

CELERIAC AND PARSNIP SOUP WITH TOASTED COCONUT

(from the Bewitching Kitchen)

1 tablespoon olive oil
1 medium celery rib, diced
1 shallot, minced
1 large celeriac, peeled and cut in chunks
3 to 4 medium-sized parsnips, peeled and cut in chunks
salt and black pepper
dash of nutmeg
4 cups water
lemon juice to taste

Heat the olive oil in a pan large enough to accommodate all ingredients. Sauté the shallot with the celery until fragrant and shallots become translucent. Season lightly with salt and pepper. Add the pieces of parsnips and celeriac, sauté for a few minutes, moving them around.

Add water, making sure it covers the veggies. Bring to a boil, cook until parsnips and celeriac pieces are tender, 20 to 30 minutes. Transfer the veggies with some of the water to a blender or food processor, blend until smooth. You might need to do it in two batches, being careful while processing hot liquids (using a blender keep the lid open and cover the top with a kitchen cloth). Use only enough water to get the consistency you like.

Return the processed soup to the pan on low heat, adjust consistency with the reserved water if needed. Season with nutmeg, add a squeeze of lemon juice, taste and adjust seasoning.

Serve with coconut flakes (unsweetened) sautéed in olive oil or butter, lightly seasoned with salt, or with any other topping you like.