

JERUSALEM ARTICHOKE SOUP

Equipment

Chopping boards
Saucepan

sharp knives
mortar and pestle

Ingredients:

60 grams butter
1 onion
1 stick celery
1 litre stock (chicken or vege)
Chives
Cream (optional)

500 grams Jerusalem artichokes
1 clove garlic
1 potato
salt & pepper
freshly grated nutmeg
stick blender

Method

1. Peel the Jerusalem artichokes and cut into even sized pieces. Put them in a bowl of *acidulated water to prevent them from browning. Slice the onion, crush the garlic, finely slice the celery and peel and finely chop the potato.
2. Melt butter in a heavy based saucepan and sweat the vegetables for 5 minutes, stirring once or twice.
3. Add the stock and simmer until the Jerusalem artichoke is tender. Puree with a stick blender, then pass through a sieve into a clean saucepan.
4. Adjust the seasoning (salt & pepper) and reheat. Serve scattered with snipped chives and nutmeg. (You may like to add a little cream to each serving of soup).

Recipe from "The Cook's Companion", Stephanie Alexander

*acidulated water is water with lemon juice or vinegar added to it

