

Real Meals Real Fast

By Jessica Prentice

Cream of Parsnip Soup

Parsnips are so underrated. They should be one of the stars of winter cooking. They are absolutely delicious roasted, mashed, or added to stews or potpies. My favorite way to eat them is as a creamy soup...



Ingredients:

- 2 tbsps butter or olive oil
- 2-3 leeks, sliced into rounds
- 3-4 small parsnips (or 1-2 large), cut into chunks
- 1-2 potatoes, cut into chunks
- 1 celery stalk or small parsley root, cut into pieces (or include a parsley or lovage stem in the bouquet garni)
- 1 bouquet garni (an herb bundle tied with string) including any or all of the following:
 - a bay leaf, a sprig of thyme, a sprig of sage, a sprig of parsley, a rosemary stem
- Filtered water (or chicken stock)
- 1 cup half-and-half, cream, whole milk, yogurt, or buttermilk (or $\frac{3}{4}$ cup cream or crème fraiche)
- Salt and pepper to taste

Garnish:

- A dollop of crème fraiche, and/or
- Finely minced rosemary, thyme, sage, or parsley leaves (or a combination of these herbs);
- or a grating of nutmeg, or a grind of black pepper

Procedure:

1. Heat the butter or oil in a medium-sized soup pot. Add the leeks and sauté until soft.
2. Add the parsnips, potato, and celery or parsley root (if using) and add filtered water (or stock) to cover the vegetables by about $\frac{3}{4}$ of an inch. Add the bouquet garni and bring the pot to a boil.
3. Reduce heat and simmer until all is soft.
4. Turn off the heat and remove the bouquet garni.
5. Puree the soup with an immersion blender (or in a blender), adding the dairy, and a big pinch of salt and pepper as you blend. Taste the soup and adjust the seasonings.
6. Serve in a shallow bowl with a dollop of crème fraiche (or yogurt) and a sprinkling of herbs, nutmeg, or pepper.

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