

Carrot Fennel & Ginger Soup with Buckwheat Biscuits



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Serves 4 as an appetizer

Prep time: 30min

Cook time: 45min

Total time: 1h 15min

Difficulty: Basic

Category: Appetizers & snacks, Soups & stews, Vegetarian, Quick breads

This creamy, nourishing soup will warm you up and wake up your senses. Sweet carrots combined with the freshness of fennel and a hint of ginger and spice make this soup both healthy and comforting. For an extra touch, serve it with wholesome homemade buckwheat buttermilk biscuits.

For the carrot, fennel and ginger soup:

Ingredients

2 tsp fennel seeds
1 small onion, finely diced
500g carrots, finely chopped
2 large fennel bulbs, finely chopped
2 garlic cloves, minced
2cm piece of ginger, minced
sea salt
freshly ground pepper
pinch of chilli flakes
900-1000ml water or stock
natural yogurt and fennel fronds to serve

Directions

In a large pot, heat two tablespoons of olive oil. Add fennel seeds and cook briefly, just until you can smell the seeds release their aroma. Add onions and cook until translucent. Then add carrots, fennel, garlic and ginger. Season with salt, pepper and chilli flakes and cook, stirring frequently, until the vegetables have started to sweat. Add just enough water or stock to cover the vegetables, cover the pot and cook on high heat until it starts to boil. Turn the heat to low and let it simmer for 20-30 minutes, or until the vegetables are soft.

Remove from heat and puree in a food processor or with an immersion blender until smooth. Return the pot to heat, adjust the seasoning and thin the soup out with some water or stock, if necessary. Serve hot with a dollop of natural yogurt and a sprinkle of fresh fennel fronds. The soup goes really with buttermilk biscuits or some crusty bread.

For the buckwheat biscuits:

Ingredients

100g all-purpose flour
55g buckwheat flour
20g grated Parmesan cheese

1 1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
freshly ground black pepper
120ml buttermilk
1 1/2 tablespoons olive oil

Directions

Preheat your oven to 200°C. Line a baking sheet with parchment paper.

In a large bowl, combine the flours, cheese, baking powder, baking soda, salt and black pepper (be generous with pepper). Stir in buttermilk and oil just until moistened. Turn onto a lightly floured surface and gently knead three times. Knead as little as possible, just until the dough comes together. Roll dough to 1 cm thickness and cut with a floured 4-5 cm biscuit cutter. Place the biscuits 2 cm apart onto prepared baking sheet. Scrape the leftover dough, gently press together and cut out more biscuits. Repeat until you've used all the dough. You should get 12 biscuits.

Bake the biscuits for 15 minutes or until lightly browned. Serve warm with carrot, fennel and ginger soup.