

# Parsnip Soup

## For 6 people:

1/8 – ¼ pat butter, or dessert-sized amount of coconut oil, or slosh of olive oil,

1 large onion or 2 medium white onions, chopped fairly small,

Couple of cloves of garlic, chopped finely,

6 large parsnips, or 8 – 12 smaller parsnips, sliced fairly thinly,

1 leek, sliced fairly thinly,

1 celery stick, sliced fairly thinly,

1 – 2 pints chicken broth, or 1 -2 chicken stock cubes in 1 -2 pints water,

Salt and pepper, teaspoon dried rosemary,

Juice of half a lemon,

Optional: pancetta or smoked streaky bacon, diced,

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Heat the butter, or coconut oil or olive oil in a large saucepan or casserole pot,

Add the onions, leek, and celery, and sweat for 10 - 15 minutes or so until softened,

Add in the garlic and stir for a minute or two,

Add in the parsnips, rosemary, and lemon juice, and stir gently for another 10 minutes,

Pour in the broth or stock cubes and water, salt and pepper, and bring to the boil,

Simmer for 10 minutes or until the parsnips are soft,

Turn off the heat, stir in the cream, allow it to cool a bit, then blend until smooth,

Return to the pan, and reheat gently but don't allow to re-boil,

Fry the pancetta or streaky bacon in a frying pan until crispy,

Pour the soup into bowls and scatter the pancetta or bacon over the top,

Serve with rolls, or oat biscuits.