

BC FALL HARVEST SOUP



Yields:

1.25 L

INGREDIENTS

30 ml	Olive Oil
180 g	Onion, diced
75 g	Celery, diced
200 g	Carrot, peeled and diced
400 g	Yam, diced
5 ml	Thai Red Curry Paste
125 ml	White Wine, dry
1 L	Vegetable Stock
50 g	Sweet Apple (Ambrosia, Gala etc.), peeled and diced
125 ml	Whipping Cream
Dash	Salt and Pepper
75 g	Hazelnuts, roasted and chopped
	Parsely, minced



DIRECTIONS

1. Heat oil in a heavy bottomed pan over medium heat.
2. Sweat onion, celery, carrot until onions turn opaque. Season with salt and pepper.
3. Add Yam and sweat 2 minutes more.
4. Stir in Thai Red Curry Paste for one minute.
5. Add White Wine and stir until reduced by half.
6. Add vegetable stock and apple.
7. Stir occasionally until the liquid comes to a boil. Reduce heat to simmer for 15 – 20 minutes or until all the vegetables are soft.
8. Using a blender, puree the soup and return to the pot.
9. Add the cream, adjust the seasoning.
10. Serve hot with toasted hazelnuts and parsely.

