



## CARROT AND TURNIP SOUP

*A wonderful soup served chilled, but also good warm.*

### INGREDIENTS

2	Tbsp vegetable oil	3	c chicken stock
2	large shallots, peeled and thinly sliced	1	Tbsp long-grain brown rice
4-6	small carrots (3/4 pound), peeled and thinly sliced	2	c buttermilk
4-6	small turnips (1/2 pound), peeled and thinly sliced		Salt and pepper to taste
1/4	c Sweet Chai		Hot pepper sauce (or Sweet Heat) to taste
			Sprinkle cardamom and clove

### DIRECTIONS

- 1 Heat oil in heavy sauce pan.
- 2 Add shallots, sauté for 2-3 minutes, until soft.
- 3 Add carrots and turnips, and cook, stirring frequently, for 5 minutes.
- 4 Add Sweet Chai, chicken stock and rice.
- 5 Bring to boil, lower heat, cover and simmer for 25-30 minutes.
- 6 Puree in batches in food processor until very smooth.
- 7 Salt and pepper to taste.
- 8 Chill slightly, add buttermilk.
- 9 Chill until ready to serve.
- 10 Just prior to serving add splash of hot sauce to each bowl and sprinkle with cardamom and cloves.
- 11 Serve cold.

**YIELD** *4 servings*