



# Slow Food Aberdeen City & Shire

## **PARSNIP and WILD GARLIC SOUP**

### **Ingredients**

Rapeseed oil

1 knob butter

1 large onion , peeled and roughly chopped

6 parsnips , peeled and chopped into chunks

500 ml semi-skimmed milk

1 litre organic vegetable stock (or chicken stock if preferred)

Wild garlic leaves and/or wild garlic pesto

### **Method**

1. Heat a splash of oil and the butter in a large saucepan. Add the onion and gently fry for around 10 minutes, until the onions are soft and sweet.
2. Drop in the chopped parsnip and stir. Pour in the milk and stock, season well and bring to the boil. Turn down the heat and simmer with a lid on.
3. Check that the parsnips are cooked by sticking a knife in. If you're happy, stir in some roughly chopped wild garlic leaves and or pesto and cook for a minute. Remove from the heat and carefully whiz up using a hand blender or liquidizer. Taste the soup to see if it needs a little more salt or pepper.
4. Serve with a sprinkling wild garlic leaves, wild garlic flower petals or a dollop of pesto, cream or fried parsnip crisps.

Allergy advice - contains dairy

Lesley Gillespie, Chef and Gastronomer: [Lesley@thechard.co.uk](mailto:Lesley@thechard.co.uk)