

Celeriac and Pear Soup - by Healing Family Eats

Be mindful about not colouring the leek as it softens, you want this soup to be as pale in colour as possible. For the same reason, choose a pear that has a nice white, firm flesh, such as the Bartlett mentioned below.

(serves 4-6)

1 tbsp solid white fat (I like duck fat)
1 large leek (white part only), chopped
1 large (1.2kg) celeriac, peeled and cubed
3 firm Bartlett pears, peeled, cored and roughly chopped
2 bay leaves
3 cups (750ml) light coloured chicken broth
1 cup (250ml) filtered water
juice 1/2 lemon
1 tsp salt (I used [this one](#))
finely chopped parsley to serve

Heat the fat in a large casserole and add the leek. Sweat for 5 minutes or so until softened, being careful not to colour them. Next add the celeriac, pears, bay leaves, chicken broth, lemon juice and water, bring to the boil then immediately turn down to a simmer. Cover the pan and continue simmering until the celeriac is cooked through, approx 40-45 minutes.

Remove the bay leaves and pour the soup into a blender and whizz till really smooth. You may need to do this in batches. Make sure to leave the feeder cap open to allow steam to escape, or else your soup will explode out of the blender!

Return the soup to the pan and reheat gently if necessary. Add salt to taste. If you prefer a thinner soup, add chicken broth or water in small quantities until you achieve the desired result.

Serve in warmed bowls with a sprinkle of the parsley.

