HEARTY & GROUNDING

Crimson Beetroot Soup

PREP	COOK	SERVES
15 min	40 min	4 as a starter, 6 in small bowls

Vegetarian

A velvety ruby-red beetroot soup with apple, a splash of vinegar and a pale swirl of sour cream. Warming, earthy and striking.

Ingredients

- 600 g raw beetroot, peeled and diced
- 1 onion, chopped
- 1 carrot, chopped
- 1 tart apple, peeled and diced
- 2 cloves garlic, chopped
- 2 tbsp butter or olive oil
- 1 litre vegetable stock
- 1 bay leaf
- 1 to 2 tbsp red wine vinegar, to taste
- 1 tsp sugar
- Salt and black pepper
- 4 tbsp sour cream, to serve
- Fresh dill or chives, to finish

Method

1. Melt the butter in a large pot and soften the onion, carrot and garlic over medium heat for 5 minutes.
2. Add the beetroot, apple, stock and bay leaf. Bring to the boil, then simmer, covered, for 30 minutes until the beetroot is completely tender.
3. Remove the bay leaf and blend until velvety smooth.
4. Stir in the vinegar and sugar, then season with salt and pepper. Taste and add more vinegar if

it needs a sharper edge.

5. Ladle into warm bowls. Spoon a little sour cream in the centre, swirl it into a round moon shape with a spoon and finish with dill or chives.

Cook's tip

Wear an apron and gloves when you peel and cut the beetroot, because the juice stains. The soup keeps for three days in the fridge and tastes even better the next day.