

Moroccan Spiced Carrot Soup

This recipe is adapted from snixykitchen.com. This soup serves 4.

Soup:

- 1 medium leek
- 1 clove garlic, grated on microplane grater
- 3 Tablespoon olive oil, divided
- 2 pounds carrots (about 9-10 large carrots), peeled and cut into 1/4 inch thick slices
- 1 Large sprig fresh thyme
- 1 teaspoon kosher salt
- 2 teaspoons sumac
- 1/2 teaspoon cinnamon
- 1/4- 1/2 teaspoon Aleppo pepper, or red pepper flakes
- 2 Tablespoons maple syrup
- 4 cups vegetable or chicken stock
- 2 cups water
- 1 15-ounce can white beans, drained and rinsed
- 2 Tablespoons fresh lemon juice

Spiced Pistachios:

- 1 Tablespoon egg white
- 2 teaspoons sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon cinnamon
- Pinch Aleppo pepper or red pepper flakes

Yogurt Garnish:

- 1/2 cup plain Greek yogurt
- 1 Tablespoon fresh lemon juice
- Pinch kosher salt

1. Cut off roots and tough dark green portion of leek, leaving white portion and about 2 inches of light green. Slice in half lengthwise and chop into 1/4 inch slices. Place diced leeks in a bowl of cold water and swish leeks in water until leeks are clean. Lift leeks out of bowl of water and discard dirty, sandy water.
2. In a large sauce pan, heat 1 tablespoon olive oil over medium heat for 1 minute. Add the leek and garlic and cook, stirring until it begins to soften, but does not yet brown, about 5 minutes.
3. Add the remaining 2 tablespoons olive oil, carrots, thyme sprig (no need to strip leaves off stem, just throw in the whole sprig), sumac, cinnamon and Aleppo pepper. Cook, stirring, for 6-8 minutes, until the carrots begin to soften.
4. Stir in the maple syrup then add the broth, water and white beans. Bring to a boil over medium-high heat then reduce heat and simmer, uncovered until the carrots are tender when pierced with a fork, 25-30 minutes.
5. While the soup is simmering, make the spiced pistachios. Preheat oven to 350°F. In a small bowl, mix together sugar, salt, cinnamon and Aleppo pepper and set aside.

6. In a medium sized bowl lightly beat egg white with a whisk until frothy. Add pistachios and toss until evenly coated. Add spice mixture and toss until well coated. Spread evenly on parchment lined baking sheet and bake in preheated oven for about 15-20 minutes. Remove from oven and allow to cool thoroughly. Break apart nut clusters and set aside. This will make more nuts than you need for a garnish. They will keep for a few weeks at room temperature in an airtight container.
7. Mix yogurt, lemon juice and salt. Set aside.
8. Remove thyme sprig. Puree the soup until completely smooth either with an immersion blender or working in batches with a blender or food processor. Return the soup to the pot and stir in the lemon juice. Taste and add more salt, pepper and lemon if you like.
9. Serve soup in bowls, garnished with a swirl of lemon yogurt and a few chopped spiced pistachios.