

A warming soup does you a world of good in autumn or winter. The curcumin contained in turmeric has an anti-inflammatory effect and also works as an antioxidant. The apple adds a fresh and tangy element to this soup.

Carrot and apple soup with turmeric and an apple and walnut topping

Serves 4
Preparation 35 minutes

For the soup

700g (1lb 9oz) carrots
1 onion
1 apple (e.g. Egremont Russet)
1 garlic clove
25g (scant 1oz) ginger
2 tbsp olive oil
1½ tsp ground turmeric
1 litre (1¾ pints) vegetable stock
150ml (5fl oz) whipping cream
salt and freshly ground black pepper

For the topping

80g (2¾oz) walnuts
1 apple (e.g. Egremont Russet)
2 tbsp butter
3 tbsp maple syrup
fine sea salt
1½ tsp thyme leaves
walnut oil for drizzling
pea shoots or beetroot shoots (optional)

Special equipment

blender
hand-held blender

Chop the carrots into chunks and dice the onion. Peel, quarter, core, and roughly chop the apple. Peel and finely chop the garlic and ginger.

Heat the oil in a pan. Sauté the onion until translucent. Add the carrots and apples and continue frying for 2–3 minutes. Add the garlic, ginger, and turmeric and fry briefly. Pour in the vegetable stock and simmer for 20–25 minutes over a moderate heat until the carrots are soft. Remove the pan from the hob, pour in the cream, and blend the soup in a blender. Season with salt and pepper. Keep warm.

Roughly chop the nuts for the topping. Wash, rub dry, quarter and core the apple then chop

into large cubes. Melt the butter in a pan. Fry the apple and nuts in the butter for about 2 minutes. Add the maple syrup and allow to caramelize. Season with a pinch of sea salt and the thyme leaves. Remove from the hob.

To serve, heat the soup, use a hand-held blender to make it slightly frothy, and pour into deep plates or bowls. Garnish with the apple and walnut topping, and drizzle with walnut oil. Add a few pea or beetroot shoots, if using.

Tip: to make a vegan version of the soup, just replace the butter with oil, and the whipping cream with coconut milk or oat or soya cream.

