

# Parsnip, apple and cider soup



The fresh ginger gives a delicate spice to this satisfying soup and the addition of award-winning Welsh cider complements the sweetness from the apples.

**Serves** 4 | **Prep** 15 minutes | **Cook** 30 minutes

---

## Ingredients

2 tablespoons olive oil  
1 small onion, peeled and finely chopped  
2.5cm piece of fresh ginger, peeled and finely grated  
1 teaspoon ground cumin  
1 teaspoon ground turmeric  
500g parsnips, peeled and roughly chopped  
1 medium-large cooking apple (about 200g), peeled, cored and roughly chopped  
1 litre vegetable stock or 750ml vegetable stock and 250ml Welsh cider\*  
Halen Môn<sup>Δ</sup> sea salt and black pepper

---

## Method

- 01 Heat the olive oil in a medium saucepan over a medium-low heat. When hot, add the onion and ginger and fry gently for 5 minutes until softened.
- 02 Sprinkle the cumin and turmeric into the pan and fry for a minute to roast the spices and release their aromas.
- 03 Add the parsnips and apple, give everything a good stir and pour over the stock and cider. Bring to the boil, then lower the heat and simmer for 20 minutes, until the parsnips and apple are very tender. Season with salt and pepper.
- 04 Process the soup until smooth and creamy.
- 05 Reheat the soup before serving if necessary.

