

CRAZY Delicious Recipes!

Simple, Amazing Soup!

Lunch or Dinner, Rich, Gluten-free, Dairy-free, and Low Carb...

Seed-Nola™ Turkish-Spiced Butternut-Parsnip Golden Bisque

MAKE THE TURKISH-SPICED BUTTERNUT-PARSNIP GOLDEN BISQUE

Traditionally bisque is made with cream.

This bisque is made with delicious cashew cream..

You will need a cutting board, knife, small sauté pan, and a blender.

INGREDIENTS

(use organic when possible)

TOPPING:

- 1/4 cup Seed-Nola
- 3 teaspoons sumac
- 4 tablespoons chopped fresh sage
- 4 tablespoons toasted pine nuts
- 1 tablespoon cold-pressed virgin olive oil

SOUP:

- 4 cups broth (chicken or vegetable)
- 1 small butternut squash
- 2 parsnips
- 1 cup chopped yellow onion
- 1 teaspoon sumac
- 3 tablespoons sherry
- 1 cup raw cashews soaked overnight in water (see instructions below)
- Sea salt and Pepper



SERVING SUGGESTION: ADD SIDE SALAD

PREPARATION FOR CASHEW CREAM

Serving day:

1. Drain cashews.
2. Place cashews and 1-2 cups of broth in the blender.
3. Blend on high for about 30 seconds.
4. Scrape the blender sides down.
5. Blend on high again for 30 seconds.
6. Repeat process as needed to achieve a creamy result.
7. Reserve for finishing soup.

OVERNIGHT PREPARATION FOR CASHEW CREAM

(NOTE: Do this the night before serving.)

Night before prep:

1. Place cashews in water to cover.
2. Refrigerate overnight or about 6 hours.



TURKISH-SPICED TOPPING INGREDIENTS BEFORE MIXING

PREPARE THE

TURKISH-SPICED TOPPING

1. Toast the pine nuts in the small sauté pan until they release aroma and become a little golden brown.
2. Combine the Seed-Nola, sumac, sage, pine nuts, olive oil.
3. Set aside.

FUN SUMAC FACTS

Remember, SUMAC found in stores—the spice—is not the same as poison sumac found in forests.

Sumac used as a spice has a stringent, bright lemon effect on food that is so good and tasty and been used in Middle Eastern dishes for many centuries.

The Rhus Genus plant or familiar name, Sumac, is a powerful antioxidant found, and used, around the world for thousands of years. Most commonly found in Asia, Middle East, Africa, and America on plants producing fruits known as drupes.

Sumac has been studied to reveal many benefits. Among benefits of this rich red-colored spice are: regulation of blood sugar; reduces cholesterol; disease-fighting anti-oxidants; can help bone density; can relieve muscle soreness.

Nutritionally sumac is high in vitamin C, polyphenols, flavonoids, and quercetin. Its anti-oxidants hold anti-cancer properties.

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You will need a cutting board, knife, vegetable peeler, 6-quart soup pot, immersion blender.

GOLDEN BISQUE PREPARATION

1. Peel, remove seeds, and coarsely chop the butternut squash.
2. Scrub, trim ends, and coarsely chop the parsnips.
3. Peel and coarsely chop the yellow onion.
4. Place the chopped butternut squash, parsnips, and onion into the soup pot with 2 cups of broth. There should be about 1-inch of liquid in the soup pot with the vegetables.
5. Put the soup pot on the stove and cover with medium-high heat and allow to come to a boil.



PARTIAL BISQUE INGREDIENTS LOOKING PRETTY

6. Reduce heat to medium once it has come to a boil.
7. Allow the mixture to simmer constantly with active cooking.
8. Cook the vegetables about 20 minutes on the stove or until tender. Check vegetable's level of doneness by inserting a knife. If the knife goes in easy the vegetables are ready for the next step. Cook longer if needed.
9. Take the soup pot containing the cooked vegetables and broth off the heat.
10. Add 3 tablespoons of sherry to the soup pot.
11. Add the prepared cashew cream to the soup pot.
12. Blend all the ingredients in the soup pot (while still off the heat) with the immersion blender until smooth. NOTE: If needed, add more broth to make the bisque a thinner consistency.
13. Once the soup is transformed into a creamy bisque consistency, add sea salt, pepper, and 1 teaspoon of sumac. (Seasonings can be adjusted to your taste.)
14. Serve with a scoop of prepared Turkish-spiced topping.
15. Eat with gusto and delight!



BLENDED THE COOKED VEGETABLES WITH IMMERSION BLENDER



CREAMY BISQUE WITH A SWIRL OF SUMAC