

Cream of Fennel Soup

REF:

Serves 4

Cuisine: British

Preparation Time: 10 Minutes

Cooking Time: 45 Minutes

Ingredients:

350g Fennel bulbs
25g Unsalted butter
3 cloves Garlic, peeled and sliced
110g Potatoes, peeled and cut into chunks
2 Leeks (white part only), washed and sliced
¼ tsp Fennel seeds
570ml Chicken stock
150ml Single cream
150ml Milk
Maldon sea salt and black pepper

Method:

1. Trim and coarsely chop the fennel bulbs. Reserve the fronds for the garnish.
2. Melt the butter in a stock pot or large saucepan.
3. Add the fennel, garlic, potatoes, leeks and fennel seeds and stir to coat everything in the butter.
4. Cover and cook gently for 15 minutes.
5. Add the chicken stock and a pinch of salt and pepper and bring up to a simmer.
6. Cover again and simmer for 25 minutes.
7. Pour into a food processor or blender and blitz it until smooth.
8. Pass through a fine mesh sieve or tamis into a clean pan.
9. Stir in the cream and milk, reheat and adjust seasoning to taste.

To Serve:

Serve in warmed soup bowls and garnish with the reserved fennel fronds..

Chef's Notes: