

Artichoke Bisque & Vegetable Soup



R & J Mazza
GLOBE ARTICHOKES

Ingredients

2 litres reduced-salt chicken stock,
4 fresh artichokes, washed & quartered,
(remove any hairy/furry sections)

2 tablespoons olive oil,
2 garlic cloves, crushed,
1 leek, sliced thinly,
4 carrots, sliced,
4 stalks celery, sliced,
2 tablespoons flour,

1/2 cup fresh cream
Salt & crack pepper, to taste



Method

1. Heat the stock in a large pot and the artichokes. Bring to the boil, then simmer for 30-40 minutes or until tender when pierced with a fork. Set aside and cool.
2. Scrape as much flesh from the artichoke leaves and remove. Use all of the flesh from the heart of the artichoke. Put stock and artichoke flesh through a sieve or a blender.
3. Heat oil in a pot and add leek, garlic, carrots and celery. Sauté until soft. Add flour while stirring to prevent any lumps. When thickened, slowly add artichoke stock while stirring to avoid lumps. Simmer for a further 10 minutes to infuse flavours.
4. Add salt & pepper. Pour in fresh cream and stir well.
5. Serve with crusty bread, if preferred.

Serves 4-6

