



ROYAL
VOLUNTARY
SERVICE

BEETROOT SOUP & HORSERADISH CROUTONS

by Alison Crouch

Ingredients for the soup

- 25g butter
- 1 tbsp oil
- 1 onion, diced
- 2 cloves garlic
- 2 potatoes, peeled and diced
- 1 carrot, diced
- 1 kilo raw beetroot, diced and peeled
- 2 tsp horseradish
- 1 ½ litre vegetable stock
- 2 sprigs fresh thyme (plus a little for garnish)
- 150ml double cream
- Salt and pepper

Ingredients for the croutons

- ½ a sourdough loaf cut into cubes
- 2 tbsp oil
- 2 tbsp horseradish
- 50ml sour cream

Method

1. Melt the butter and add the oil.
2. Fry the vegetables for 5 minutes, stirring.
3. Add in the horseradish and stock. Place on a lid.
4. Simmer for 45 minutes until the beetroot is soft.
Add the thyme.
5. Blend until smooth. Stir in the cream and warm back through. Season well.
6. Make the croutons - mix the oil and horseradish.
Coat the cubes of bread in the oil mixture.
7. Place on a baking sheet and roast for 10 to 12 minutes at 180C/Gas 4, turning every so often.
8. Serve on top of the soup with a sprig of thyme, and a spoonful of sour cream.



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