measure 2 Tbsp and reserve. Discard stalks and remaining fronds.

Slice the cored fennel bulbs  $\frac{1}{4}$ " thick and toss with carrots, onions, garlic 6 tbsp oil, sugar, 1 tsp salt, and  $\frac{1}{2}$  tsp pepper.

Spread in a 4-sided sheet pan and roast (may require 2 sheet pans) stirring occasionally, until browned and tender 25 to 30 minutes.

Blend half of vegetables in a blender with broth until very smooth.

Transfer to a sauce pan. Repeat with remaining vegetables and water.

Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper.

Finely grind fennel seeds and stir in remaining olive oil

Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

Soup can be made 1 day ahead of time and chilled. Fennel oil can be made two days ahead and kept at room temperature.

Makes 12 servings

**Note:** If the soup is too coarse after blending it can be simmered for an hour or so to really soften the carrot pieces and be pureed again with an immersion blender.

To enhance the taste add 1 tbsp of chicken base ("Better than Bouillon"), 1 tsp of finely ground fennel seeds and additional salt and ground pepper to taste.

If the soup is too thick, add a cup of heavy cream and simmer an additional 10 minutes.