



## Camarillo Certified Farmers Market

Supporting grief and bereavement services at Camarillo Hospice:  
A program of Livingston Memorial Visiting Nurse Association



# Parsnip and Apple Soup with Crispy Parsnips

Servings: 4

### Ingredients:

- 4 Parsnips, peeled
- 1/2 cup onion, chopped
- 1 teaspoon garlic
- 2 teaspoons thyme
- 2 tablespoons honey
- 1 lemon, juiced
- Zest of one lemon
- 3 cups vegetable stock
- 1 apple, chopped in small cubes
- 5 cups cream
- 2 tablespoons olive oil



### Directions:

1. Chop 3 parsnips. Sauté with garlic and onion until translucent. Add thyme and sauté for two additional minutes.
2. Add vegetable stock, cream, honey, lemon zest and lemon juice. Cook until parsnips are soft and translucent.
3. Combine in a blender for 30 seconds, then strain. Toss apples with lemon juice and olive oil; add to soup.
4. Ladle soup into a bowl and garnish with crispy parsnips.

### *Crispy Parsnips*

1. Peel remaining parsnip into strips. Place strips in 300° oil using slotted spoon. Cook until desired consistency — you want to be able to snap them with your fingers.

