

CELERY ROOT SOUP WITH GRANNY SMITH APPLES AND CHIVE OIL

Pinch of sea salt

3 tbs. Extra virgin olive oil

2 medium celery roots, peeled and cut into 1" cubes

2 ribs celery, chopped

1 large onion chopped

2 qts. vegetable broth

1 bay leaf

1 cup thick cashew cream – see recipe

Salt and freshly ground black pepper to taste

1 unpeeled Granny Smith apple, very finely diced

2 tbs. Chive oil – see recipe

CASHEW CREAM

Put 2 cups rinsed whole raw (not roasted) cashews in a bowl; cover with cold water and soak in fridge overnight. Drain nuts, rinse with cold water and place in a blender with enough fresh cold water to cover them. Blend on high for several minutes until very smooth. If you're not using a high speed blender like a Vita-Mix (which creates an ultra smooth cream), strain the cashew cream through a fine sieve or cheesecloth. Makes about 2 ¼ cups. Its really close to heavy cream, but with only good, healthy fat.

CHIVE OIL

Blanch 1 small bunch chives for 30 seconds in boiling water, then drain and chill in an ice bath. Squeeze moisture from chives, then place in a blender with ½ cup

canola oil and a pinch of salt and pepper; puree 2 minutes. Strain with sieve or cheesecloth (optional). Oil is very flavourful so only use 5-6 drops per serving. Can be stored in refrigerator for several weeks.

In large pot over medium heat, warm salt for 1 minute. Add the oil and heat for 30 seconds, being careful not to let it smoke. This will create a non-stick effect.

Add celery root, celery and onion; sauté for 6 – 10 minutes. Stirring often, until soft but not brown. Add the broth and bay leaf, and bring to a boil; reduce the heat and simmer for 30 minutes. Add cashew cream and simmer for 10 minutes.

Remove bay leaf from soup. Working in batches, puree soup in a blender with lid firmly on.

Season with salt and pepper to taste. Ladle in bowls. Place a spoonful of the diced apple in the centre of each serving and drizzle with 1 tsp. Chive oil around the apple. Serve.

NOTE: Soup keeps for 3-4 days in the refrigerator. It can be frozen, thawed and reheated. When reheated, vigorously whisk or re-blend the soup for optimal creamy texture. Chop apples just before serving.

Servings: 6

Calories: 330, Protein: 4 g, Fat: 20 g (3 g. Saturated), Trans fat: 0 g, Chol.: 0 mg, Carbs.: 33 g, Sodium: 950 mg, Fiber: 7 g, Sugar: 12 g,

Kitchen time: 20 minutes

Total time: 1 hour, 10 minutes