

PARSNIP AND APPLE SOUP



Serves 12

50g butter
1 large onion, chopped
2 crushed garlic clove
900g parsnips, chopped
450g dessert apple, peeled, cored and chopped
1 tsp ground coriander
Splash of brandy
2.5 ltrs vegetable stock
1 tsp chopped fresh sage
150ml single cream

Stage 1

Melt the butter in the pan and add the onion and the garlic. Cook for 3 to 4 mins until softened. Add parsnips and apples and cook for 3 or 4 mins more stirring.

Stage 2

Stir in the coriander, cook for 30 seconds, then add the brandy, cook for 1 minute. Pour in stock and add sage, season and bring to the boil. Reduce heat, cover and simmer for 35 minutes. Remove from the heat and allow to cool, then purée until smooth.

Stage 3

Return the soup to the pan and stir in the cream. Reheat gently but do not boil.