



## Spring Heirloom Carrot Soup with Preserved Meyer Lemon

### Servings: 4-6

1 teaspoon olive oil  
 1 leek, cleaned, green part and root removed, roughly sliced  
 1-2 cloves garlic, minced  
 1 ½ pounds peak-season spring heirloom carrots, peeled and chopped into ½-inch pieces  
 1 stalk celery, peeled, chopped into ½-inch pieces  
 4-5 cups low sodium chicken or vegetable stock, or more as needed for desired consistency  
 Fresh thyme bundle  
 2 teaspoons red wine vinegar, or to taste  
 1-2 teaspoons mild miso  
 Sea salt and freshly ground black pepper, to taste

### Garnish

4-6 Tablespoons goat milk kefir  
 1-2 Tablespoons chopped, preserved Meyer lemon  
 Black sesame seeds

Warm the oil in a soup pot over medium heat. Add the leek, sautéing just until soft. Add the garlic and continue to sauté just until it's fragrant. Add the carrots and celery, stirring all together well, and continue to sauté 3-4 more minutes. Deglaze the bottom of the pan as needed with a bit of the stock and then add the remaining 4 cups and the thyme bundle, and bring to a simmer. Cover and continue to simmer until the carrots are tender, about 20-25 minutes. Remove from heat.

Remove the thyme bundle, add the vinegar and miso. Carefully blend the soup in a stand blender or with an immersion blender. You may have to do this in batches taking great care because it's hot. You may need to add additional stock to obtain desired consistency. Once blended, add sea salt and pepper to taste.

*To serve:* Ladle soup into bowls and garnish with a swirl of goat milk kefir, sprinkle of black sesame seeds and a bit of preserved Meyer lemon. Enjoy!

### IN YOUR GLASS

*There's a whole world of white wines that I'd easily enjoy with this soup. A dry Riesling from Alsace or Austria would be delicious as would Shafer's Red Shoulder Ranch Chardonnay. The one that's been showing up at our house lately is the Albariño from Eighty Four Wines, a small wine project from Doug and his buddy Elias Fernandez.*