

Creamy celeriac, leek & bacon soup



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Preparation: about 20 minutes

Cooking: about 45 minutes

Serves: 4

2 tbs oil

2 garlic cloves, finely chopped

2 leeks, trimmed, halved lengthways and thinly sliced

2 celeriac (about 750g each), peeled and chopped

1 potato (about 180g), peeled and chopped

6 cups chicken stock

350g bacon bones

1 tbs fresh thyme leaves

2 rindless bacon rashers, roughly chopped

½ cup light cream

Salt and ground black pepper

1. Heat oil in a large saucepan over medium heat. Add garlic and leeks and cook, stirring often, for 5 minutes. Add celeriac and potato and cook, stirring often, for 5 minutes. Add stock, bacon bones and thyme, cover and bring to the boil over medium heat. Reduce heat and simmer, stirring occasionally, for 25–30 minutes until tender.
2. Meanwhile, cook bacon in a small non-stick frying pan over medium-high heat for 5 minutes until crisp. Drain on paper towel.
3. Remove and discard bacon bones from soup. Using a blender or food processor, puree soup until smooth. Return to heat, stir in cream and heat until hot. Season with salt and pepper to taste. Ladle into serving bowls, sprinkle with crisp bacon pieces and serve.



Celeriac

- Comes top of the class for its high dietary fibre content. This helps promote a healthy intestine.
- A good source of potassium, which is important to help balance the salt content in our daily diets.
- Provides vitamins, including riboflavin (vitamin B2 and needed for healthy skin) and vitamin C (helps protect the body against infections).

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