

## Soups

### Chestnut, Carrot and Ginger Soup

Serves 6

- 400g Sierra Rica Peeled and Cooked Chestnuts - Jar or Vacpack
- 500g / 18oz Carrots – peeled and chopped
- 1 Medium Onion – peeled and chopped
- 30g / 1oz Butter
- 900ml / 2 pints Chicken or Vegetable Stock
- Fresh Root Ginger – about 1 inch grated
- 6 Tsp. Sour Cream (Optional)
- 2 Tbsp. Chopped Parsley

1 - Heat the butter in a large saucepan. Fry the onion, carrots and ginger gently for 5 minutes until soft and golden. Add the stock and bring to the boil. Cover and simmer for 20 minutes until the vegetables are tender and then add the chestnuts and simmer for 5 more minutes.

2 - Allow to cool a little and then puree the soup in a blender. Return the soup to the saucepan and season to taste. Heat gently (do not boil) and add a teaspoon of sour cream to each serving, if desired.

3 - Finally, garnish each serving with the chopped parsley.

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