Parsnip Cream Soup

Recipe by V-ZUG Ltd.



Preparation	15 Mins
Cooking time	15 Mins
Portions	4
Appliance	Combair V2000 from 2021

Creamy parsnip and white wine soup with crispy rosemary topping. Simple, elegant and vegan.

Parsley oil

100 ml sunflower oil

50 ml mild olive oil

75 g flat-leaf parsley, leaves only

Rosemary Crunch

50 g panko breadcrumbs

2 springs of rosemary, leaves only, finely chopped

1 tbsp olive oil

1 pinch of salt

Soup

1 tbsp margarine

1 onion, coarsely chopped

200 g parsnips, peeled, in pieces approximately 2 cm in size

150 ml white wine

350 ml vegetable bouillon

150 ml plant-based cream alternative

some ground nutmeg

some salt

some pepper

Parsley oil

Warm sunflower oil and olive oil in a pan over medium heat (level 6) to approximately 55 °C. Pour the warm oil with the parsley into a blender and blend at high speed for approximately 8 minutes. Line a kitchen sieve with muslin, carefully strain the herb oil, and squeeze the cloth well. Pour the herb oil into a dark bottle, allow it to cool, and store it in the refrigerator.

Rosemary Crunch

Preheat the cooking space with hot air to 160 °C. Mix panko breadcrumbs, rosemary, olive oil, and salt in a bowl, then place on a baking tray lined with baking paper. Insert the tray into the preheated cooking space and bake for approximately 15 minutes until golden brown. Remove, allow to cool, then place in an airtight container.

(Pre-)heat cooking space to 160 °C with Hot air

Preheating completed. Insert cookware.

Hot air 160 °C for 15 Mins

Soup

Melt margarine in a pan over medium to high heat (level 6-7). Add onion and garlic, sauté until translucent for about 3 minutes. Add parsnips and sauté for approximately 2 minutes. Pour in white wine and simmer for about 2 minutes. Add vegetable stock and cream substitute, cover and bring to the boil over high heat (level 8-9). Reduce the heat to low (level 3-4) and simmer for approximately 25 minutes. Blend the soup in a stand mixer or with a hand blender until smooth, and season with nutmeg, salt, and pepper. Plate the soup, drizzle with parsley oil, and sprinkle some rosemary crunch on top.

Tips

Allow the soup to cool, pour in a vacuum bag, vacuum seal, and freeze for storage.

For the parsley oil, it is very important that the parsley is thoroughly washed and patted dry.

Accessories

Baking tray

Saucepan (approx. 16 cm ø)

Pan with lid (approx. 20 cm ø)

Additional information

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