

Roasted Cauliflower, Parsnip and Turnip Soup

A velvety soup with earthy flavours, sure to warm up the festive table. Serve steaming hot and sprinkle with fresh herbs.

Serves: 6-8

Preparation time: 10 minutes

Cooking time: 1 hour 40 minutes

Difficulty: Easy

Ingredients

700g cauliflower, cut into florets

250g turnips, peeled and chopped into bitesize pieces

450g parsnips, peeled and thinly sliced (2-3)

Olive oil

Salt

10g thyme stalks

1.5L vegetable stock

250ml pouring cream

1 garlic head, cut in half

Method

Preheat the oven to 180°C/ Fan 160°C/ Gas Mark 4.

Place the cauliflower and turnips into a Le Creuset Stainless Steel 35cm Rectangular Roaster and drizzle well with olive oil, season with salt and scatter the thyme stalks, saving a stalk for garnishing. Cover with tin foil and roast in the oven for 1 hour. Remove the tin foil and roast for a further 30 minutes. Ensure that the vegetables are cooked thoroughly without excessive browning.

Thinly slice the parsnips with a vegetable peeler or mandolin. Heat the vegetable oil in a deep pot, using a digital cooking thermometer wait for the temperature to read 160°C, then fry the parsnip in batches until just golden brown. Remove from the oil using a slotted spoon and drain on a paper towel. Season with salt and repeat with the remaining parsnip. If you do not have a thermometer, dip the handle of a wooden spoon or chopstick into the oil. If it steadily bubbles, the oil is hot enough.

Transfer the vegetables to a large casserole and add the vegetable stock. Place over a medium heat and bring to a simmer. Add the cream, saving a small amount for garnishing. Remove the soup from heat and blend in batches while still hot. Blend until super smooth and pass through a fine sieve to get the ultimate velvety soup texture. Garnish with cream, crispy parsnip chips, olive oil and thyme.

Cook's note

This soup freezes well, defrost overnight in the fridge.