

Artichoke & Potato Soup



R & J Mazza
GLOBE ARTICHOKES

Ingredients

1 small onion, sliced,
2 cloves garlic, chopped,
3 tablespoons extra light olive oil,
350g artichoke hearts, sliced,
65ml white wine,
750ml reduced-salt chicken stock,
4 medium potatoes, chopped,
125ml cream,
2 tablespoons parsley,
Salt and cracked pepper, to taste,



Method

1. Add oil to pan, and sauté onion. When almost cooked, add garlic and sauté further for another minute, or until garlic is cooked.
2. Add sliced artichoke hearts and white wine, cook for 1-2 minutes or until wine is absorbed. Add chicken stock and chopped potatoes, salt (if required) and pepper. Bring to the boil. Simmer for 10-12 minutes, or until potatoes are soft. Remove from heat and let the mixture stand until it cools a little.
3. Put the artichoke mixture in a food processor and blend until smooth.
4. Pour mixture back into saucepan, add cream and reheat, but do not boil.
5. Remove pan from the heat and add parsley.

Serves 6

