



Parsley Soup

A lovely velvety soup perfect for using up a glut of fresh parsley from the garden. Great served with chucks of bread and butter.

Serves : 4

Preparation Time : 5 minutes

Cooking Time : 20 minutes

Ingredients

3 oz / 75g butter
2 oz / 50 g plain flour
1 pint / 570 ml milk
4 large potatoes, peeled and diced
1 large carrots, peeled and diced
1 medium onion, chopped
1 inch piece fresh ginger, grated
1 large bunch of fresh parsley, chopped.

Herbs & Spices

1 tsp Mustard Seed Black or 1 tsp Mustard Seed Yellow
1 tsp Caraway Seed
pinch or to taste Chilli Ground

Cooking Instructions

Put the potatoes and carrots into a large pan of water and bring to the boil. Cook for 10 minutes or until vegetable tender. Drain, reserving the cooking water.

In a large pan, heat 1 oz / 25 g of butter and gently fry the onion, ginger and chilli until soft. Remove the onion and ginger, and melt the remaining butter. Add the flour and cook for 1-2 minutes gently until the mixture starts to look frothy. Add the milk, stirring continually to keep the mixture smooth, and bring to the boil allowing the sauce to thicken. Add the onion, the potatoes, carrots and parsley along with about 1 pint / 570 ml of the cooking water. Season to taste. Blend the whole lot in a processor, or puree in the pan using a soup blender. Extra cooking water can be added at this point to make a thinner consistency if required.

In a separate frying pan, dry fry the mustard seeds and the caraway seeds for 1-2 minutes until they start to pop. Stir through the soup and serve.