

# Red Soup. the Beetroot Soup

brunch+lunch > Red Soup. Beetroot Soup



serves 6 and ready in approx. 50min-1Hour

## Shopping LIST:

approx. **1KG** beetroot, **600g** potatoes, **2** shallots (medium size), **2** **tb**sp sunflower oil, **25g** butter, **1L** **good** stock (chicken/vegetable), juice of  $\frac{1}{2}$  **lemon**, **2** **tsp** of prepared horseradish.

Season with: salt and freshly ground black pepper.

Serve hot with: **1tsp** sour cream, walnuts and freshly chopped parsley.

## Method:

- Chop into small dice the *beetroot* and *potatoes*.
- Peel and finely chop the *shallots*.
- Heat the *sunflower oil* and the *butter* in a large sauce pan. Sweat the *shallots* for a few minutes until soft. Add the *beetroot* and *potatoes* and cook them for further **3-5** minutes, stirring occasionally. Pour the stock (chicken/vegetable) over and bring to the boil. Cook until the *beetroot* and *potatoes* are soft. Season lightly with *salt* and *freshly ground black pepper*. Let it cool.
- Cream the soup using a hand blender.
- Reheat the soup until thoroughly hot but not boiling. Add the *horseradish* and the juice of  $\frac{1}{2}$  *lemon*.
- Serve hot with **1** tsp of sour cream, *walnuts* and freshly chopped *parsley*.

"bon appétit"



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