

New Year, new you!

Had your fill of festive food? Try these tempting ideas from Harriett Smith, sous chef at Ellis's restaurant, Greenwoods Hotel and Spa, who shows you how to make the best of the leftovers – with around half the calories!

Spiced Parsnip soup

Ingredients:

- 2tbsp olive oil
- 2tsp cumin
- 2tsp coriander
- 1tsp ground turmeric
- 1 large onion diced
- 3 cloves garlic diced
- 700g parsnips diced
- 1.2l vegetable stock
- Chilli flakes to your personal taste

Method

1 Place the vegetable stock on the hob to boil.

2 Sweat off the onions and garlic in olive oil until lightly golden.

3 Add the spices and cook out for 2-3 minutes.

4 Add the parsnips and cook all until parsnips are slightly golden. (More olive oil might be necessary)

5 Add the boiling veg stock to the parsnips and spices; boil until the parsnips are soft.

6 Blend the parsnips and season to taste. Enjoy.



with a cinnamon stick and some fresh orange segments. For an extra winter kick maybe add a nice shot of leftover liquor or brandy.

Turkey curry

Sweat off onions, garlic, ginger, and chilli until golden, add your leftover turkey and cook out for 5 minutes. Then add some coconut milk and lemon grass. Personally I add as much veg as I can get my hands on to the mix as well. Bring to the boil, season and taste. Serve with healthy brown rice.

Française? Sauté one chopped onion and one garlic clove, (plus a little Pancetta if you fancy) add a little veg stock and bring to the boil. Add petits pois, brussels and cooked new potatoes, simmer for 5 minutes. Season to taste. Serve with white fish.



3 more easy winter warmers!

Spiced apple smoothie

Blend peeled apples and carrots to make a smoothie base, add some orange juice and warm on the hob

Left over brussels

Everybody's favourite! Why not whip up a Petits Pois à La

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