

Parsnip Soup with Ginger and Parsnip “Croutons”

from *Vegetarian Cooking for Everyone* by Deborah Madison

3 large parsnips, about 2 pounds, peeled
6 cups basic vegetable stock
½ cup chopped cilantro stems plus sprigs for garnish
4 thin slices ginger, unpeeled
3 Tbs butter or canola oil
1 large onion, roughly chopped
¾ pound carrots, peeled and thinly sliced
1 ½ tsp ground coriander
1 Tbs white rice
salt and freshly milled pepper
1 cup milk, cream, or almond milk to thin the soup, as needed



Cut two of the parsnips crosswise in half, then quarter each half lengthwise. Cut away most of the cores. Reserve the other parsnip. If you're making stock, include the parsnip trimmings, cilantro stems, and one slice of the ginger. Brown the vegetables before adding the water to bring out the flavors.

Heat 2 Tbs of the butter in a soup pot over medium heat, letting it brown a little. Add the vegetables, remaining ginger, and the coriander. Cook, stirring frequently, until the onion and carrots have begun to brown here and there. Add the rice and 1 ½ tsp salt and cook a few minutes more. Add the strained stock and bring to a boil. Lower the heat and simmer, partially covered, until the vegetables are very soft, about 35 minutes. Remove the ginger, then puree the soup, leaving a little texture or not, as you wish. For a very smooth soup, pass it through a food mill or sieve. Thin if necessary with milk.

Dice the third parsnip into little cubes and cook in the remaining butter in a skillet, stirring frequently, until golden and tender, about 8 minutes. Season with salt and pepper. Serve the soup with a spoonful of the parsnips added to each bowl. Garnish with sprigs of cilantro.