

## View from the Fridge – Recipes from Brian Donkin

### Recipe # 96 – Parsnip Soup

*Preparation time: 8 min – Cooking time:45 mins*

#### Ingredients:

2 parsnips, peeled and diced  
1 stalk celery, diced  
1 onion, peeled and diced  
3 cloves garlic peeled and pureed  
2 bay leaves  
2 tblspn chopped parsley  
½ wine glass single cream  
2 pts veg stock  
pinch salt  
1tblspn flour  
40gms butter

#### Method:

1. Place parsnip, celery, onions, garlic, bay leaves in pot with butter and cook for five minutes on medium heat stirring constantly
2. Add flour and mix well in
3. Add stock gradually while stirring
4. Bring to the boil and add salt then simmer on very low heat for 45 minutes – this should reduce by a third in this time
5. Force through sieve into a fresh pot, bring back to the boil and then serve with fresh cream and parsley

*Serves 3*

