



## Summer Beetroot Soup

(makes 4 servings)

*Just look at the picture - this is a designer soup without the designer price tag! A refreshingly-vibrant and light soup that has none of the 'earthy' taste that often puts people off beetroot. It also works well with ready-cooked beetroot, which makes the process much quicker but don't use the stuff in jars doused in vinegar!*

### Ingredients

500g fresh beetroot, left whole, washed but not trimmed or peeled  
1 tablespoon light olive oil  
2 large carrots, peeled and diced  
2 stalks celery, peeled and finely sliced  
2 large red onions, peeled and finely chopped  
750mls chicken or vegetable stock  
4 stalks fresh parsley, stalks removed and leaves roughly chopped  
Juice of half a lemon  
Sea salt and freshly ground black pepper  
Creme fraiche (optional)

### Method

Put the beetroot in a large pot and cover with 1 litre of cold water. Bring to the boil then reduce the heat and simmer until tender (around 45 minutes). Turn off the heat and leave the beetroot to cool in the water.

Meanwhile, warm the oil in a soup pot and gently sauté the carrots, celery and onion for 10 minutes or until the vegetables are tender.

When the beetroot are cool, put on a pair of rubber gloves (essential if you don't want to go out with red fingers!), top and tail, slip off the skins, dice the flesh and add to the soup pot along with the stock and most of the parsley (keep some aside for topping if you wish).

Bring the soup to the boil then reduce the heat and simmer gently for 30 minutes or until all the vegetables are tender. Add the lemon juice a tablespoon at a time (keep tasting until you are happy).

You can leave the soup as it is or gently mash or blend to your desired texture before seasoning and serving. Top each bowl with a dollop of creme fraiche and the remaining parsley if you wish.