

Parsnip Soup

INGREDIENTS:

2 T. unsalted butter

2 lbs. parsnips, peeled and coarsely chopped (about 5 cups)

1 carrot, peeled and coarsely chopped, (about ½ cup)

½ med. onion, coarsely chopped (about ½ cup)

1 large rib celery, coarsely chopped (about ½ cup)

2 garlic cloves, chopped

Kosher salt

6 cups homemade or no-salted added chicken stock (if not using homemade, I recommend Kitchen Basics Chicken Cooking Stock)

1 bay leaf

2 cups heavy cream (can use 1 cup heavy whipping cream and 1 cup half and half)

Freshly ground white pepper

Freshly ground nutmeg

Bacon bits, for garnish (optional)

- Melt the butter in a large saucepan over medium heat. Add the parsnips, carrot, onion, celery, and a pinch of salt, and cook, stirring occasionally, until the onions are translucent, about 5 minutes. Add the garlic and cook for another 5 minutes.
- Add the broth and bay leaf, and bring to a boil, then reduce the heat to low. Cook for 20-25 minutes, adjusting the heat to keep the liquid barely bubbling around the edges of the pan, until all of the vegetables are cooked through and tender.
- Discard the bay leaf. Transfer the broth to a food processor; or transfer to a blender, removing the center knob from the lid and covering with a dish towel, to absorb any splash-ups. Process or blend to a smooth puree. (At this point you can strain the puree in a strainer into the cooking pot to remove any “lumps” but I do not—I prefer “texture”.) If not using the strainer, pour the puree directly back into the cooking pot. *
- Add the cream, season with salt and pepper, and nutmeg to taste. Return the pan to the stove and heat until the soup barely begins to bubble around the edges. Serve hot, with a sprinkle of nutmeg. Makes 2 quarts (6-8 servings)

To serve with bacon bits garnish, cut ½ lb. bacon into small pieces and cook until crispy. Drain on paper towels. You can use prepared bacon bits, found in the salad dressings section of the grocery, but fresh is best!

*At this point, before adding the cream, you can freeze the soup. When ready to serve, defrost, bring to a simmer, and then add the cream, etc.

TIP: When buying parsnips, look for ones that are really white as they will be the freshest! If they are really brown-colored, they will be too old and their flavor will be bitter.