

Creamy Artichoke Soup



R & J Mazza
GLOBE
ARTICHOKES

Ingredients

4 artichokes, whole,
4 cups reduced-salt chicken stock,
2 cloves garlic, whole,
12 peppercorns, whole,
3 sprigs Italian flat leaf parsley,
Salt (if required)
1/3 cup cream,
1 tablespoon Italian flat leaf parsley, finely
chopped



Method

1. Cut the top of the artichoke and trim the bottom. Wash the artichokes and place upside down on a sink to drain excess water.
2. Place artichokes, chicken stock, garlic, peppercorns, parsley, salt (if required) in pot and bring to the boil. Lower heat and simmer for around 45 mins to 1 hour or until cooked. This can be tested by pulling a bract (leaf) of the artichoke and trying the flesh, to test if it is tender. Remove from heat and cool.
3. Drain the stock and reserve. Pull the bracts off the artichokes and scrap the flesh off the bottom end and put aside. Once you reach the heart, remove any fuzzy hairy centre (if any) and chop the heart in half, add to the remaining reserved mixture.
4. Put the artichoke mixture and stock in a food processor and blend until smooth.
5. Pour mixture back into saucepan, add cream and reheat, but do not boil.
6. Remove pan from the heat and add parsley. Serve with crusty bread.

Serves 6

