

Creamy Roasted Parsnip Soup

Oscar · 28/09/2024

**Prep Time**

1 hr 20 mins

Difficult

Medium

Servings

10

Description

This parsnip soup is rich creamy and flavored with roasted veggies garlic and aromatic spices to make a flavorsome winter soup

Ingredients

- - 2 pounds parsnips
- peeled and cut into ½-inch pieces - 3 carrots
- peeled and cut into ½-inch pieces - 2 tablespoons olive oil
- divided - sea salt and ground black pepper to taste - 1 large onion
- diced - 3 stalks celery
- diced - 1 tablespoon butter - 1 tablespoon brown sugar - 3 cloves garlic
- minced - 1 teaspoon ground ginger - ½ teaspoon ground cardamom - ½ teaspoon ground allspice - ½ teaspoon ground nutmeg - ¼ teaspoon cayenne pepper - 4 cups chicken stock - 1 cup whole milk - ½ cup heavy cream

Instructions

1. Preheat the oven to 425 degrees F (220 degrees C). Place parsnips and carrots in a mixing bowl; sprinkle with 1 tablespoon olive oil and toss to coat. Season with salt and pepper. Spread vegetables evenly onto a baking sheet. Roast in the preheated oven until vegetables are tender and parsnips are golden brown
2. about 30 minutes. Heat remaining 1 tablespoon olive oil in a large saucepan over medium heat. Cook and stir onion and celery in hot oil until softened and onion is beginning to turn golden brown
3. about 5 minutes. Reduce heat to low; stir in butter
4. brown sugar
5. garlic
6. and roasted parsnips and carrots. Continue to cook and stir until vegetables are very soft and beginning to brown
7. about 5 to 10 minutes. Season with ginger
8. cardamom
9. allspice
10. nutmeg
11. and cayenne pepper; stir for 1 minute. Pour in chicken stock; bring to a boil over medium-high heat. Reduce heat to medium-low
12. partially cover
13. and simmer gently for 5 to 10 minutes. Working in batches
14. pour soup into a blender
15. filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel and carefully start the blender
16. using a few quick pulses to get soup moving before leaving it on to purée. Pour blended soup into a clean pot. Stir in milk and cream. Return to a simmer over medium-low heat. Season with salt and pepper to serve.
Recipe Tip You can also use an immersion blender to purée the soup right in the cooking pot.