

Parsnip Soup

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Servings: 4-6

Prep: 15 mins

..... Cook: 30-45 mins

..... Ready 1 hour

Ingredients:

- 1 yellow **onion**, chopped
- 2 tablespoons **olive oil**
- 1 teaspoon yellow **curry powder**
- 3-4 sprigs **fresh thyme** (or, ½ teaspoon **dried thyme**)
- Dash of dried **sage** and **nutmeg** (*optional*)
- 3-4 **parsnips**, peeled and chopped
- 1 large tart cooking **apple**, peeled, cored, and chopped
- 5 cups **chicken** or **vegetable stock**
- 1 tablespoon **butter** (*optional*)
- ½ cup **heavy whipping cream**, **crème fraiche**, or **sour cream**, plus extra to serve (if latter two)
- **Salt** and **pepper**
- **Croûtons** and **chives** to serve (*optional*)



Directions:

1. Sauté the onions in the olive oil and curry powder with a pinch of salt for about 15 minutes, or until the onions are soft and slightly translucent.
2. Stir in the thyme, sage, nutmeg, apple, and parsnips and cook for about 5-10 minutes.
3. Add the stock and season with salt and pepper to taste. Simmer uncovered for about 15-20 minutes or until the parsnips are soft.
4. Puree the soup with a handheld blender.
5. Stir in the butter (if using), crème fraîche (or alternative) and mix until incorporated.
6. Ladle into bowls and top with a spoonful of sour cream, fresh chopped chives, and/or croûtons.