



Monsoon Curried Parsnip Soup

Parsnips are an underrated root vegetable! Best picked after a frost they have a lovely sweetness that really comes out when roasted. We served this soup at one of Salt Spring's Sip & Savour events.

This recipe works well really with any Monsoon Coast spice blend. We love Moghul Curry, Kowloon Curry, Moroccan La Kama. For a HOT curried soup try Tobago Habanero Curry or Durban Curry.

Ingredients:

3 medium parsnips, peeled & chopped
1 medium carrot, peeled & chopped
4 TBL olive oil
2 tsp your favourite Monsoon Coast Curry
Salt to taste
2 TBL butter
½ small onion, chopped
2 more tsp of your favourite Monsoon Coast spice. □
1 TBL grated fresh ginger
2 cloves garlic, minced □
1 small apple, peeled, cored and chopped □
2 cups vegetable stock
½ cup coconut milk □
salt and pepper to taste
Squeeze of lemon to finish

Instructions:

Preheat oven to 425°F.
2 - In a large bowl, mix together olive oil, 2 tsp Monsoon Coast Curry and a pinch of salt.
3 - Toss parsnips, carrots and apple with the oil mixture. Place on a parchment lined baking sheet and bake for 20-25 minutes until soft but not fully cooked. □□
4 - Melt butter in a saucepan over medium-low heat.
5 - Add onion and sauté for 10 minutes.
6 - Add 2 tsp Monsoon Coast Curry
7 - Add garlic and ginger and cook another 2 minutes.
8 - Add roasted vegetables and apples. stir to combine.
9 - Add vegetable stock. Bring to a simmer, season, cover and cook 20-25 minutes until vegetables are cooked tender. Puree with a hand blender.
10 - Adjust salt and pepper to taste.
11 - Stir coconut milk in and heat through. Thin with a little water if needed. □

Spices Used: Durban Curry Kowloon Curry Moghul Curry Tobago Habanero Curry Moroccan La Kama

4 Servings