

Carrot Top Soup

This recipe was given to me by Leann Landgrebe Stephens who owns Crème de la Crop in Valparaiso, Indiana. Leann is always looking for unique ways for her CSA members to use the beautiful vegetables she produces and this recipe, adapted from LOCAL FLAVORS by Deborah Madison, is a real crowd pleaser. I took the recipe one step further and created a creamy version and a creamy/chunky version of it. All versions of it are delicious.

1 bunch of carrots, tops included (about six 6-inch carrots)
2 tablespoons unsalted butter
2 large leeks, white part only
2 tablespoons fresh thyme
2 tablespoons fresh dill
3 tablespoons white rice
6 cups stock (chicken or vegetable, prefer unsalted, homemade)
Salt and pepper to taste

Pull or pluck the lacy leaves of the carrots greens off their stems. (You should have between 2 and 3 cups, loosely packed.)

Finely chop the carrots, carrot tops, leeks, thyme, and dill in a food processor.

Melt the butter in a soup pot.

Add the vegetable and herb mixture. Cook for several minutes stirring a few times to prevent sticking, then season with 1½ teaspoons salt. Add the rice and stock to the pot.

Bring to a boil and simmer until the rice is cooked, 16 to 18 minutes.

Taste for salt and season with pepper. Serve immediately.

For a totally creamy version: Remove soup from the heat and use an immersion blender to puree the soup. This creamy version is good at room temperature.

For a creamy/chunky version: Remove the soup from the heat and place half of it in a heat safe bowl. Puree the remaining soup in the pot with an immersion blender and then add back the soup reserved in the bowl. This is best served warm.

Makes about 2 quarts of soup.

Victoria Wesseler