



Local Beetroot Soup with a Hint of Cumin

Serves 6

1 tsp Cumin Seed.

2 tbsp Olive Oil.

1 Cooking Onion. Roughly Chopped.

2 Celery Sticks. Roughly Chopped.

2 Cloves of Garlic. Roughly Chopped.

1 Bay Leaf

800g Raw Beetroot. Diced.

300g Carrot. Diced.

2L Vegetable Stock approx.

1. Place the Cumin Seeds into a pan and dry roast them for a few minutes over a medium heat until they start to release their aromatic flavours. Take care not to burn the seeds. Keep them moving. Set aside.
2. Meanwhile in a large pan sweat down the Onion & Celery in the oil until soft.
3. Add the Garlic, Cumin Seed and Bay Leaf. Stir well and cook for a further few minutes.
4. Add the Beets, Carrots and enough Vegetable Stock to cover. Stir well.
5. Bring to a rapid boil then reduce to a simmer. Cook until the vegetables are tender.
6. Allow to cool slightly and blend the soup well until smooth using either a stick blender or transferring to a food processor.
7. Season to taste and serve alongside crusty Walnut Bread or a Seeded Roll.

This soup would love to be garnished with either Feta or Goats Cheese crumbled over the top just before serving. Why not try a swirl of cream or for a healthier option use crème fraiche or sour cream. Heavier spice and heat would work well with this simple soup.

Hope you enjoy

Dan Allott

Head Chef