







# Beckett's Farm

## STARTERS

### Carrot & Parsnip Soup



#### Method

-  4 tbsp butter
-  1 large onion, peeled & chopped
-  450gm carrots, peeled & chopped
-  2 large parsnips, peeled & chopped
-  1 tbsp freshly grated root ginger
-  1 tsp grated orange rind, salt and pepper
-  125ml single cream
  - 600ml vegetable stock

1. Melt the butter in a large saucepan over a low heat. Add the onion and cook, stir for 3 minutes until slightly softened
2. Add the carrots and parsnips. Cover the pan until the vegetables have softened a little. Stir in the ginger, orange rind and stock. Bring to the boil, then reduce the heat, cover the pan and simmer for 30-35 minutes or until the vegetables are tender. Remove from the heat and cool for 10 minutes
3. Transfer ingredients to a blender or food processor and blend until smooth. Return to the saucepan, stir in the cream, and season well with salt and pepper. Warm the soup through over a low heat
4. Remove soup from the heat and ladle into 4 bowls. Sprinkle over a little pepper and serve



