

CREAMY CARROT SOUP WITH CURRIED BEET YOGURT

(from L'Etoile Restaurant, reprinted in From Asparagus to Zucchini) NL July 12-13, 2000

12 sweet carrots
1 medium potato
2-3 cups half & half (or milk)
1 large red beet
1 tablespoon curry powder
1 cup plain yogurt

Peel and chop carrots and potato. Place in 2-quart saucepan, cover with water and cook until tender. Drain carrots and potato and transfer into blender or food processor; add half-and-half (or milk) and blend until creamy. Return to stove to keep warm. Season with salt and pepper. Peel and chop beet; wrap in foil and roast in oven at 400 degrees until tender, about 45 minutes. Blend in blender with curry powder and yogurt. Use on soup for garnish.

Makes 6-8 servings