

S O T E R
VINEYARDS



FENNEL SOUP WITH PEPITAS

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3 Bulbs fennel

2 C. Olive oil

½ C. Pepitas

1 Large yellow onion, chopped

3 Cloves garlic, minced

1 Parsnip, chopped

1 C. Vegetable stock

Pumpkin seed oil for garnish

1. Prepare the fennel confit:

- Cut the fennel into wedges (quarters if small, sixths if large).
- Toss the fennel in salt and let it sit for a few hours.
- Preheat the oven to 300°F (150°C).
- Transfer the salted fennel to a small baking dish and cover with olive oil, ensuring the fennel is mostly submerged.
- Cover the baking dish with a lid or foil and slow-cook for about 3 hours until the fennel is very tender and lightly browned.
- Once cooked, set aside to cool.

2. Toast the pepitas:

- In a small pot, heat some of the oil from the cooked fennel over medium-low heat.
- Add the pepitas and toast until they are light brown.
- Then add the chopped onion and minced garlic, cooking until lightly translucent with brown edges.
- Remove from heat and set aside.

3. Prepare the soup:

- In a large pot, place the cooked fennel (with minimal residual oil), pepitas, garlic, onion, parsnip, and vegetable stock.
- Bring the pot to a boil, add a pinch of salt, and reduce to a slight simmer.
- Cook until the parsnip is tender, about 45 minutes.

4. Blend the soup:

- Once cooked, blend everything until smooth, working in batches if necessary.
- Season with additional salt to taste.

5. Serve:

- Ladle the smooth soup into bowls and serve hot with a drizzle of pumpkin seed oil.