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by Liz Robb

Honey roast parsnip and carrot soup



Ingredients

550g parsnips
20g butter
1 tablespoon olive oil
3 carrots
1 large onion
1 large clove of garlic
2 bay leaves
2 tablespoons runny honey
1 litre 400 ml chicken stock
100 ml apple juice
Salt and freshly milled black pepper
Single cream
Chives to garnish

Preparation

1. 1. Preheat the oven to 200 degrees or 180 degrees fan.
2. 2. Peel the parsnips and chop them into small chunks.
3. 3. Put the butter, cut into small pieces, and the oil into a large roasting tin and heat in the oven. Then add the chopped parsnips, stirring to coat in the oil and butter, and roast for about 25 minutes.
4. 4. Peel and chop the onion and carrots into small chunks and add to the parsnips. Return to the oven and roast for another 15 minutes.
5. 5. Peel and crush the garlic, then add to the roasting tin along with the bay leaves. Drizzle in the honey and mix well with the vegetables, and return to the oven for a further 15 minutes.
6. 6. Transfer the contents of the roasting tin into a large saucepan, then pour in the chicken stock and the apple juice. Bring to the boil, stirring, then simmer gently for 15-20 minutes.
7. 7. Turn off the heat then blend into a smooth soup. Adjust the thickness by adding more stock if you wish. Season to taste with salt and pepper then reheat before serving. Ladle into soup bowls then garnish with a swirl of cream and a sprinkling of chives.
8. Lovely served with fresh crusty bread!

Cooks Note

The season for parsnips is about to begin, wonderfully versatile autumn and winter

vegetables with a sweet earthy flavour. Roasted with maple syrup, they are the perfect accompaniment to a traditional roast dinner, but they also make a rich, thickening ingredient for stews, soups and casseroles.

Nutritionally, parsnips are high in minerals and vitamins, and are also a fantastic source of fibre. Try to select the smooth skinned younger ones, avoiding any that look old and wrinkled; the smallish ones have a thinner skin and avoid the hard woody cores of some larger ones.

Parsnips go together so well with carrots! This thick and satisfying soup has a lovely deep saffron yellow colour and a sweet flavour; this, in addition to the smooth texture, may make it an appealing choice for children as well as adults.