



Mal's Roasted Parsnip, Apple and Ginger Soup

PAPER & FOOD SERVICE, INC.

Ingredients **Yield: 12 Servings**

- 1 1/2 # Parsnips, peeled, large dice
- 1 # Granny Smith apples, peeled, cored, and coarsely chopped
- 1 tsp. Fresh ginger, peeled, minced
- As needed: Olive oil
- 2 oz. Butter, unsalted
- 1 # Leek, washed and sliced, white and light green parts only.
- 4 ea. Celery stalks, fine dice
- 1/2 # Onion, yellow, medium dice
- 1 1/2 Potatoes, peeled, 1/2 inch dice
- 2 qts. Chicken stock
- 1 1/2 c. Heavy cream
- t.t. Salt
- t.t. Black pepper, café
- As needed: Parsnip Crisps for garnish

Preparation Instructions:

Parsnip Crisps

1. Using a vegetable peeler, peel 1 large parsnip, then continue cutting into long, thin strips. Spread the strips out on a paper towel to dry slightly.
2. In a large saute pan, heat 1 oz. Olive oil over medium heat. Fry the strips in batches for 2 to 3 minutes or until they twist up and crisp. With a slotted spoon, transfer to paper towels to drain. Sprinkle with salt and pepper. Reserve for service.

Soup

1. Preheat oven to 350 degrees. On a baking sheet combine the remaining parsnips, apples and ginger. Add oil to coat, cover pan with foil and cook for approximately 20 minutes. Remove from oven, stir, and continue baking, uncovered, for approximately 20 minutes or until the vegetables are lightly browned and tender.
2. In a large soup pot, melt the butter over medium heat. Add the leek, celery, onion and potatoes. Cook for 5 minutes, or until slightly tender. Add the parsnip mixture and the chicken stock. Reduce the heat to low, cover, and continue cooking for 30 minutes or until all the vegetables are tender.
3. Transfer to a blender or food processor in batches and process until smooth.
4. Return the puree to the soup pot, stir in the heavy cream and season with salt and pepper. Continue cooking to heat through.
5. To serve, ladle the soup into warmed bowls, and garnish with parsnip crisps.

Ingredients		Maines Product Code #	Amount	Cost
Parsnips	Fresh	O97535	1 1/2 #	\$1.46
Granny Smith apples	Fresh	O96024	1 #	\$0.69
Fresh ginger	Fresh	O97216	1 tsp.	\$0.05
Olive oil	Gem	370864	As needed	\$0.34
Butter, unsalted	Grassland	000112	2 oz.	\$0.20
Leeks	Fresh	O97333	1 #	\$1.03
Celery	Markon	O97135	4 ea.	\$0.12
Onion, yellow	Fresh	O97502	1 1/2 #	\$0.48
Potatoes	Fresh	O97700	1 1/2 #	\$0.48
Chicken stock	Culinary Secrets	234301	2 qts.	\$1.28
Heavy cream	Crowley	O15500	1 1/2 c.	\$0.96
Salt	Katy's Kitchen	340620	t.t.	\$0.03
Black Pepper, café	Culinary Secrets	345631	t.t.	\$0.04
Parsnip Crisps	Fresh	O97535	As needed	\$0.00

Recipe Cost	\$7.16
Portion Cost	\$0.60



Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$2.95	\$0.60	\$2.35	20.34%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$3.95	\$0.60	\$3.35	15.19%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$4.95	\$0.60	\$4.35	12.12%