

Creamy Parsnip Soup

A stunning take on a classic parsnip soup – sweet richness enhanced by the addition of toasted Pecorino cheese. Serves 6.

Ingredients

- 875g parsnips
- 1 tbsp olive oil
- 40g grated Pecorino cheese
- 15g butter
- 1 brown onion
- 1 tbsp plain flour
- 1 litre chicken stock
- Vegetable oil (enough to yield 1 cm depth in the pan)
- 6 sage leaves

Method

- Preheat the oven to 200°C.
- Trim and peel the parsnips, then cut them lengthways in half or into quarters, depending on their size.
- Bring a pan of salted water up to the boil, then add the prepared parsnips – bring back to the boil and cook for 4-5 minutes until just tender.
- Drain well, then place the parsnips into a lined baking tray and toss well with enough olive oil to coat.
- Sprinkle with **half** the Pecorino, then roast for 25-30 minutes until lightly golden brown.
- Meanwhile, peel and finely chop the onion and set aside.
- Remove the parsnips from the oven and set aside.
- Melt the butter in a large pan over a low heat.
- Add the chopped onions to the pan, stir and cover with a lid.
- Cook until very soft, around 10 minutes, stirring occasionally, then uncover and stir in the flour and cook gently for 1-2 minutes.
- Gradually stir in the stock before adding in the roasted parsnips and any toasted cheesy bits from the bottom of the roasting tray.
- Bring to the boil, cover, then simmer for 10 minutes.
- During this time, fry the sage leaves in hot vegetable oil until crispy – drain on kitchen roll and set aside until service.
- Once the soup is simmered, liquidise either with a hand blender, or in batches in a food processor, together with the remaining grated Pecorino – the soup should be really smooth.
- Taste and adjust seasoning with salt and pepper.
- Serve hot, garnished with a crispy sage leaf.

