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by Liz Robb

Root Vegetable And Ginger Soup With Seeds



Ingredients

3 carrots
2 small parsnips
Half a small swede
1 large potato
1 large white onion
1 stick of celery
25g butter
1 tablespoon of sunflower oil
1 litre of chicken stock *
A small piece of fresh ginger
200ml semi skimmed milk
Salt and black pepper
Half a teaspoon of ground cumin
1 lemon
A few sprigs of fresh parsley
2 heaped tablespoons of low fat creme fraiche
sunflower seeds
pumpkin seeds
sesame seeds
Servings
6
Person

Preparation

- 1 Peel the carrots, parsnips, swede, potato and onion and then chop into fairly small pieces. Thinly slice the celery.
- 2 Melt the butter with the oil in a large saucepan and then gently sauté the onion for 3 minutes, to soften but not brown. Add the celery and sauté for another 2 minutes.
- 3 Add the carrot, parsnip and swede and sweat gently, stirring occasionally, for 5 minutes. Add the potato and sweat over a low heat for a further 10 minutes.
- 4 Stir in the hot stock and simmer for 25-30 minutes, until the vegetables are all soft. Peel and finely grate the ginger and add for the last 2-3 minutes.

- 5 Blend the soup. Stir in the milk and reheat, seasoning with salt, cumin and plenty of black pepper.
- 6 Turn off the heat, stir in 2 teaspoons of lemon juice, some finely chopped parsley and the crème fraîche. Serve sprinkled with a few sunflower, pumpkin and sesame seeds.

Cooks Note

This thick and very gently spiced soup, garnished with crunchy seeds, tastes even better accompanied by thick cream cheese and rye toast.

* Replace chicken stock with vegetable stock if cooking for vegetarians.

Serve with a small dish of cream cheese and croutons, or small slices of rye toast, for a delicious complete lunch.
