

Beetroot Soup with Crème Fraîche

DIFFICULTY

Average

COOK TIME

under 2 hrs.

SERVES

4-6



MAIN INGREDIENTS

- Vegetables

Ingredients

- 1 tablespoon rapeseed oil
- 2 cloves garlic, finely chopped
- 1 red onion, finely chopped
- 100g leeks, finely sliced
- 1 apple, peeled cored and chopped
- 750g beetroot, peeled and chopped into small pieces
- 1 teaspoon cumin seeds, toasted
- 1L hot vegetable stock
- 125ml tub crème fraîche
- Sea salt and freshly ground black pepper, to taste

Method

- Place the Cast Iron Soirée Casserole over a low heat on the hob and add the rapeseed oil. Soften the garlic, onions and leeks in the casserole for 5 minutes. Turn the heat up to a medium temperature and then add the apples, beetroot and cumin and cook for a further 5-10 minutes.
- Pour the hot stock into the casserole to cover the beetroots and then place the lid on the casserole. Simmer on a medium heat for approximately 45 minutes the beetroots need to be tender to ensure a smooth soup consistency.
- Once the beetroots are soft, remove from the heat. Leave the casserole aside to cool. Blend the soup together using a stick blender until smooth, then add the crème fraîche and blend again.

- Place the casserole back onto the hob over a low heat and slowly bring the soup back to a simmer.
- Season to taste and stir through more crème fraîche if you like.