

HOT OR COLD CREAMY LETTUCE SOUP

Serves 4

INGREDIENTS:

2 tbsp unsalted butter

1 medium onion, diced

4 cloves garlic, sliced

2 cups chicken or vegetable stock, plus more if needed

8oz (225g) lettuce, core and root ends trimmed, leaves torn if large

¼ cup loosely packed parsley leaves

Salt

Fresh lemon juice, to taste

Thinly sliced radish and pea shoots, tossed in olive oil, for garnish

DIRECTIONS

In a medium saucepan, melt the butter over a medium heat until foamy. Add the onion and garlic and cook, stirring, until softened, about 3 minutes. Add the stock, bring to a simmer, and cook until the vegetables are very tender, about 8 minutes. Add the lettuce and parsley and cook until wilted and softened, 1-2 minutes.

Working in batches if necessary, transfer the broth and vegetables to a blender and blend, starting at the lowest speed and increasing to high, until very smooth, about 3 minutes. If the soup is too thick, thin as needed with additional stock. Season with salt and just a touch of lemon juice to brighten the flavour (add it very sparingly to prevent the soup becoming tart).

Garnish with the radish and pea shoots and serve warm or chilled.