

Recipes

Curried Parsnip, Leek and Apple Soup

I have been cooking this simple, cheap recipe for my family for 25 years. Although my children are now grown up and have left home, it's the meal they remember coming home to at lunchtime on a cold, winter Saturday.

It's made from vegetables from the garden which are often less than perfect, or leftovers from the fridge which are looking a bit tired. Just cut away the bad bits and off you go!



Ingredients (serves 5-6)

- 50g butter or margarine
- 125g chopped leeks
- 2 rashers of bacon, chopped (optional)
- 350g chopped parsnips
- 2 apples, chopped (no need to peel)
- 2 tsp mild curry powder
- 1/2 tsp turmeric (if you have it)
- 750 ml chicken or vegetable stock



You can replace the leeks with a couple of onions, and can add a stick of celery or some celeriac if you have it.

Method

1. Melt the butter in a large pan and fry the chopped bacon for a minute (if using), then add the leeks and fry for 2 minutes until softened
2. Add the chopped parsnips and apples and fry for a further couple of minutes before stirring in the curry powder and turmeric. Fry for 1 minute.
3. Add the stock, stir well, bring to the boil and simmer for 20 minutes or until everything is well cooked through.
4. Cool slightly before blending until smooth. If the soup is too thick add more stock, water or some milk. This will also make it go further.
5. Reheat the soup, season to taste and serve with some crusty bread. For 'posh soup', you can garnish each bowl with a little parsley if you have it.