



PARSNIP SOUP WITH HAZELNUT AND THYME BUTTER

INGREDIENTS

100g cold Guernsey salted butter, coarsely chopped or 75g olive oil
1 leek, white part only, thinly sliced
6 thyme sprigs, plus 1 tbsp thyme leaves
2 star anise
½ cinnamon stick
3 garlic cloves, finely chopped
1 litre (4 cups) chicken or vegetable stock

800g parsnips (about 4 large), cut into 1cm pieces
50g roasted hazelnuts
300ml Guernsey double cream (can use soya cream for vegan option)
Optional fried parsnip crisps as garnish (the parsnip peel could be used instead so that everything is used)
Toasted and buttered sourdough, to serve

METHOD

1. Heat half the butter in a large saucepan over medium heat. Add leek, thyme sprigs, star anise and cinnamon, and cook, stirring often, until leek is softened (6-7 minutes). Add two-thirds of the garlic and cook, stirring continuously, until fragrant (1 minute).
2. Add stock and parsnips, season to taste and bring to the boil, then reduce heat to medium and simmer, covered, until parsnips are very tender (15-18 minutes).

3. Meanwhile, cook remaining butter in a small saucepan until foaming and nut brown (3-4 minutes), then stir in thyme leaves and remaining garlic. Transfer to a food processor with hazelnuts and blend until nuts are coarsely chopped. Season to taste.

4. Stir cream into soup, discard thyme sprigs and spices, and then blend soup with a hand-held blender until very smooth. Top with hazelnut butter and serve with toasted sourdough.



30m



SERVES
4-6



FREEZABLE



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