



# HOME COOKING

*with Cathy*

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Hello there. I thought it would be appropriate to have a soup recipe this month as the weather is making me feel like making lots of nourishing soups. I was fortunate to be able to borrow this recipe from Chef Georg Krone, one of Durham's finest chefs and teacher.

I hope you enjoy this wonderful tasting soup.



## *Irish Parsnip and Apple Soup*

### *Ingredients:*

- 1 Tbsp. butter
- 1 pound peeled parsnips thinly sliced
- 1 pound thinly chopped yellow onion
- 1 pound thinly sliced apples peeled
- 2 tsp. curry powder
- 1 tsp. ground cumin
- 1 tsp. crushed coriander seeds
- 1/2 tsp. cardamom seeds, crushed
- 2 cloves garlic crushed
- 5 cups beef or chicken stock
- 150-200 ml 35% cream
- Salt and pepper to taste
- ¼-1/2 cup chopped fresh chives

### *Preparation:*

- Medium to large stock pot
- Heat the butter, add the onions and garlic, and saute for a few minutes. Don't brown
- Add the parsnips and apples, saute for a few minutes and then add all the spices
- Heat up the stock and add to the soup. Simmer for about 30 minutes or until vegetables are tender. Keep the lid on.
- Puree with hand blender, season with salt and pepper and add the cream.
- Serve in hot soup bowls and garnish with fresh chives and a few drops of cream.
- Serves 6 people