

Root Cellar Soup

Serves Six

A few miles up the road from the coffee shop is the town of Elliston, the Root Cellar Capital of the World! Root cellars, dug into the rocky landscape or built from stone and covered with sod, was the ideal place to keep the fall harvest over winter. Potatoes, carrots, turnip, beet and cabbage were stored in cool, dry and dark conditions, ideal in pre-refridgeration days. People are rediscovering the usefulness of the root cellar and repairing old ones or building new ones. This recipe was inspired by the idea of using the contents of the root cellar in one dish, though I added parsnips and celery to give more depth of flavour and chose not to add cabbage. Please note that, as in Ireland and northern UK, a turnip in Newfoundland is the vegetable also known as a swede or rutabaga in other parts of the world.

1 tbsp oil
1 onion, chopped
2 sticks celery, finely chopped
1 small turnip, chopped
1lb/450g carrots, chopped
12oz/350g potatoes, chopped
8oz/225g parsnips, chopped
6oz/175g/1 cup cooked beet, chopped
3 pints/1½ litres vegetable stock
¼ tsp black pepper
½ tsp salt
1 tbsp cider vinegar

Heat oil and gently fry onion and celery for 10 minutes. Add remaining vegetables (except beet), stock, salt and pepper. Simmer until vegetables are cooked, cool. Add beet and puree. When ready to serve reheat, add cider vinegar, adjust seasoning and add more stock or water if needed.

To garnish – use a little diced beet, green onion or sour cream.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

