

Apple and Parsnip Soup

Source: Our House, South County cooking school

Carolyn T's
Cookbook

Servings: 6



Description: A luscious, creamy, lightly curried soup, perfect for a winter's day.

1. Melt the butter in a large soup pot and saute the onions and garlic over a moderate heat until the onions are translucent. Stir in the parsnips and apple, and saute for about 3 minutes, stirring occasionally. Stir in the curry powder and cook for one minute. Pour on the chicken stock, bring to a boil, cover and simmer for 20 minutes.

2. Puree the soup in a blender in batches and return to the pot. Stir in the cream, season and reheat gently.

3. Garnish: Melt the butter in a saute pan and add the pecans. Saute over a medium heat for 5 minutes. Swirl the creme fraiche on top of the soup, and sprinkle pecans on top.

SOUP:

1/2 cup unsalted butter

2 large onions, sliced

2 large parsnips, scrubbed and cubed

1 clove garlic, chopped

1 pound apples, Granny Smith, peeled, cored, cubed

2 teaspoons curry powder

6 1/4 cups chicken stock

1 1/4 half and half

GARNISH:

1 cup pecans, chopped

1 teaspoon unsalted butter

2/3 cup creme fraiche

Serving Ideas: Would make a good accompaniment to a half of a grilled sandwich.

Categories: Soups

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 538 Calories; 42g Fat (69.7% calories from fat); 6g Protein; 35g Carbohydrate; 8g Dietary Fiber; 85mg Cholesterol; 2280mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1/2 Non-Fat Milk; 8 1/2 Fat.