

PARSNIP, COCONUT AND LEMONGRASS SOUP

(inspired by Mary Berry)

1 tablespoon grapeseed oil
3/4 pound parsnips (about 8 medium ones), peeled, cut in chunks
1 medium shallot, minced
2 teaspoons finely minced ginger
2 teaspoons Thai red curry paste
2 tsp honey
1/2 cup coconut milk
2 cups vegetable stock (or water)
2 teaspoons fish sauce
1 lemongrass stalk, bashed to release flavor
salt and pepper to taste
yogurt and black sesame seeds for garnish (optional)

Heat the oil in a large saucepan. Add the shallot and parsnips, and saute for a few minutes, until they start to get a golden color at the edges. Add the ginger, red curry paste and honey and saute for 30 seconds, then add the coconut milk, stock, fish sauce and lemongrass.

Bring to the boil, then cover with a lid, reduce the heat and simmer for about 15 minutes or until the vegetables are cooked through, very tender. Check the seasoning, adding salt and pepper to taste, then remove the lemongrass and discard.

Process the soup in a blender or food processor. Serve warm with a dollop of yogurt and black sesame seeds, if so desired.