



## Potato peel soup

### Ingredients:

- 20g butter or rapeseed oil
- 1 large onion
- 200g potato peel (as much as get from a tray of potatoes for four people))
- 500ml milk
- 500ml chicken stock
- Chopped parsley
- Chopped crispy bacon

### Method:

- 1) Heat the butter/oil
- 2) Sweat the onions gently until they are colourless
- 3) Add potato peelings – give a good stir
- 4) Pour in the milk and stock, season, and bring to the boil
- 5) Once the mixture is boiling, reduce the heat and simmer for another 10 minutes
- 6) Cool and blend with a stick blender until smooth
- 7) Return to the heat, taste and season if needed
- 8) Add parsley
- 9) Finish with whatever you like: crispy bacon, fried egg, or flaked smoked haddock