

# Carrot and Parsnip Soup

This is a very popular soup, but does need a blender.

The quoted volumes make a BIG soup, so cut down on the ingredients if you are just feeding one or two people.

With inspiration from and great thanks to the **Moosewood Restaurant**<sup>1</sup> with their many cook books and excellent ideas and passion for food the way we like it at home.

**American**<sup>2</sup> of course, as meals on this scale would be.

## Ingredients

- 1 medium onion peeled and chopped
- 3 cloves garlic, peeled and crushed
- 2.54 cm root ginger, peeled and grated
- vegetable oil
- 5ml **FAIRTRADE** ground cumin
- 5ml **FAIRTRADE** ground coriander
- 2.5ml **FAIRTRADE** chilli powder
- pinch **Fair Trade** cayenne pepper
- 200ml **FAIRTRADE** apple juice
- 500ml vegetable stock or water
- 200gm carrots, peeled and sliced
- 200gm parsnips, peeled and sliced
- 200ml **FAIRTRADE** orange juice
- 15ml **FAIRTRADE** fresh lemon juice
- Salt and freshly ground **FAIRTRADE** black pepper to season

Don't worry if the spices and oil form a layer on the bottom of the pan.

Pour in the apple juice to deglaze the pan, and transfer the onion mixture to a large soup pot.

Add the water or stock, carrots and parsnips. Cover and simmer for 20 minutes or until the vegetables are soft.

In a blender or food processor, pure the vegetable mixture with the orange juice, working in batches.

Stir in the lemon juice and add salt and pepper to taste.

## To serve

Gently re-heat to serve, or chill for at least 3 hours to serve chilled.

Good with a dollop of yoghurt, and some fresh wholemeal bread buns.

## Variation

None really. The recipe is tolerant of variations in quantities.

## Method

In a saucepan fry the onions, garlic, ginger and salt for 5 minutes stirring a little at medium heat until starting to turn translucent.

Add the cumin, coriander, cinnamon, cayenne and chilli powder and fry for a minute or so.

<sup>1</sup><http://www.moosewoodrestaurant.com>

<sup>2</sup><http://www.fairtradecookbook.org.uk/countries/america.htm>