

Lathcoats Great Essex Apple Recipe Competition

Apple and Parsnip Soup

Ingredients

30g (1 oz) butter
1 onion peeled and diced
1lb 9 oz parsnips peeled and sliced
1 large cooking apple about 300g (10 oz) peeled and sliced
2 pints of vegetable stock
24 sage leaves
Pot of single cream
Salt/freshly ground pepper

To serve

2 tablespoons of olive oil
12 small squares of brown bread

Method

Put all the ingredients into a large pan, cover and cook for 10 minutes. Stir in the stock and add 4 sage leaves. Bring to the boil, cover and simmer for 40 minutes until the parsnips are soft enough to mash. Quickly fry the bread in the sage flavoured oil, drain the croutons on kitchen paper and serve on top of the soup.

Can be frozen for up to two months