

# Creamy Parsnip Soup with Sage Oil + Black Pepper Thyme Cracker

Serves 10

## INGREDIENTS

### Parsnip Soup:

2 Tbsp butter  
1 onion, coarsely chopped  
2 leeks, chopped  
4 cloves of garlic, chopped  
2 bay leaves  
  
4 parsnips, trimmed, peeled, coarsely chopped  
2 russet potatoes, peeled, coarsely chopped  
  
6 cups chicken stock  
1 cup half + half  
2 Tbsp apple juice

### Sage Oil: makes ½ cup

½ cup Vegetable oil  
¼ bunch of fresh sage  
¼ bunch of parsley  
salt to taste

### Thyme+ black pepper cracker Serves 16

1 cup all-purpose flour  
½ tsp. fresh cracked pepper  
2 sprigs thyme  
1 pinch salt  
½ tsp. sugar  
2 tsp. extra virgin olive oil  
6 tbsp. whole milk  
½ egg white, beaten for egg wash  
Sea salt for topping  
(Pre-heat oven to 375F)

## METHOD

### For the Parsnip Soup:

Heat the butter in a large saucepan over medium heat. Add the onion, and leeks, stirring often, for 5 minutes or until soft. Add the garlic, and bay leaves and cook for another 5 minutes. Add the parsnip, and potatoes, and stir to coat. Add the chicken stock

Increase heat to high and bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 30 minutes or until the vegetables are tender. Set aside to cool slightly. Use a stick blender to blend until smooth.

Stir in the cream, and apple juice. Place the soup over medium-low heat and stir until heated through. Taste for seasoning.

### For the Sage Oil:

Blend the fresh herbs with the oil, season and save it for serving

### Thyme + Black Pepper Cracker

Blend flour, pepper, thyme, sugar, and salt in the food processor. Pour in the olive oil and pulse a few times to make sure it comes together. With the food processor still on, pour in the milk and let blend until a loose ball is formed. Place the dough on a lightly floured surface and split into 4 sections. Roll out into a rectangle as thinly, and evenly as you possibly can. Move to a lightly greased cookie sheet and dab a little egg wash onto the dough with a pastry brush and sprinkle delicious sea salt on top. Bake at 375F for 10-15 minutes. Check it at 10 and make sure the cracker is crispy and browning a bit, but not getting burnt. Let crackers cool on a baking rack and once cool, break into as many pieces as you'd like and add to your salad for crunchiness.