Beetroot and apple soup



(Serves 4 – 5 people for lunch)

1kg beetroot — we used the pretty striped heritage variety

Olive oil

1 large onion — chopped

2 cloves of garlic — peeled and crushed

2 cooking apples — peeled and diced

Bunch of sage and thyme sprigs, 4 of each — tied together with thread

1 litre chicken stock (vegetable if you prefer a vegetarian version)

Salt and pepper

Chopped garlic chives, to garnish

Method:

- Preheat the oven to 160°C, 350°F, Gas Mark 4.
- Peel and chop the beetroot into large chunks – rubber gloves are good at this stage as beetroot can stain your hands.
- Drizzle with a little olive oil and spread out on a baking tray.
- Cover with foil and roast for 45 minutes in the oven.
- Meanwhile gently sauté the onion and garlic in 1 tbs olive oil until it starts to soften but not brown.
- Add the diced apple and the bunch of herbs and sauté for just 2 minutes more.
- Add the stock of your choice, the roasted beetroot and black pepper and salt to taste.
- Simmer over a low heat until the beetroot are completely tender — this may take up to an hour and varies according to the age and variety of beetroot.
- Allow to cool a little before liquidizing with a blender to make a smooth pink soup.
- Check the seasoning and add more to taste.
- Serve garnished with chopped garlic chive leaves.

This is great with our Fougasse bread recipe, or any other good bread.