



Carrot Parsnip Bisque

Root vegetables are wonderfully sweet when cooked slowly. Often the flavour of parsnips is compared to that of carrots, but in this soup each vegetable shines through distinctly. The acidic bite of the orange adds just the right zip.

¼ cup butter (50 mL)	2 tbsp lemon juice (25 mL)
2 medium onions, peeled & chopped	2 tbsp orange juice, freshly squeezed (25 mL)
2 large potatoes, peeled & diced	½ cup 10% cream or whole milk (50 mL)
4 carrots, peeled & diced	Salt & pepper to taste
4 parsnips, peeled & diced	Zest of one orange for garnish
4 cups chicken stock or broth (1000 mL)	
½ tsp ground nutmeg (2 mL)	

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In medium saucepan over moderately low heat, melt **butter** and cook the **onions, potatoes, carrots** and **parsnips** for 10 minutes, stirring occasionally. Add the stock and simmer for 20 minutes or until vegetables are tender. In a blender or food processor, purée the mixture until smooth. Return to the saucepan and add **nutmeg, juices** and the **cream** or **milk**. Heat over medium low heat until hot and serve in bowls; sprinkling the **orange zest** on top before serving.

Make 4 -6 servings.

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This recipe is courtesy of novascotia.com and Taste of Nova Scotia. Visit novascotia.com to plan your Nova Scotia getaway.