Monsoon Curried Parsnip Soup
Parsnips are an underrated root vegetable! Best picked after a frost they have a lovely
sweetness that really comes out when roasted. We served this soup at one of Salt
Spring’s Sip & Savour events.
This recipe works well really with any Monsoon Coast spice blend. We love Moghul
Curry, Kowloon Curry, Moroccan La Kama. For a HOT curried soup try Tobago
Habanero Curry or Durban Curry.
Ingredients:
3mediumparsnips,peeled&
chopped
1 medium carrot, peeled & chopped
4 TBL olive oil
2 tsp your favourite Monsoon Coast
Curry
Salt to taste
2 TBL butter
½ small onion, chopped
2 more tsp of your favourite Monsoon
Coast spice. 
1 TBL grated fresh ginger
2 cloves garlic, minced 
1smallapple,peeled,coredand
chopped 
2 cups vegetable stock
½ cup coconut milk 
salt and pepper to taste
Squeeze of lemon �漀男㤸੦rste