

Creamy Artichoke, Leek & Pesto Soup



R & J Mazza
GLOBE ARTICHOKES

Ingredients

2 tablespoons olive oil,
1 leek, sliced,
4 cloves garlic, roughly chopped,
4 cups vegetable broth,
4 medium potatoes, chopped roughly,
400g artichokes hearts, sliced,
2 cups water,
2 teaspoons lemon juice,
3 tablespoons sour cream,
Salt & pepper, to taste,
Prepared basil pesto

Pesto

1 cup firmly packed basil leaves,
¼ cup pine nuts, toasted,
2 cloves garlic,
½ cup oil,
½ cup parmesan cheese,
Salt & cracked pepper to taste,



Method

1. Place pesto ingredients in blender and process until mixture forms a coarse paste. Set aside.
2. Heat oil in pan and add leek. Sauté until soft. Add garlic and cook for a further minute.
3. Add vegetable broth, potatoes, water, lemon juice and artichoke hearts (reserving a few hearts for garnishing). Cook until artichoke and potatoes are soft.
4. When cook, remove from heat and cool slightly.
5. Put the mixture in a food processor and blend until smooth. Pour mixture back into saucepan, add cream, salt & pepper and reheat, but do not boil.
6. Remove soup from the heat and place in bowls. Add teaspoons of basil pesto around the outer of the bowl. Top the centre of the bowl with slices of reserved artichoke hearts.

Serves 6-8



Artichoke ... the King of Vegetables