

PARSNIP AND VANILLA SOUP WITH APPLE CRISPS

Recipe by My Dairy-Free Dream



Preparation Time: 15 mins

Cooking Time: 20 mins

Total Time: 35 mins

Serves: 4

Creamy and sweet, this winter soup makes a great alternative to heavier dairy laden soups and a perfect winter warming lunch option. The apple crisps make a delicious topping to the soup but are great on their own too.

METHOD:

1. To make the apple crisps preheat the oven to 70°C, Gas mark 4. Place a sheet of greaseproof paper on a baking sheet.
2. Place the sugar in a pan with 5tbsp hot water and bring the mixture to a boil. Place the apple slices in the syrup and boil for 1-2 minutes. Remove with a slotted spoon and arrange the apple on the baking sheet.
3. Bake for approximately 5 hours to dry out. Place in an airtight container until needed.
4. Heat the oil in a saucepan over a medium heat, add the onion and garlic and fry gently until softened, but not coloured, about 2-3 minutes.
5. Add the parsnips to the pan and fry for a further 5 minutes. Pour in the milk, stock and add the vanilla pod to the pan. Bring the mixture to the boil. Reduce the heat to a simmer and cook for 10-12 minutes until the parsnip is tender.
6. Pour the soup into a food processor and process until smooth and creamy. Season to taste. Reheat in a pan then ladle into bowls and top with the apple crisps.

INGREDIENTS:

1 tbsp olive oil

1 onion, finely chopped

2 garlic cloves, crushed

300g/11oz parsnips peeled and finely chopped

1 vanilla pod, roughly chopped

400ml/14fl oz Rice Dream Vanilla flavour

200ml/7fl oz chicken or vegetable stock

Seasoning:

75g/2 3/4 oz caster sugar

2 red apples very thinly sliced (use a mandolin or food processor)