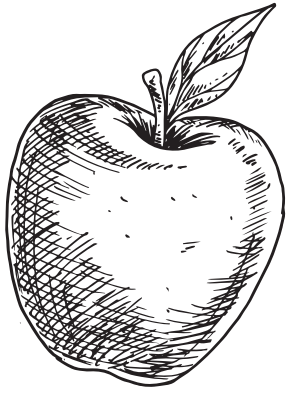
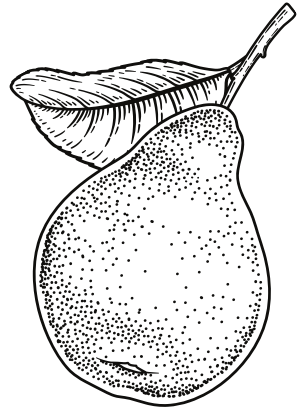


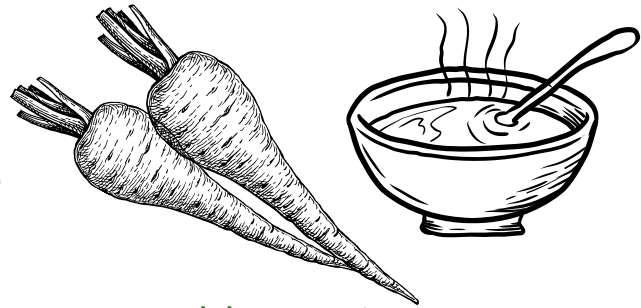
Lancaster & Morecambe College's



PARSNIP AND APPLE SOUP



- 100g butter or plant-based alternative
- 1kg parsnips, peeled, quartered and woody centre removed
- 3 apples, peeled, cored and sliced
- 1 onion, finely chopped
- 1½ l vegetable stock
- 125ml cream or plant-based alternative
- Fresh chopped herbs



Heat butter in a roasting tray on top of the stove. Add parsnips and allow to go golden brown. Then place the tray in a hot oven to roast for 15-20 minutes.

In a pan melt the remaining butter and sweat the onion until softened. Transfer the roasted parsnips to the pan, add the apples and the stock, simmer for a further 15 minutes.

Add the cream to the soup, liquidise and pass through a fine sieve. Finish with fresh cream and fresh chopped herbs.

This recipe was shared as part of Share the Harvest, a seasonal festival celebrating the diversity of local fruit varieties in North Lancashire and fighting fruit waste.

foodfutures.org.uk/share-the-harvest

#ShareTheHarvest #ClosingLoops



SHARE
the Harvest

