

Carrot and Artichoke Soup



Serves 6-8

Ingredients

1 lb (450 g) carrots
1 lb 8 oz (700 g) Jerusalem artichokes
3 oz (75 g) butter
1 medium onion, peeled and roughly chopped
3 celery stalks, chopped or try Celeriac
1.5 litres (2½ pints) hot vegetable stock made with vegetable bouillon powder
salt and freshly milled black pepper

Start by peeling the artichokes and, as you peel them, cut them into rough chunks and place them in a bowl of cold salty water to prevent them from discolouring. Then, scrape the carrots and cut also into largish chunks.

Now, in a large saucepan, melt the butter and soften the onion and celery/celeriac for 5 minutes, keeping the heat fairly down. Then, drain the artichokes and add them to the pan, along with the carrots. Add some salt and, keeping the heat very low, put a lid on and let the vegetables sweat for 10 minutes to release their juices.

After that, pour in the hot stock, stir well, put the lid back on and simmer, very gently, for a further 20 minutes, or until the vegetables are soft. Now liquidise and either freeze or, then return it to the pan, taste to check the seasoning and reheat very gently until it just comes to simmering point. Serve in hot soup bowls,