

Chilled, Vegetarian

Curried Parsnip Soup

From my friend Pamela James



Servings: 5

1. Melt butter and add onion; cook until onion is translucent, about 10 minutes. Add ginger, spices and cook for a minute.
2. Add parsnips and potato and cook for a minute over medium heat.
3. Add chicken broth and bring to a boil. Cover and simmer for 45 minutes.
4. Allow to cool some, then puree in blender until smooth. Pour through a fine-mesh sieve to remove any fibers. Taste for seasoning; do not add pepper. Add curry powder and sour cream. Or add a dollop of sour cream on top when served. If served cold, you'll definitely need to add more liquid as it will be too thick.
5. Serve hot. Or chill, if desired, and serve in small portions. Sprinkle with chopped parsley, perhaps.

- 1 1/2 ounces butter
- 2 large onions, chopped
- 2 teaspoons fresh ginger, minced
- 1/4 teaspoon ground coriander
- 1 pinch cayenne, don't be tempted to add more
- 1 pinch turmeric
- 1 pinch ground cumin
- 1 pinch freshly grated nutmeg
- 1 pound parsnips, peeled, chopped
- 1 medium potato, peeled, chopped
- 3 1/4 cups chicken stock
- 1/2 cup heavy cream, optional
- salt to taste
- curry powder to taste
- Milk or more broth to thin the soup to the right consistency
- 1/3 cup sour cream

Per Serving (excluding unknown items): 343 Calories; 20g Fat (51.8% calories from fat); 7g Protein; 35g Carbohydrate; 6g Dietary Fiber; 57mg Cholesterol; 302mg Sodium; 10g Total Sugars; trace Vitamin D; 84mg Calcium; 1mg Iron; 797mg Potassium; 170mg Phosphorus. Exchanges: 6 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com