

## **Parsnip Soup**

**bluestem**  
**Chef Colby Garrelts**  
**Kansas City, Mo.**

5 lbs.           parsnips, peeled  
1/2 lb.           butter  
1 tbsp           salt  
1 tbsp           sugar  
4 cups           cream

season with salt, sugar and lemon juice

Equipment:

Large sauce pot with lid  
High speed blender (vita prep or something comparable)  
Chinois (strainer with very thin “holes”)

Slice the parsnips as thinly as possible, place them in a large sauce pot and put in the butter, salt and sugar. Add just enough water to cover the parsnips. Add the lid and place on medium high heat. Cook until the water has evaporated. Add enough water again just to cover and repeat the process. When the parsnips are dry they should be almost mush. Repeat the process for a third time. Once the parsnips are dry again, add the cream.

Simmer the mixture for 10 to 15 minutes on low heat. Blend the mixture on high for 1 minute to make sure that the mixture is boiling in the blender. (if it boils in the blender that is a good thing, it means it will be a smoother puree). Strain through a chinois making sure not to push it through, just tap the side of the chinois to get the puree to go through.

Place the mixture in a large pot and season with salt, sugar, and lemon juice. Adding a little at a time to not make it too salty or sour.