








Beckett's Farm

STARTERS

Parsnip & Cream Soup



Method

-  3 tbsps rapeseed oil
-  1 onion chopped
-  2 garlic cloves thinly sliced
-  2 lbs. parsnips peeled and cut into chunks
-  3 sprigs fresh thyme
- Salt & pepper
-  3 tbsps honey
- 2.5 pints chicken vegetable stock
-  300 ml double cream

1. Preheat oven to 200c, 400f, gas mark 6. Place all the soup ingredients with the exception of the stock and cream into a roasting tray. Mix well and season with salt and pepper. Place into the oven to roast for 25-30 minutes, until golden and tender
2. Place all but 250ml of stock into a saucepan over a high heat. Add cream and, once boiling, reduce the heat to simmer
3. Add the roasted parsnips and continue to simmer. Pour the remaining stock into the roasting tray and place over a high heat. Stir well, then add this sauce to the simmering soup
4. Remove from the heat and allow to cool slightly, then transfer into a food processor and blend until smooth. Return the soup to the pan and season, to taste, with salt and pepper
5. Serve the soup in a bowl with a swirl of cream in the centre

