



Parsnip Soup with Black Garlic  
Purée, Hazelnut & Biltong  
Crumble & Estate Herb Oil

# Parsnip Soup

## Ingredients

White onions 300g

Garlic 10g

Parsnips 1.2kg

Truffle oil 3ml

Estate herb oil (in a squeezezy bottle) 5ml

Fine salt 5g

Whole black peppercorns 3g

Black garlic purée (in a squeezezy bottle) 5g

Hazelnut and biltong crumble 5g

Olive oil 50ml

Vegetable stock 1l



## Method

1. Preheat the oven to 180 degrees and wash the parsnips until completely clean.
2. Place the parsnips in an oven tray and lightly coat in olive oil. Place the tray in the oven and allow the parsnips to roast for approximately 40 - 45 minutes.
3. While the parsnips are roasting, peel the onions and garlic, and slice them to a 3mm thickness. Place the sliced onion and garlic in a pot and add olive oil, salt and pepper. On medium heat, sauté the onions and garlic until they both become translucent.
4. Once the onions and garlic are cooked, add the vegetable stock. It is at this point that you can test your parsnips by pressing a knife into them. If the knife goes through the parsnips easily, they are ready to be put into the pot with the vegetable stock.

5. Boil the mixture for 5 - 10 minutes. Allow to cool before adding it to the blender, making sure it does not exceed the maximum line, and blending until smooth.

6. In a soup bowl, make little organic dots on the base of the plate and evenly spread the hazelnut and biltong crumble.

7. Pour the estate herb oil in a spiral pattern.

8. Lastly, pour the blended soup into the bowl, and remember to give it a good stir before eating it so that you can enjoy the full flavour experience.

# Black Garlic Purée

## Ingredients

Black garlic, peeled 300g

Water 1l



## Method

1. Place both the black garlic and the water in a pot and turn the plate onto medium heat.
2. Once the black garlic is soft, remove the pot from the heat and allow it to cool slightly.
3. Place the black garlic and the remaining liquid in a bar blender and blend until it reaches a smooth consistency.
4. Add the mixture to a squeezezy bottle and vacuum-pack the remainder.

# Hazelnut & Biltong Crumble

## Ingredients

Hazelnuts (blanched) 100g

Biltong 100g





# Estate Herb Oil

## Ingredients

Olive oil 200ml

Parsley 30g

Coriander 30g

Dill 30g

Chives 30g

Chervil 30g

Lemon 1 each

Black peppercorns (whole) 3g

Fine salt 3g



## Method

1. Wash all the herbs thoroughly.
2. Place the washed herbs on a paper towel in a tray, and allow to dry.
3. Juice the lemon and place the juice in a squeezezy bottle.
4. Place the washed herbs, lemon juice and oil in a blender jug and blend for approximately 3 - 5 minutes. Any longer, and the herbs will oxidize and change colour.
5. Place this mixture in a squeezezy bottle.

# Vegetable Stock

## Ingredients

White onion 500g

Garlic 50g

Carrots 500g

Celery 1 bunch

Leeks 1 bunch

Thyme 20g

Rosemary 20g

Bay leaves 3g

Peppercorns 3g

Water 5l + 2l for washing





