

## BEETROOT AND APPLE SOUP

SERVES: 6–8 people

PREP TIME: 30 min

COOK TIME: 40–45 min



### INGREDIENTS:

- 700 g uncooked beetroot
- 2 medium onions
- 2 cloves garlic
- 2 eating apples
- 2 tbsp olive oil
- 50 g unsalted butter plus a knob extra
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp cumin
- 200 ml dry cider
- 1.2 ltr chicken stock
- 1 small handful flat leaf parsley
- $\frac{1}{2}$  small handful fennel
- sea salt and black pepper

### METHOD:

1. Trim, peel and slice the beetroot.  
Peel and chop the onions.  
Peel and finely chop the garlic.  
Peel, core and slice the apples.
2. Add the olive oil and melt the 50 g butter in a large pan over a lowish heat and fry the onions and garlic for 5–8 minutes until soft and glossy, stirring occasionally.  
Add the beetroot and apples and continue to fry for another 5 minutes, again stirring occasionally.
3. Add the cinnamon and cumin and continue to sauté slowly for 3–5 minutes.
4. Add the cider and reduce until syrupy.
5. Add the chicken stock and some seasoning. Bring to the boil over a high heat. Cover and simmer over a low heat for 30 minutes.
6. Add the parsley and fennel and leave for 5 minutes off the heat.
7. Purée the soup in batches in a food processor (or blender if you like a very smooth soup), and then return it to the saucepan. Taste to check the seasoning about 10 minutes before the soup is ready.
8. Soup can be served hot or cold.

Enjoy!