JERUSALEM ARTICHOKE SOUP

Equipment
Chopping boards  sharp knives
Saucepan  mortar and pestle

Ingredients:
60 grams butter  500 grams Jerusalem artichokes
1 onion  1 clove garlic
1 stick celery  1 potato
1 litre stock (chicken or vege)  salt & pepper
Chives  freshly grated nutmeg
Cream (optional)  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