

Roast Parsnip and Apple Soup

2oz each	carrot, onion, celery and leek roughly chopped
8oz	parsnips that have been peeled, chopped and roasted
2oz	butter or margarine
2oz	flour
1 ½ pt	water
1	vegetable stock cube
½ pt	milk
8oz	apple, peeled and diced
	seasoning
	chopped parsley

Method

1. Fry the vegetables in the butter or margarine. A little bit of browning does not matter.
2. Stir in the flour and cook for a few minutes
3. Stir in the water and the stock cube and bring to the boil. Simmer gently for twenty minutes.
4. Add the apple and simmer for another ten minutes
5. Add the milk, bring to the boil and simmer for another ten minutes
6. Liquidise the soup in a blender then strain. A flour sieve is useful for this.
7. Correct the seasoning with salt and freshly milled pepper – take care not to add too much salt as the stock cube is already salty.
8. Reheat the soup and serve sprinkled with chopped parsley to garnish.

