

Provençal Garlic Soup

SOURCE: Casual Cuisines of the World - Country Inn (Weldon Owen)

Despite the prodigious amount of garlic, this soup is surprisingly mellow. Trim any green tips from garlic cloves, as they carry the sharp flavor.

INGREDIENTS:

8 C water
3/4 C garlic cloves
1/4 C extra-virgin olive oil
1/2 C sliced white onion
1/3 C sliced celery
1/3 C sliced fennel
1/2 C dry white wine
4 fresh thyme sprigs
1/2 tsp fresh rosemary leaves
1 bay leaf
5 C chicken stock
2 1/4 C heavy cream
1 slice coarse country-style bread, preferably day old, cut up
1 TBS salt
1 tsp freshly cracked white pepper

DIRECTIONS:

In large saucepan, combine the water + garlic cloves - bring to boil over high heat. Reduce heat to medium - simmer, uncovered, till garlic is translucent, (about 5 minutes). Drain and reserve the garlic.

Return saucepan to medium heat - add olive oil. Heat for 30 seconds, then add onion, celery + fennel - sauté till just tender (2-3 minutes). Add garlic + cloves - reduce heat slightly - sauté, stirring frequently, for another 2 minutes. Do not allow to brown. Add white wine - cook till reduced by half.

Add thyme, rosemary, bay leaf, chicken stock, cream, bread, salt + pepper. Stir well, reduce heat to low - simmer, uncovered, stirring occasionally, till reduced by 1/4 and creamy white (about 40 minutes). Remove from heat and let cool 10 minutes. Working in 2 batches, transfer soup to blender - blend till smooth - return it to saucepan. Reheat over medium heat. Divide evenly among warmed individual bowls - serve immediately.

Serves 6

Nutrition Facts: **Calories:** 473 **Fat:** 43g **Carbohydrates:** 12g **Cholesterol:** 122mg **Sodium:** 1377mg
Protein: 8g **Fiber:** 1g **%Cal. from Fat:** 82% **%Cal. from Carbs:** 10%