

Jerusalem Artichoke Soup

Ingredients

1 large onion
2 cloves garlic
2 sticks celery (or 1 celery and 1 leek if available in the garden)
60 g butter
500 g Jerusalem artichokes
3 medium potatoes
1.5 litre chicken stock - check tin for ratio
1 bay leaf
salt / ground black pepper
15 chives or 4 stalks of parsley
croutons or mini bread rolls to serve

Method

1. Cut the onion in half and place flat on the chopping board. Slice into rings.
2. Peel and chop the garlic.
3. Slice the celery thinly.
4. Melt the butter in the pot.
5. Add onion, garlic and celery as they are ready.
6. Stir to coat the vegetables with the butter.
7. Cut up the potatoes and artichokes into 1cm cubes. (they have been pre washed)
8. Rinse if necessary and add them to the pot and cook for 1 minute.
9. Prepare the stock in the red jug with boiling water from the electric jug.
An adult should do this. Pour over the vegetables carefully.
10. Adjust heat so the soup comes to the boil and then simmers for 15. minutes or until vegetables are tender when pierced with the skewer.
11. Take the pot off the stove and put on a board to protect the bench.
12. Use the hand blender to process the soup to a puree.

Ladle the soup into the small white bowls.

Add the croutons and garnish with chives or chopped parsley.