



RECIPE CARD

INGREDIENTS

- 90ml extra virgin olive oil
- 90g unsalted butter
- 1,800g onion (finely diced)
- 18g fresh garlic (crushed)
- 4,050g Jerusalem artichoke (unpeeled, washed and trimmed)
- 18g salt (to taste)
- 6g black peppercorn (milled)
- 6g thyme
- 6,000ml white chicken stock
- 480ml whipping cream

METHOD

- *Slice the artichokes very thinly and place in cold water with a squeeze of lemon*
- *Heat the olive oil and butter in a large thick bottomed pan*
- *Add onion, celery, garlic & artichokes – sweat for 5 minutes, stirring from time to time to ensure that they do not brown*
- *Add seasoning & thyme sprigs, then pour in boiling chicken stock, reduce the heat and simmer until artichokes are tender (around 25 minutes)*
- *Remove from the heat and discard the thyme; liquidise the soup in batches with the cream*

Recipe courtesy of Bistro at the Distillery, Lakes Distillery in Cumbria