

## 13 Parsnips



Parsnips are an under-rated root vegetable that used to be used very much like potatoes are now (in the days before potatoes became a staple food).

- Store washed parsnips in the bottom of the fridge.
- Unwashed parsnips can be stored in a cool cellar in paper bags.
- Scrub parsnips clean under gentle running water.
- Cut off the top and bottom of the root and peel.



## Parsnip and apple soup

Preparation and cooking time: about 45 minutes

serves

4-6

### Ingredients

- 1 medium onion, finely chopped

- 1 large or 2 medium parsnips, finely chopped

- 3 medium cooking apples, peeled, cored and chopped

- 1 dessert spoon ground coriander

- 1 teaspoon mixed dried herbs

- 400ml stock

- 300ml milk

- 2 tablespoons vegetable oil

- seasoning to taste

### Method

- Heat the oil over a medium heat in a large saucepan.

Add the chopped fruit and vegetables.

- Cook, stirring occasionally, until the onions have softened.

- Add spice and herbs and cook for another 3 minutes or so.

- Add hot stock and bring to the boil. Cover and cook over a low heat for 18-20 minutes until the vegetables are tender.

- Blend until smooth (mashing with potato masher or pressing through a sieve if you don't have a blender).

- Add the milk and season generously with pepper to taste. Re-warm but do not boil (the mixture will curdle - it tastes fine but looks lumpy).

Serve with warm crusty bread for satisfying supper dish. Add a swirl of cream or crème fraîche and a sprinkling of freshly chopped parsley for special occasions.