

Garlic Soup

This is, strictly speaking, a garlic and potato soup, but we call it garlic soup because it has so much garlic in!

By roasting the garlic before using, it's much less pungent and has an even more delicious flavour.

If you don't have time to roast the garlic, then use about 1/3 of a bulb, instead of a whole one.

This is a "robust" soup and needs a strong-flavoured bread to go with it - supermarket medium-sliced white doesn't really cut it... It's great served with chunks of crusty home-made bread, such as rye bread.

Ingredients

Serves 4

1 bulb roasted garlic (or 1/3 bulb raw garlic)

1 lb potatoes (the type that will mash)

1 large onion

1 stock cube

1 litre water

15 ml olive oil or sunflower oil

100ml creme fraiche or cream cheese

1 tablespoon fresh herbs, chopped (e.g. parsley, chevril, dill, chives)

Method

Gently heat the oil in a large pan.

If using roasted garlic, separate the cloves and squeeze out the paste into the pan.

If using raw garlic, peel the cloves and chop them roughly, before adding to the pan.

Stir well and cover. Cook gently while you peel and chop the onion. Add the onion to the pan and stir.

Cover and cook for 5 minutes.

Wash the potatoes and chop them into small cubes. It's up to you whether you peel them. Add them to the pan. Stir well to coat with oil. Cover and cook gently for 10 minutes, stirring occasionally.

Add the water & the stock cube and simmer the soup gently for 20 minutes or until the potatoes are soft.

If you want, you can liquidise the soup at this stage, using a hand blender.

Remove from the heat and stir through the herbs and creme fraiche / cream cheese. Season to taste with salt and pepper.

Serve with chunks of bread.

Time From Cupboard-To-Table

40 minutes

Notes & Variations

Keeps well in the fridge for 2-3 days, but for best storage, add the herbs, but not the creme fraiche / cream cheese. Add this when you gently reheat the soup.

Experiment with the herbs you want to use.

For a sweeter flavour, use the roasted garlic.