Potato peel soup

Put all of your leftover potato peelings into this tasty soup.

**Ingredients**
- 20g butter, rapeseed or sunflower oil
- 1 bay leaf
- Fried sage leaves
- Salt and freshly ground black pepper
- 500ml chicken or vegetable stock
- 1 large or 2 medium onions, diced
- 500ml whole milk
- 2 tbsp finely chopped parsley leaves (optional)
- Crisp grilled bacon (optional)

**Method**
1. Heat the butter or oil in a medium saucepan over a medium-low heat and add the onions, bay leaf and a good pinch of salt. Sauté gently for about 10 minutes, until the onions are soft but haven’t taken on much colour.
2. Add the potato peelings and stir for a minute.
3. Pour in the milk and stock, season well with salt and pepper and bring to the boil. Reduce the heat and simmer gently until the peelings are very tender – another 10 minutes or so.
4. Remove from the heat and cool slightly, then purée in a food processor, blender or using a stick blender until very smooth.
5. Return the soup to the pan and reheat gently. Season well with salt and pepper and stir in the chopped parsley, if using.
6. Serve in warmed bowls, topped with fried sage leaves and shards of crisp grilled bacon and a generous grind of pepper.

For more information: catering@royalholloway.ac.uk