

Parsnip & Roasted Garlic Soup with Fried Sage

Yield: 4 servings

Ingredients

Parsnip & Roasted Garlic Soup:

Olive oil
1 small onion, roughly chopped
1 head garlic
1 lb peeled parsnips, cubed
1 ½ quarts chicken (or vegetable) stock
½ cup heavy cream
Salt & pepper

Fried Sage & Parsnip Chips:

Vegetable oil
12 sage leaves
1 parsnip
Salt

Directions

Parsnip & Roasted Garlic Soup:

Preheat the oven to 400°F. Trim the top off of the head of garlic, leaving the root intact. Create a foil “purse” around the head of garlic and place in the oven. Roast until the garlic is tender and caramelized, about 1 hour. Let the garlic cool enough to handle. Squeeze the head of garlic to retrieve the roasted garlic cloves. Set aside.

Coat the bottom of a medium pot with olive oil and heat over medium-low heat. Add the onion and sweat until translucent. Add the cubed parsnips and season with salt and pepper. Saute for about 3 minutes. Add the stock and bring to a boil. Reduce the heat to a simmer and cook until the parsnips are tender. Using a blender, blend the soup until smooth. Add cream and blend until incorporated. Season with salt and



pepper to taste. Strain the soup, using a rubber spatula to help the soup run through, and keep warm until serving.

Fried Sage & Parsnip Chips:

Add about a ½ inch of oil to a medium sauté pan. Heat over medium-low heat until the oil reaches 300°F. Meanwhile, peel the parsnip and cut off each end. Continue to peel the parsnip so that you create thin strands. Working in batches, add the strands of parsnip to the oil and fry until crisp. Remove the strands with a slotted spoon and drain on a paper towel-lined tray. Season with salt immediately. Repeat this process with the remaining parsnip strands. Repeat again with the sage leaves.

To serve:

Ladle the soup into a bowl and top with the fried sage and parsnip chips.