

Parsnip cream with caramelized onions, pepper oil and smoked duck breast chips |

Recipe for 4 portions

Description

A creamy parsnip soup with a nice hint of smoked duck.

Ingredients

Parsnip Cream soup

- 300 Gr Parsnip
- 100 Gr Yukon gold potatoes
- 100 Gr Onion
- 100 Gr Red onion
- 300 Ml Milk
- 300 Ml Water
- 1 Tsp Honey

- Salt and pepper
- Olive oil

Pepper oil

- 100 Ml Vegetable oil
- 50 Gr Red pepper

- Salt and pepper
- Olive oil

Duck chips

- 12 Thin slice(s) Smoked duck breast

- Salt and pepper
- Olive oil

Preparation

- Preparation time **60 mins**
- Preheat your **four** at **400 F°**

Preparation

Remove the seeds from the peppers and cut into thin strips.

Dice the onion.

Peel and cut the potatoes into small cubes.

Peel and cut parsnip into small cubes.

Pepper oil

In a saucepot, gently heat 250ml of vegetable oil with the peppers. Cook for 45 minutes at a gentle simmer. Let cool for 15 minutes. With a hand blender, blend the oil and peppers until there are no longer large chunks of pepper. Pass the oil through a fine mesh sieve. Place the strained oil in the fridge.

Duck chips

Place the slices of smoked duck onto a baking sheet with parchment paper. Cover with another sheet of parchment paper and another baking sheet of the same size. Place in the oven for 15 minutes then remove and let cool uncovered for 15 minutes.

Cream of parsnip soup

In a saucepot with a small amount of butter and olive oil, sweat the onions for 1 or 2 minutes with a pinch of salt. Add the parsnip and the potatoes. Season with a pinch of salt and pepper and cook on low heat for approximately 5 minutes while continuing to stir. Evenly coat with the honey and cook for another 2 minutes to allow the mix to caramelize. Add the milk and water to cover and cook for about 20 minutes on low heat or until the vegetables are soft. Remove from the heat. With the help of a hand blender, blend until it reaches a smooth consistency.

Plating

Serve the cream of parsnip soup in small bowls. Garnish with a thread of the pepper oil and a smoked duck chip.

Bon appétit!