

Curried Parsnip Soup

2.5 litre

Ingredients:

olive oil
onion chopped
leek sliced
parsnip chopped
medium or hot curry powder
unpeeled potatoes, washed & diced
vegetable stock
bouquet garni
chopped fresh mixed herbs
Salt

Measurements

10ml / 2 tsp
1
1
675g/ 1.5 lb
15ml/ 1 tbsp
100g/3.5oz
1.5 l/ 3 pints
30 g / 2 tbsp

Method:

- Heat the oil in a large pan. Add the onion, leek and parsnip, cover and cook gently for about 10 mins stirring occasionally
- Add the curry powder and cook gently for 2 minutes, stirring from time to time
- Add the potatoes, stock and bouquet garni, cover and bring to the boil. Simmer for about 20 minutes, until the vegetables are tender but not too soft
- Remove and discard the bouquet garni and set the soup aside to cook slightly before processing
- Transfer the soup to a blender or food processor and process in batches until smooth
- Add the mixed herbs, season to taste and process briefly again. Return to the pan and reheat gently until piping hot. Ladle into bowls

Shelf life: 5 days