

= Carrot soup =

Carrot soup (referred to in French as Potage de Cr cy , Potage Cr cy , Potage   la Cr cy , Pur e   la Cr cy and Cr me   la Cr cy) is a soup prepared with carrot as a primary ingredient . It may be prepared as a cream- or broth @-@ style soup . Additional vegetables , root vegetables and various other ingredients may be used in its preparation . It may be served hot or cold , and several recipes exist .

Carrot soup has been described as a " classic " dish in French cuisine . The soup was eaten by King Edward VII every year on 26 August to commemorate the 1346 Battle of Cr cy .

= = Overview = =

Carrot soup may be prepared as a cream @-@ style soup and as a broth @-@ style soup . Vegetable stock or chicken stock may be used as ingredients in both styles of soup . Other vegetables may be used in the dish , including root vegetables , the latter of which may include garlic onion , shallot , potato , turnip and others . Carrot juice and orange juice may be used in its preparation , and some versions are prepared using pur ed carrot . After cooking , the dish may be run through a sieve to strain it . The carrots used may be peeled or unpeeled , and the use of peeled carrots can lend to increased smoothness in pur ed versions of the dish . Those prepared with pur ed carrot may have a thick consistency while also being smooth in texture . The soup 's color can vary based upon the coloration of the carrots used . Young carrots tend to make the soup sweeter and imbue it with a bright orange coloration , while older , larger carrots provide less sweetness and may imbue a yellow coloration . The use of old , cracked carrots that have a woody texture in their interior can produce a soup of inferior quality .

Several ingredient variations exist in carrot soup preparations . Some carrot soups are prepared using coconut milk , coconut water , coconut cream , coconut butter or coconut pieces . Some versions include ginger as an ingredient , and some include curry . Green carrot leaves (greens) from the top of carrots may be used as an ingredient in the dish . Chopped mint leaves are used in some versions . It may be served hot or chilled . Salt and pepper may be used to season the dish , and nutmeg is sometimes used as a seasoning . It is sometimes topped with yogurt , a yogurt sauce , cr me fra che , sour cream , and other ingredients .

The zest of orange may be used as a garnish , as an ingredient within the dish itself , and in both ways . Additional garnishes can include dill , carrot leaves , grated , minced or diced carrot , chives , other fresh , chopped herbs , croutons , and toast squares , among others . Carrot soup can be prepared as a vegan food , and can also be prepared as a bisque .

Carrot soup may contain a significant amount of nitrite .

Carrot soups

= = In French cuisine = =

Carrot soup (Potage de Cr cy , Potage Cr cy , et al .) is a dish in French cuisine , and has been described as a " classic " and " famous " dish in the country 's cuisine . Potage is a variety of soups that have a thick consistency . Potage Cr cy is named after Cr cy @-@ en @-@ Ponthieu , a commune in Northern France that has been purported to produce carrots with the best flavor within the country .

In French cuisine , Cr cy soup is typically prepared with rice , which may also be served as a side dish . Rice may be used as an ingredient to thicken the dish , and barley has also been used .

= = History = =

Although the modern sweet orange carrot was not developed until the 16th century , in the Low Countries , it has been represented as a tradition , and it was once customary for English people to eat Cr cy soup annually on 26 August in commemoration of the anniversary of the Battle of Cr cy ,

which occurred in Crécy , France on that date in 1346 .

Crécy soup was eaten annually by King Edward VII , King of the United Kingdom between 1901 and 1910 , on the battle 's anniversary day , in honour of his ancestor , Edward , the Black Prince , who led the battle . It has also been suggested that the soup was served to triumphant English soldiers after the battle concluded , using carrots from Crécy .