

Sticky Fingers Cooking



Parsnip Soup

Prep time: 8 minutes | Cooking time: 30 minutes

Have your child help you with all of the steps below, except the ones at the stove! Encourage him to help this meal by measuring, mixing, and tasting along with you. Helping to puree will be especially fun - just make sure that buttons are only pushed when you give the command, and keep the blender unplugged except for the few moments while you are pureeing. Let your little chef sample anything that looks tasty as you go!

1 lb Parsnips, 1 inch dice	1 tsp of mild curry powder
½ cup Leeks, sliced	Freshly ground nutmeg
1 apple, large dice	1 T of fresh thyme
1 onion, sliced	¼ tsp salt
4 cups chicken stock	⅛ tsp pepper
1 cup milk	1 T of olive oil
2 tsp of corn meal	Sprig of fresh parsley

Most of a parsnips flavor is just below the skin so take care not to peel them too hard.

Heat olive oil in medium saucepan. Sauté the onion and leek over low heat with the lid on for 6-7 minutes, until soft.

Add the curry powder, parsnip and apple. Stir. Replace the lid and continue to cook over low heat for 5 more minutes. Meanwhile combine the milk & corn meal together in a cup.

Remove the lid and add the hot chicken stock, thyme and salt and pepper. Bring to a boil then reduce the heat to low and simmer for 12-15 minutes until the vegetables are soft, then add the milk-corn meal mixture and stir to combine.

Allow the soup to cool considerably for several minutes then puree either in a food processor or with a hand-blender.

Next gently heat the soup through over a low heat. Add more salt and pepper if required.

To serve, put into bowls and add some finely grated nutmeg, chopped fresh parsley & a tiny drizzle of olive oil (optional). Yummy with a fresh loaf of French bread!

Winter Produce

Beets	Belgian Endive	Broccoli	Broccoli Rabe
Brussels Sprouts	Cabbage	Carrots *	Cauliflower
Celery	Clementines	Curly Endive	Escarole
Fennel	Grapefruit	Horseradish	Jerusalem Artichokes
Kale	Kiwi	Kohlrabi	Kumquats
Leeks	Lemons	Mandarins	Onions *
Oranges	Parsnips	Persimmons	Pommelos
Potatoes *	Radicchio	Radishes	Rutabagas
Satsumas	Shallots *	Sweet Potatoes	Tangerines
Turnips	Winter Squash		

* These items are grown in the late summer and fall and then kept fresh in cold storage.