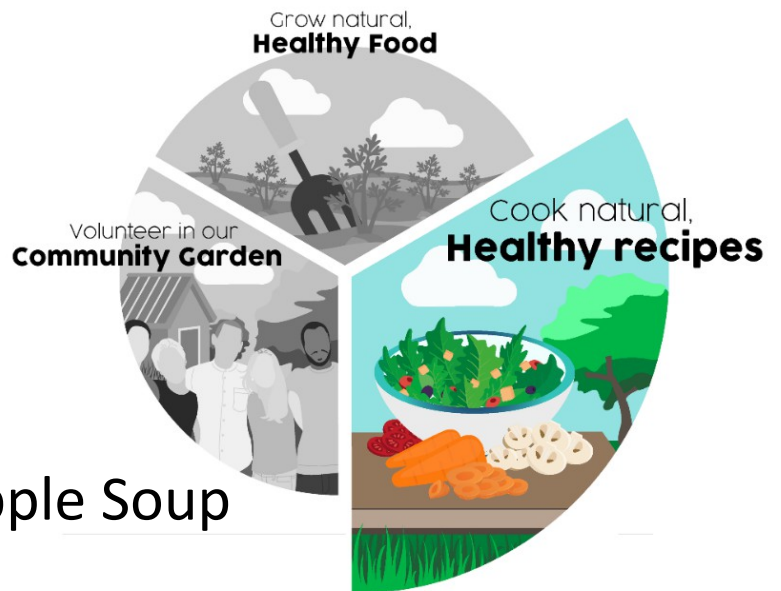




Creamy Parsnip and Apple Soup

Serves 6

Ingredients:

- 25g butter
- 1tbsp oil
- 2 onions, chopped
- 600g parsnips, chopped
- 2 garlic cloves, crushed
- 600g Bramley apples, peeled and cut into chunks
- 1l vegetable stock
- 150ml milk
- salt and freshly ground pepper

Method:

1. Melt butter and oil in a large saucepan
2. Gently fry onions and parsnips for 15 minutes, until onions are softened
3. Add garlic and apples and cook for further 2 minutes, stirring regularly
4. Pour over stock and bring to the boil
5. Simmer for about 20 minutes, until parsnips are soft
6. Remove from the heat and season with salt and pepper
7. Blend until smooth
8. Stir in the milk
9. Season to taste

