

## **LETTUCE SOUP**

**SOURCE: LA BELLE HELENE RESTAURANT (California) (Chef Gregory Lyons)**

### **INGREDIENTS:**

1 head Boston lettuce, shredded  
2 medium Walla-Walla or Vidalia onions, peeled/thinly sliced  
1 C well-reduced chicken stock  
Pinch Baking soda  
1 C butter  
1 qt Half and Half  
White pepper

### **DIRECTIONS:**

Melt onions over low heat in 1/2 C butter - cook slowly 1 hour.

In another pan, over high heat, boil chicken stock + 1/2 C butter together till butter is emulsified - add pinch baking SODA to chicken stock before adding the lettuce (will help retain the green color) - add lettuce, bring to boil - lower heat and cook till tender (about 15 minutes) - add white pepper to taste.

Purée onions and lettuce - add Half and Half - heat slowly - adjust seasonings and serve (with OR without straining soup).

### **VARIATIONS:**

For those watching weight, carbs or calories here is a little variety: use fat-free Half and Half and add 4 oz whipping cream --- use 1/2 C butter and substitute 4 oz olive oil (good quality regular OR extra virgin).

This is a good basis for several different kinds of soup (hot or cold): potato, leek, cucumber, raspberry or anything else you would like to try.