

Come Together, Cook Together – 29.11.24 - Recipe and list of ingredients

Main dish: Carrot/ginger soup

1 kg carrots

2 onions

1 apple

1 finger-sized piece of ginger

700 ml vegetable stock

1 tbsp lime or lemon juice

100 grams cream cheese

salt and pepper

1 handful of walnuts or cashew nuts

parsley



Preparation: Dice the vegetables, finely grate the ginger, finely chop the parsley.

Tools: soup pot, frying pan, blender or blender jug

Dessert: Apples baked with goat's cheese or sheep's cheese and honey

1-2 apples

100-150 grams of fresh goat's cheese or sheep's cheese

2 tablespoons of honey, a little butter

1 small casserole dish, frying pan