

jerusalem artichoke soup

Equipment:

Bowls, colander, large saucepan, chopping board, knives, peeler, measuring cups, scales, wooden spoon, bamix, micro planer

Ingredients:

500gs jerusalem artichokes
30 g butter
a good glug of olive oil
1 onion
2 garlic cloves, lightly crushed
2 sticks celery
200g potatoes
1 litre water
1 bay leaf
salt, and freshly ground black pepper
parsley
nutmeg

method:

Thoroughly wash, then chop artichokes and potatoes.

Wash celery and chop along with onions.

Melt butter and oil in pot, and stir in onion, celery and garlic until onion is clear.

Drain artichokes and potato, add to pot, stir, and cook for 5 mins.

Add water, bay leaf and simmer until jerusalem artichokes and potatoes are tender. Remove bay leaf, puree, and add salt and pepper to taste.

Serve scattered with chopped parsley and grated nutmeg.

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