Morococan Carrot Soup

soup DIALED

basis chicken stock = 500 g

	Ingredient	Grams	Baker's	Total	Method
1	butter	24.0	4.8%	2.2%	Saute onions in the butter for ***2 min***, or until soft
	white onion, chopped	160	32.0%	14.6%	
2	carrots, large dice	384	76.8%	35.0%	Add ingredients and cook at high pressure (1 bar) for ***6 min***. Use natural release[1].
	chicken stock	500	100.0%	45.6%	
3	cumin seeds	0.9*	0.18%	0.08%	toast cumin seeds until fragrent and grind into a fine powder
4	honey	17.0	3.4%	1.5%	Add cumin and remaining ingredients to pan and puree until smooth.
	lemon juice	7.0	1.4%	0.64%	
	salt	4.0	0.80%	0.36%	
	ground allspice	*1 pinch*			
	Total	**1097**	219.4%	100.0%	

* under 1.0 g: below what the scale weighs reliably

[1]Natural release: Turn off the heat and let the pressure drop on its own until the lid unlocks; 10-30 min, and the food keeps cooking meanwhile. For beans, grains, fruit, braised meat, desserts and stock.