

Recipes

Frothy parsley root soup

Schaumsuppe mit LAND-LEBEN Backerbsen

Ingredients

Serves 4

- 500 g parsley root
- 1 onion
- 800 ml vegetable broth
- 250 ml white wine
- 1 Tbsp creme fraîche
- 150 ml heavy cream
- 50g cold butter
- 2 sprigs of thyme
- 2-3 drops of bitter almond oil (e.g. Dr. Oetker, available at the supermarket)
- Olive oil
- Salt, pepper
- Dash of lemon juice
- 4 Tbsp almond flakes
- 4 EL Mandelblättchen
- LAND-LEBEN Soup & Snack Pearls

Preparation

Preparation time: 40 minutes

Peel the parsley root and onion and cut into small dice. Remove the thyme leaves from the stems and fry with the vegetables in a little nut oil. Deglaze with white wine and reduce to ¼ of its volume. Add vegetable broth, and 2 to 3 drops of bitter almond oil; simmer until the parsley root is tender. Add heavy cream and simmer 5 more minutes. Puree with a hand blender and season to taste with salt, pepper and lemon juice.

Stir in the butter and creme fraîche and process until smooth and frothy.

Toast the almond flakes in a dry, coated pan until they are golden. Before serving, garnish the soup with the almond flakes and
Soup & Snack Pearls.

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