

Jerusalem Artichoke Soup

Serves 6 people

Ingredients

200 g eschallots, finely sliced
3 cloves of garlic, finely sliced
800g Jerusalem Artichokes, peeled, and sliced into 5 mm thick rounds
(If you are not cooking them immediately after they are peeled cover with water)
80 g butter
2 tblsp EVOO
1 L chicken stock
sea salt
cracked white pepper

Method

Melt butter and EVOO in a heavy based saucepan. Sweat off the eschallots and garlic and season with salt and pepper. Add Jerusalem artichokes, and continue to cook on a low heat for 5 minutes, stirring occasionally. Pour in chicken stock and make a cartouche with greaseproof paper and place on the top of the soup.

Leave to cook on a low heat for about 30 minutes or until the artichokes are very soft. Leave to cool for 10 minutes and then puree to a fine consistency with a stick blender or a bar blender. It should be smooth and silky in texture. Taste to check the seasoning and adjust accordingly.

