

Potato peel and parmesan rind
soup with carrot top pesto...
finished with fried potato peel
and poached egg



Ingredients

Vegetable stock

- 25ml rapeseed oil
- 100g chopped onions, *left over*
- 100g chopped carrots *left over*
- 100g chopped leeks *left over*
- 75g sliced celery *left over*
- 20g sliced fennel *left over*
- 2 garlic cloves *left over*
- 50ml white wine
- 5 white peppercorns
- 2 sprigs of thyme
- 2 bay leaves
- 2 sprigs of chervil
- 700ml water (used to blanch carrot tops)

Potato peel soup

- 20g butter
- 1 onion, roughly chopped
 - 1 bay leaf
 - Parmesan rind *left over*
- Salt and fresh ground black pepper
 - 300g potato peelings
 - 500ml whole milk
- 500ml veg stock (from above – weigh out 500ml)
 - 2 tbsp chopped parsley

Carrot top pesto

- 1 clove
- 2 tbsp lemon juice
- 2 small bunches of carrot tops (blanched)
 - *left overs*
- 4 spring onions, green part only *left overs*
- 60g pine nuts
- 3 tbsp rapeseed oil
- Salt and black pepper

Garnish

- Some crusty bread
- A swirl of rapeseed oil
- A poached egg in the middle
- Fried potato skins

Method

- Heat the oil in a large saucepan; when hot, add all of the vegetables and garlic then cook to sweat without colouring for 3 minutes.
- Pour in the white wine to deglaze the pan and reduce by half, then add the peppercorns, herbs and water.
- Bring to the boil then simmer for 15-20 minutes, skimming regularly to remove the impurity.

- Remove from heat and leave to infuse for a further 15-20 minutes, then strain through a fine sieve and reserve until needed.

- Heat the butter or oil in a medium saucepan over a medium-low heat and add the onions, potato peel, bay leaf and a good pinch of salt. Sauté gently, until the onions are soft but haven't taken on much colour, for about 10 minutes.

- Pour in the milk, parmesan rind and stock, season well with salt and pepper and bring to the boil. Reduce the heat and simmer gently until the peel is very tender – another 10 minutes or so.

- Remove from the heat and cool slightly, then puree using a stick blender until very smooth.
- Return the soup to the pan and reheat gently. Season well with salt and pepper and stir in the chopped parsley, if using.
- Blend all ingredients to a paste; if too thick, add more rapeseed oil to make it a smooth pouring consistency.
- Serve the soup in a warm bowl, with a swirl of rapeseed oil and carrot top pesto, topped with a poached egg and fried potato peel.