

Curried Parsnip Soup

Serves 4

Cuisine: British

Preparation Time: 10 Minutes

Cooking Time: 30 Minutes

Ingredients:

2 tbsp Sunflower oil
3 cloves Garlic, crushed
1 Onion, chopped
2 Green chillies, seeded and chopped
1 tsp Ground cumin
1 tsp Ground coriander
½ tsp Ground ginger
½ tsp g Ground turmeric
5 Parsnips, peeled and chopped
1 Extra parsnip, peeled and strips peeled off with a peeler for the crisps. Discard the core.
1.2 litres Vegetable or chicken stock
½ Lemon Juiced
Maldon sea salt and ground black pepper

Method:

1. Heat the oil in a stock pot or large saucepan.
2. Add the parsnip strips and fry until golden. Reserve onto a tray with kitchen towel to drain and get crispy.
3. Add the garlic, onion and chilli and cook gently for 4-5 minutes.
4. Stir in the ground cumin, ginger and turmeric
5. Add the parsnips then pour the stock over and bring it to the boil.
6. Reduce the heat and simmer for 20 minutes until the parsnips are tender
7. Pour the soup into a food processor and blitz it until smooth.
8. Add the lemon juice and season with salt and pepper to taste.

To Serve:

Pour into bowls and serve topped with a little Crème Fraiche and the parsnips crisps on top

Chef's Notes:

Fantastic winter dish. Use Crème Fraiche rather than double cream to decorate soups as it has more viscosity and does not bleed into the soup like double cream.