

Carrot and Parsnip Soups with Cashew Sour Cream

Nope, that is not a misprint in the title. This recipe is for two soups served in a single bowl. Both soups have a similar viscosity, so when poured simultaneously from two ladles into one bowl, they remain separate in the bowl. This lends itself to a striking presentation: half the bowl is a striking red-orange and the other half white-gold, garnished with the tarragon cream. When you prepare the tarragon cream, make sure it is thinner in consistency than the soup.

Serves 6

Carrot and Red Pepper Soup

2 yellow onions, cut lengthwise into 1/2-inch-thick crescents
2 or 3 carrots, peeled and cut into 1/2-inch-thick slices (3 cups)
1/3 cup dry sherry, dry white wine, or nonalcoholic white wine
1/4 teaspoon salt
2 red bell peppers, roasted, peeled, and cut into 1/2-inch dice (jarred roasted red peppers is fine)
1 teaspoon dried thyme
1/3 teaspoon dried dill
3 cups vegetable stock
1/3 cup white miso
2 cups soy milk or rice milk
salt to taste
1/4 teaspoon cayenne pepper

Parsnip Soup

2 yellow onions, cut lengthwise into 1/2-inch-thick crescents
2 or 3 parsnips, cut into 1/2-inch-thick slices (3 cups)
1/3 cup dry sherry, dry white wine, or nonalcoholic white wine
1/4 teaspoon salt
1 teaspoon dried thyme
1 teaspoon dried tarragon
1/3 teaspoon ground nutmeg
2 cups vegetable stock
1/3 cup white miso
4 cups soymilk or rice milk
salt and freshly ground pepper to taste

1/2 cup Tarragon-Cashew Sour Cream (recipe follows)

To make the carrot and red pepper soup:

1. In a soup pot, combine the onions, carrots, sherry, and salt. Cook over medium heat for 10 minutes or until the liquid evaporates.
2. Add the red peppers, thyme, dill, and stock. Cover and simmer for 30-40 minutes, or until the carrots are tender.
3. Transfer to a blender. Add the miso and blend until smooth. Return to the pot and stir in the soy milk. Add salt and cayenne to taste.

To make the parsnip soup:

1. In a soup pot, combine the onions, parsnips, sherry, and salt. Cook over medium heat for 10 minutes or until the liquid evaporates.
2. Add the thyme, tarragon, nutmeg, and stock. Cover and simmer for 30-40 minutes, or until the parsnips are tender.
3. Transfer to a blender and add the miso. Blend until smooth. Return to the pot and stir in the soymilk. Add salt and pepper to taste.

Rewarm the soups if necessary. Into each serving bowl, simultaneously ladle both soups, keeping the ladles close to the bowl. Drizzle on the Tarragon-Cashew Sour Cream in an artistic pattern. Serve.

Nutritional Information per serving of soup:

280 calories; 13 g protein; 44 g carbohydrates; 5 g fat; 0 mg cholesterol; 10 fiber

From *The Millenium Cookbook: Extraordinary Vegetarian Cuisine* by Eric Tucker