Potato and Parsley Soup

A warming bowlful (serves 4)

- 1 tbs olive oil
- 1 large onion – chopped
- 1 clove of garlic – crushed
- 2 medium potatoes – peeled and diced
- 750ml vegetable stock – either home-made or from concentrate / cubes
- seasoning
- 285 ml crème fraiche – regular or low fat version
- large bunch of parsley

Heat the oil in a large saucepan and gently sweat the onion and garlic until it is soft but not browned. Stir in the potato dice and continue gently frying for a minute or two.

Season to taste with black pepper and salt and add the vegetable stock.

Simmer gently for 10 to 15 minutes, or until the potatoes are tender. Stir in the crème fraiche and reheat.

Chop the parsley including the finer stalks until you have enough to fill a coffee mug tightly packed. Add this to the soup, stir well and turn off the heat.

In a minute or so the parsley will be wilted, allow the soup to cool slightly and then liquidise until smooth.

Serve garnished with more chopped parsley and, for a more substantial meal, some of our sage bread still warm from the oven.