Mmmmh!

Parsnip velouté with roasted hazelnuts

Ingredients

40 cl of liquid rice cream
900 g of parsnips
1,25 L of vegetable stock
2 tsp of olive oil
2 onions
2 large handfuls of hazelnuts
Salt
Pepper

Persons: 10

Cooking time: 30 min.

Preparation time: 30 min.

Instructions

Peel and dice the parsnips.

Chop up the onion.

Heat the olive oil in a large pot, and gently fry the onion over low heat. Once the onion becomes translucent, add the parsnips, sauté for 5 minutes, then add the vegetable stock. Cover and simmer for 25 minutes until the parsnips are tender.

Add the rice flour. Correct the seasoning, then mix, to obtain a smooth consistency (strain if necessary).

Roast the hazelnuts in a non-stick pan, without fat, then chop them up.

Serve the soup very hot, with roasted hazelnuts.

Envie de partager votre expérience sur les réseaux sociaux ? #MMMMHBXL #LESSECRETSDUCHEF

Envie de réserver votre prochain cours, d'acheter les ingrédients ou les ustensiles ?

www.lessecretsduchef.be