

Beetroot, apple and horseradish soup

Serves four

Takes about 1 hour 30 minutes, or 30 minutes.

Ingredients

650g raw beetroot, with root and 1" of stem remaining, or 600g pre-cooked & peeled beetroot (not vinegar dipped)

1 tablespoon olive oil

1 onion, chopped

1 clove garlic, crushed

250g bramley apple, peeled and diced

750ml vegetable stock

1.5 tablespoons horseradish sauce

50g walnuts very roughly chopped

12 tablespoons yoghurt

Directions

Put the beetroot in a saucepan big enough to take it all and cover with water. Bring to the boil and simmer, covered, for 1 hour. Drain and set aside to cool for 15 minutes. When cooled enough to handle, de-skin the beetroots by sliding the skin off. As you squeeze the beets between your fingers, the skin should just slip off. Chop into 1cm chunks. If using pre-cooked beetroot, simply chop into 1cm chunks.

Whilst the beetroot is cooking, or cooling, fry the onion and garlic with the oil in a large pan over a low heat for 5 minutes. Add the apple and cook for a further 10 minutes, stirring occasionally. If finished before the beetroot is ready, turn off the heat and cover with a lid.

When ready, add the beetroot, stock and horseradish to the pan with the onion, garlic and apple and heat until simmering gently. Use a stick blender to whizz it into a smooth soup, being careful not to spray beetroot everywhere!

To serve, heat the walnuts in a pan over a medium heat until browned slightly, pour the soup into bowls, put three tablespoons of yoghurt on top of each bowl and pile the walnuts over the top.

