

Parsnip and Apple Soup with Parsnip Crisps

Using ordinary eating apples in this soup will give a sharp sweetness to the earthy full flavour of the parsnips. The spices provide extra heat, which is ideal for warming you up.



Celery, egg, milk, mustard and wheat (gluten)*

Nutritional information per portion (230g)

Energy 449kJ 107kcal 5%	Fat 5.8g 8%	Carbohydrate 0.7g 4%	Protein 7.7g 9%	Salt 0.38g 6%
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of an adult's reference intake.
Typical values per 100g: energy 195kJ/47kcal.

Equipment

Sharp knife
Chopping board
Vegetable peeler
Measuring jug
Kettle
Measuring spoons
Saucepan with lid
Mixing bowl
Wooden spoon
Colander
Ladle
Pan stand
Blender
Thick tea towel
Tasting spoon
Zip seal bag
Baking tray

Ingredients

Serves 4
1 onion
1 clove garlic
3 medium-sized parsnips
1 eating apple
450ml boiling water
1 reduced-salt vegetable stock cube
2 x 5ml spoons olive oil
2 x 5ml spoons curry powder
Black pepper (optional)
2 x 5ml spoons vegetable oil
Chilli powder (pinch)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Golden Delicious, Pink Lady and Jazz are sweet varieties of apple and are perfect for this soup.
- This recipe makes a very thick soup, to make it thinner add in up to 300ml of extra water at either step 4 or step 12.

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Method

Soup

1. Peel and finely chop the onion and garlic.
2. Wash and peel the parsnips in the Let's Get Cooking way by peeling half of each one then turning it upside down and peeling the rest. Set the peelings aside and save to make the crisps. Chop the parsnip into 2cm pieces.
3. Wash the apple, cut into quarters, remove the core and chop into small chunks.
4. Measure 450ml boiling water into the measuring jug, crumble in the stock cube and stir to dissolve.
5. Gently heat the olive oil in the saucepan on medium heat. Add the onion and garlic until softened for about 3 minutes.
6. Stir in the curry powder.
7. Add the parsnips and apple. Cook for another 3 minutes, stirring to prevent burning.
8. Add the dissolved stock, stir, and bring to the boil.
9. Reduce the heat and simmer for 20 minutes with a lid on, so that the liquid does not evaporate. Stir every 5 minutes.
10. When all of the vegetables have softened, ladle a third of the soup into the blender.
11. Holding a tea towel over the lid, blend the soup and pour into a clean mixing bowl or another saucepan.
12. Repeat until all of the soup is blended.
13. Add black pepper to taste (if using).

Parsnip Crisps

1. Preheat the oven to 180 C/160 C fan or gas mark 4.
2. Put the parsnip peelings (from earlier) into a zip seal bag and add 2 x 5ml spoons of vegetable oil, a pinch of chilli powder and some black pepper (optional).
3. Close the bag and gently mix the peelings with the oil.
4. Spread the peelings onto a baking tray and bake in the oven for 8-10 minutes. Remove the tray halfway through, turn the parsnips and return to the oven until they are lightly golden and crisp.
5. Sprinkle the parsnip crisps on top of the soup and serve.

Something to try next time

- Adding 2 x 15ml spoons of creme fraiche, when the soup has been blended, will make a really creamy soup (check for dairy allergies). Reheat briefly and gently, as too much heat will make the creme fraiche split.
- Add 1 x 5ml spoon of turmeric instead of one of the spoons of curry powder to give extra depth and a rich yellow colour.
- Instead of the curry powder, add 1 x 5ml spoon of ground ginger for a more subtle flavour.

Prepare now, eat later

- Prepare the onions and parsnips the day before and keep in sealed bags in the fridge.
- Most soups freeze well for up to one month. Cool quickly before pouring the soup into a large freezer bag inside a plastic container. Once frozen the bag can be removed from the box and stored in the freezer. Defrost thoroughly before reheating.

Skills used include:

Washing, measuring, peeling, chopping, boiling/simmering, frying and blending.