

# Curried Parsnip Soup

**Country of origin:** Scotland<sup>1</sup> Parsnip soup with a curry flavour.

## Ingredients

- 2 large organic parsnips
- 2 medium organic onions
- 100 g red lentils
- 600 ml stock
- 5 ml curry powder
- 100 ml milk
- 1 **FAIRTRADE** lemon

## Variation

The milk can be anything from skimmed milk, semi skimmed milk, full fat milk, cream, or yoghurt.

Perhaps the cream should be reserved for high days and holidays.

## Method

### Preparation

Skin the onions and chop.

Peel the parsnips and chop small.

Juice the lemon.

### Cooking

Using a non-stick pan, fry the onions and parsnips with the curry powder until browned. Use a touch of sunflower oil if necessary.

In a sauce pan heat the stock with the lemon juice, lentils and add the parsnips and onions. Add a little salt and pepper to taste.

Simmer vigorously for about 10 minutes.

Stir in the milk and liquidise in a food blender.

### To serve

Warm through (soup needs to be hot, but not boiling), and serve with "doorsteps" of whole grain bread.

---

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/Scotland.htm>