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**CREAMY CARROT SOUP INGREDIENTS:**

2 T Unsalted Butter

3 T Avocado Oil or Animal Fat

1 Large Onion, Diced

4 Cups of Broth

4 Cups of Water

1 Large Bag of Carrots, peeled and chopped to 1-inch size

1 Bundle of Green Onions, thinly sliced crosswise

2 tsp Poppy Seeds

½ Cup Heavy Cream

½ Cup Milk

Salt and Freshly Ground Pepper

**DIRECTIONS:**

1. In a large pot melt butter or animal fat, add the onion, stirring occasionally, until softened, about 5 minutes.
2. Add broth and water along with carrots and bring to a boil.
3. Cover and simmer until carrots are tender, about 30 minutes.
4. Prep in a small saucepan, heat butter or animal fat about 2 T, add the scallions and poppy seeds and cook over moderately high heat, stirring, until the scallions are softened, about 1 minute.
5. Use a hand-held immersion blender to puree the carrot soup until smooth.
6. Stir in the cream and milk and simmer while continuously stirring.
7. Season the soup with salt and pepper and ladle into bowls.
8. Garnish with green onions and poppy seeds then serve.

**POPPY SEED ROLLS INGREDIENTS:**

1 ½ Cups Whole Milk; more as needed

1 Packet Instant or Active Dry Yeast

¼ Cup Vegetable Oil; more as needed

2 T Unsalted Butter

¼ Cup Granulated Sugar

5 ¼ Cups All Purpose Flour; more as needed

1 ¼ tsp Table Salt or 2 tsp Kosher Salt

1 Large Egg

**BAKING AND GARNISH:**

Vegetable Oil

1 T Spring Water

1 Large Egg

Poppy Seeds for Garnish

**DIRECTIONS:**

1. In a small saucepan, heat the milk until lukewarm (about 95°F).
2. Remove from heat and whisk in the yeast until it dissolves.
3. Add the oil and butter – the butter may begin to melt, but it’s ok if it doesn’t melt completely.
4. Then whisk in the sugar.
5. Let rest until the yeast just begins to float to the surface, about 5 minutes.
6. In a stand mixer fitted with the paddle attachment, combine the flour, salt, and egg.
7. Add yeast mixture and mix on low speed, until a coarse ball of dough forms, about 1 minute.
8. Let rest for 5 minutes.
9. Replace the paddle attachment with the dough hook and mix on medium-low speed until the dough feels soft, supple, and pliable, about 3 minutes; it should feel tacky to the touch, but not to sticky, and pull away from your finger when poked instead of sticking to it. If the dough is too sticky, add 1 T of flour at a time to incorporate as needed. If it’s stiff, knead in 1 T of milk at a time.
10. Oil up a large bowl.
11. Make a large tight round ball with the dough and plop it in the oiled bowl.
12. Tightly cover with plastic wrap.
13. Let sit at room temperature until doubled in size, about 90 minutes.
14. Divide the dough into 2 oz pieces.
15. Shape the dough into rolls.
16. Put rolls on a cookie sheet with parchment paper.
17. Let the rolls sit at room temperature for 30 minutes to 1 hour let rolls to continue to rise. They should be 1 ½ to 2 times their original size before they go in the oven.
18. Pre-heat oven to 375°F for a convection oven; or 400°F for a conventional oven.
19. Top each roll with your egg wash; 1 T water with a thoroughly whisked egg. Sprinkle poppy seeds on the rolls.
20. Bake rolls for around 12 minutes; until rolls look golden brown on top and underneath.
21. Let cool and serve with a side of your favorite butter.

**BAKERS NOTE:**

Because of humidity, temperature, altitude and a multitude of other factors remember these reasons can impact how much flour you need in your yeast doughs. Always judge when to quit adding flour by texture, look, and feel of the dough.