



As seen in
Flavor Magazine
December/January 2010



Creamy Parsnip Soup

Submitted and tested by Restaurant Eve, Alexandria, VA

For a lower fat version, add half a peeled, cut up potato with the parsnips and substitute milk for cream. Do not over cook the parsnips as they will rapidly lose their sweetness.

Yield: 8 small servings

- 1 cup rough chopped onion
- 2 cups rough chopped parsnips
- 2 tablespoons butter
- 2 cups vegetable or chicken stock
- 2 cups heavy cream
- Salt and pepper to taste

In a large pot, slowly cook onions in butter until translucent. Do not brown. Add parsnips and continue to cook for 2 to 3 minutes. Do not brown. Add stock and cream, bring to a simmer and cook until parsnips are tender.

Blend and strain through a fine mesh sieve. Season with salt and pepper.