

Parsnip and Apple Soup

Ingredients:

(Serves 4)

50g Butter
500g Parsnips- (Peel and quarter then remove the woody centres)
1 Onions- (Peel and finely chopped)
1 Litre Semi Skimmed Milk
2 Granny Smith Apples- (Peel, core and quartered)
150 ml Single Cream
Salt and Ground White pepper

To make the soup:

Heat the butter in a thick bottomed saucepan until it starts to foam.

Add the finely chopped onions and cook gently with no colour for 8 – 10 minutes, stirring occasionally.

Add the parsnips and apples and continue to cook for a further 5 minutes.

Cover the ingredients with the milk and bring to the boil. Simmer gently for 15 – 20 minutes until the parsnips are tender.

Pour in the single cream.

Liquidise the soup to a smooth consistency and pass through a fine sieve. Season to taste with the salt and pepper.

Serve with a sprinkle of parmesan cheese on top and warm crusty bread.