

Parsnip & Apple Soup

PREP: 20 MINS | COOKING: 20 MINS | PORTIONS: 6 | SKILL LEVEL: EASY

As the evenings grow cooler, there's nothing quite like a warming bowl of homemade soup. This thick, flavoursome and comforting recipe is easy to make and perfect for lunch or supper, served with plenty of crusty sourdough or granary bread.

Parsnips are at their very best during the winter months, when their natural sweetness and gentle nutty flavour really shine. Paired with the fresh tang of apple, they create a soup that's full of comforting autumn flavour.

Ingredients

1 tablespoon Olive Oil
 20g Butter
 1 level teaspoon Cumin Seeds
 1 level teaspoon Coriander Seeds
 4 Cardamom Pods with seeds removed
 1 Large Onion, chopped
 2 cloves of Garlic, crushed
 5cm piece Fresh Ginger, grated
 ¼ teaspoon Turmeric
 600g Parsnips peeled and chopped
 125g Peeled and chopped bramley apple (approx 1 small apple)
 1 Litre Vegetable Stock
 1 tablespoon Creme Fraiche plus more to garnish
 Salt & Pepper
 Fresh chives or parsley to garnish

Method

1. Crush the cumin seed, coriander and cardamom seeds together in a pestle & mortar.
2. Heat the oil and butter in a large pan and fry off the seeds for a few minutes until you can really smell the aromas.
3. Add the onion and lightly brown, keep stirring so not to stick to the pan.
4. Add the garlic, ginger, turmeric
5. Add the parsnip and apple, take care only to add the 125g of apple as more will make the soup too tangy!
6. Fry off for 5 minutes stirring everything well and then add the stock.
7. Boil gently until the parsnips are really tender and then liquidise until smooth. Add the creme fraiche.
8. Pour through a sieve into a clean pan, using the back of a soup ladle to push it through. Season to taste.
9. Serve in warmed bowls, garnish with a teaspoon of creme fraiche in the centre of each bowl, a swirl of olive oil, sprinkle with fresh herbs and some seeds.



Auds Tip ...

Winter is the perfect season for delicious, sweet parsnips. When you're choosing them, go for the smaller ones if you can – just like carrots, they're often the sweetest and most flavoursome, and they're less likely to have a woody core.