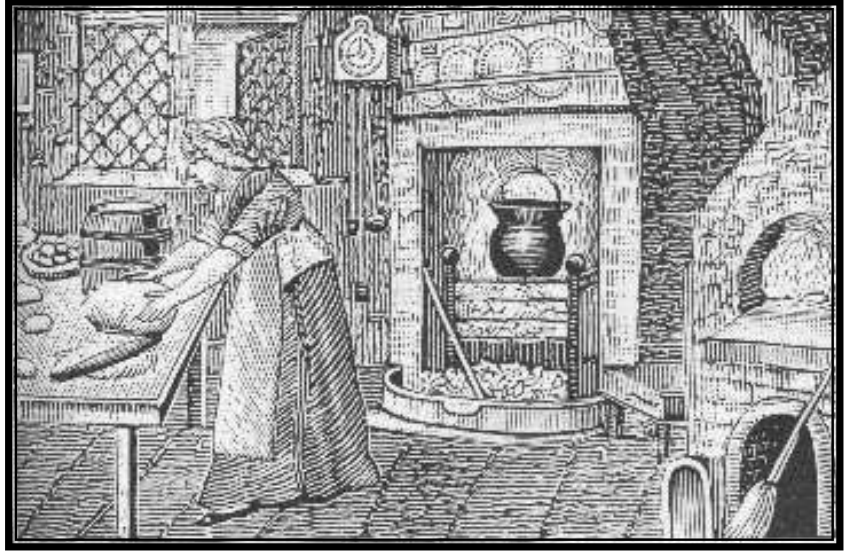




The Olde Scots Kitchen



Carrot and Orange Soup

Ingredients

1 chopped onion;
450g (1lb) sliced carrots;
65 g or ½ stick (2 ozs) butter;
65 g or ½ cup (2 ozs) plain flour;
600ml (1 pint) chicken stock;
600ml (1 pint) milk;
1 orange (juice and rind);
Salt and pepper;
1 teaspoon nutmeg;
30g (1 oz) chopped parsley

Directions

Melt the butter and add the onions and carrots. Cook gently (without colouring) then stir in the flour and cook for a further half minute. Gradually add the milk and chicken stock. Season with salt, pepper and nutmeg. Bring to a boil, stirring constantly, then simmer for 20/30 minutes. Liquidise before adding orange juice (including shredded rind) and reheat — but do not boil. Serve sprinkled with parsley.