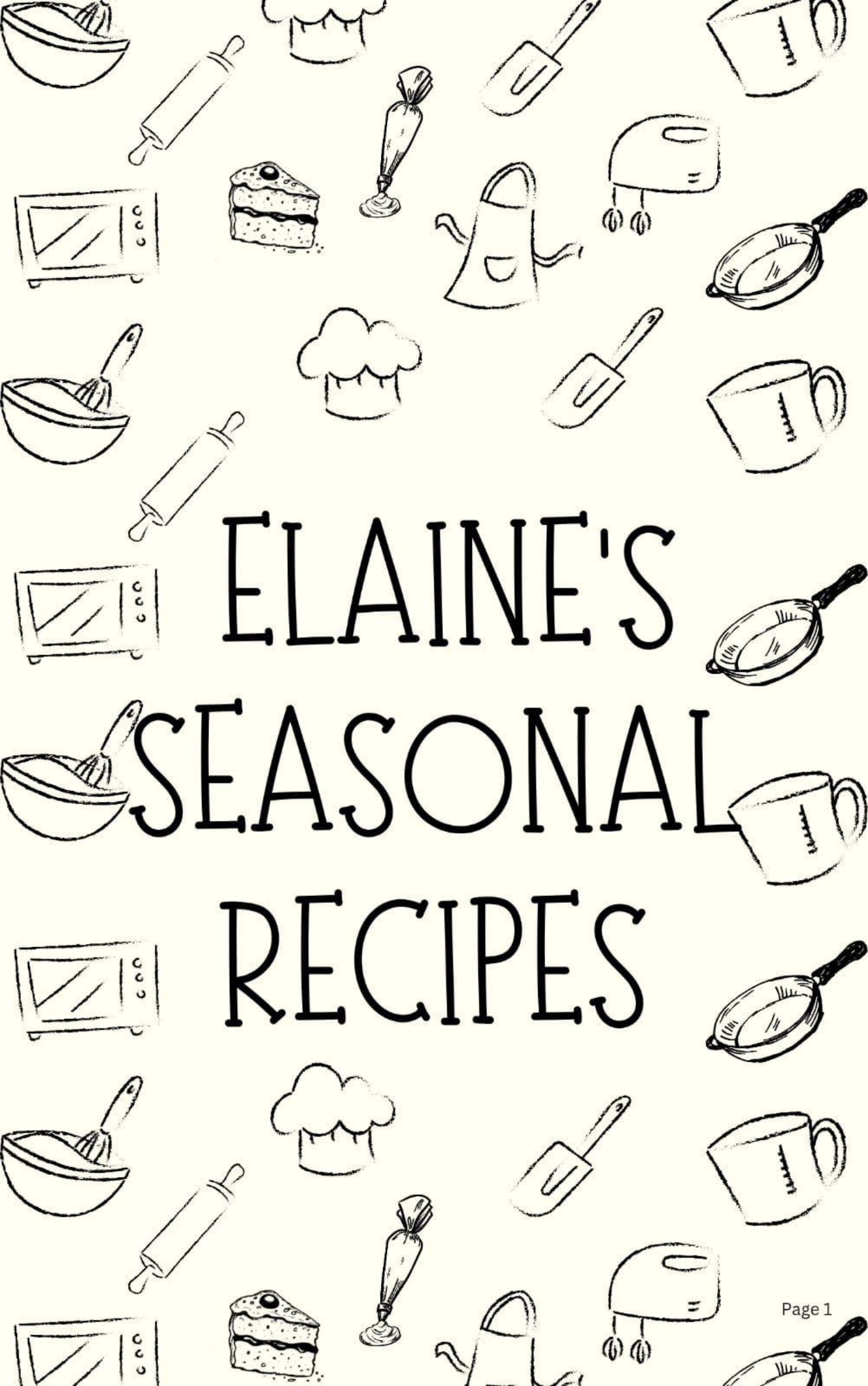




ELAINE'S SEASONAL RECIPES

Jerusalem Artichoke Soup with pesto

For the home made pesto

75g blanched nuts - choice of pistachio, almonds or hazelnut

1-2 green bird's eye chillies, deseeded pending heat

10g tarragon or chives

Finely grated zest of 1 lemon

1 tablespoon lemon juice

3 tbsp olive oil, plus extra to serve

50g of baby spinach or rocket

1 garlic clove, peeled and finely chopped

1 tsp white-wine vinegar

Heat the oven to 160C (140C fan)/gas mark 3. Spread the nuts on a baking tray, roast for 10 to 15 minutes, then remove and, once cool, roughly chop.

Set aside 25g of the chopped nuts and put the remaining 50g in the small bowl of a food processor with the remaining pesto ingredients and a quarter-teaspoon of salt.

Add 3 tablespoons of water, blitz to a smooth, runny paste and set aside.

Use olive oil and lemon for more taste.

This pesto is great for a simple garnish or with a light pasta. It's my multiple use pesto. Be adventurous with the flavours.

Jerusalem Artichoke Soup

Ingredients



1kg Jerusalem artichokes, peeled and thinly sliced
1 large leek, trimmed, cleaned (use only white part)
4 garlic cloves finely chopped
2 tablespoon olive oil
30g unsalted butter (replace with 2 tablespoon olive oil for vegan version)
1 litre veg stock
1 small onion finely chopped
10g chives finely chopped to serve
Coarse sea salt and black pepper

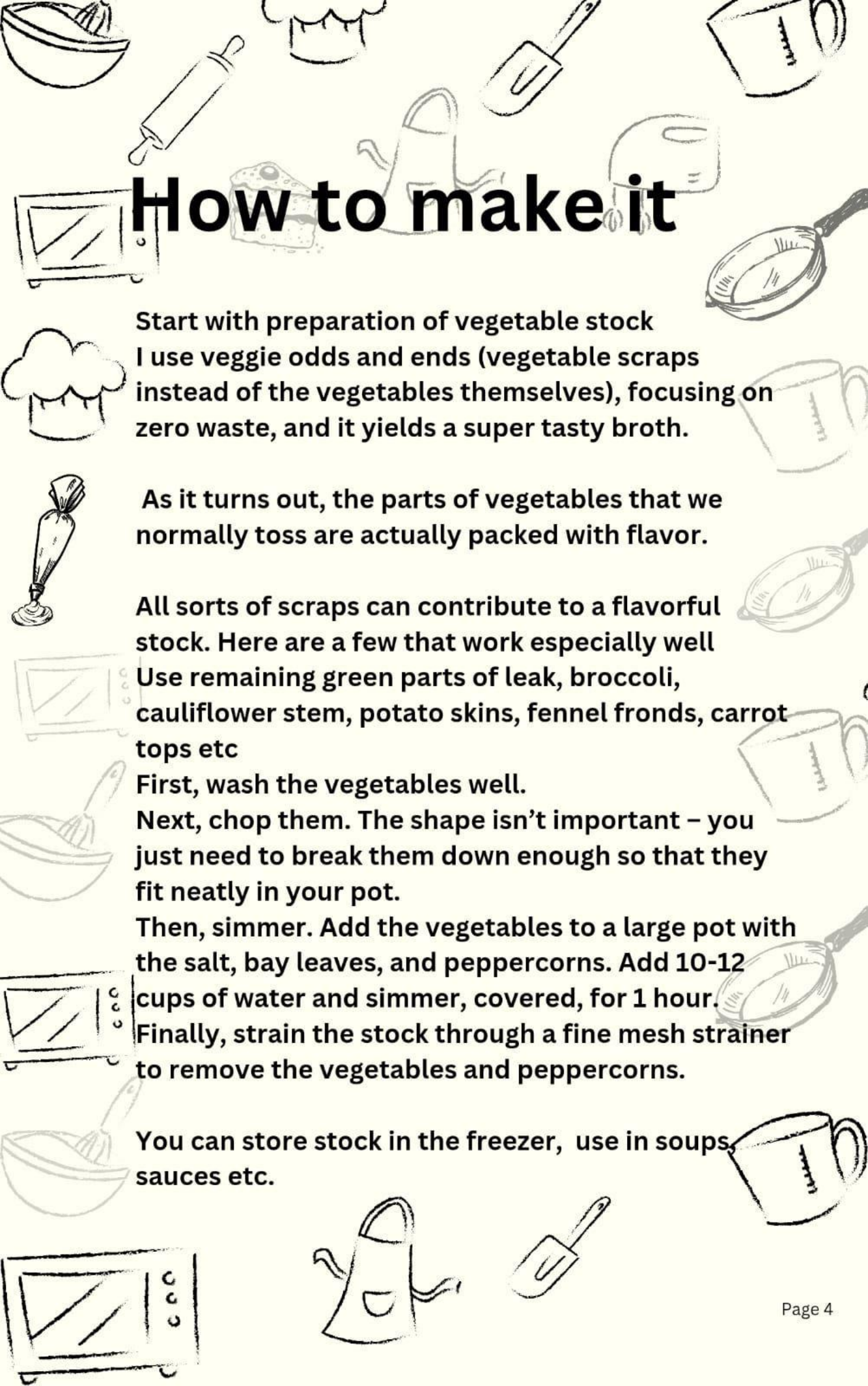
Home made Vegetable stock

Use a mix of vegetables including trimmings such as:

Green of leek

Brocoli stub

Cauliflower stub



How to make it

Start with preparation of vegetable stock

I use veggie odds and ends (vegetable scraps instead of the vegetables themselves), focusing on zero waste, and it yields a super tasty broth.

As it turns out, the parts of vegetables that we normally toss are actually packed with flavor.

All sorts of scraps can contribute to a flavorful stock. Here are a few that work especially well

Use remaining green parts of leak, broccoli, cauliflower stem, potato skins, fennel fronds, carrot tops etc

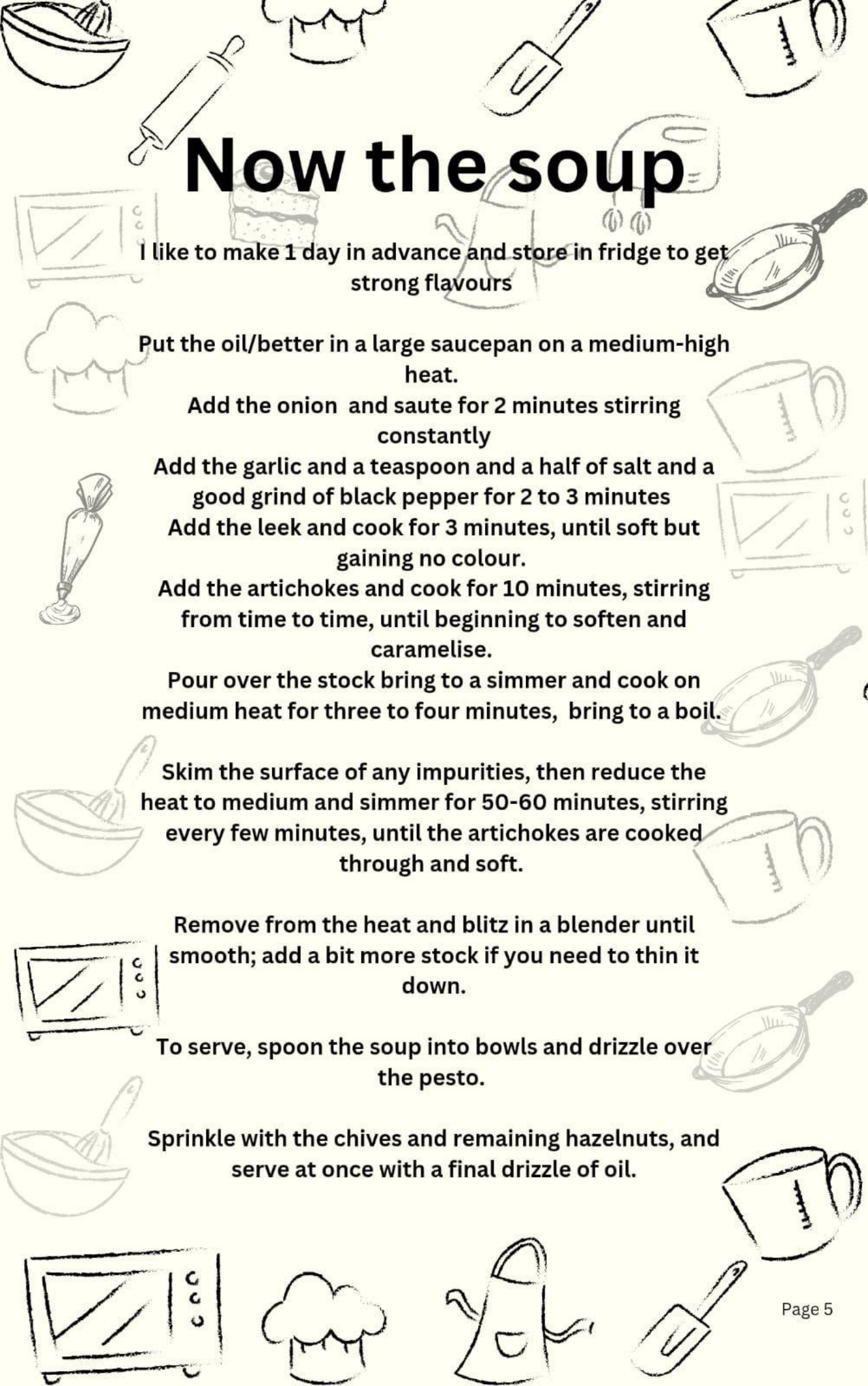
First, wash the vegetables well.

Next, chop them. The shape isn't important – you just need to break them down enough so that they fit neatly in your pot.

Then, simmer. Add the vegetables to a large pot with the salt, bay leaves, and peppercorns. Add 10-12 cups of water and simmer, covered, for 1 hour.

Finally, strain the stock through a fine mesh strainer to remove the vegetables and peppercorns.

You can store stock in the freezer, use in soups, sauces etc.



Now the soup

I like to make 1 day in advance and store in fridge to get strong flavours

Put the oil/butter in a large saucepan on a medium-high heat.

Add the onion and saute for 2 minutes stirring constantly

Add the garlic and a teaspoon and a half of salt and a good grind of black pepper for 2 to 3 minutes

Add the leek and cook for 3 minutes, until soft but gaining no colour.

Add the artichokes and cook for 10 minutes, stirring from time to time, until beginning to soften and caramelise.

Pour over the stock bring to a simmer and cook on medium heat for three to four minutes, bring to a boil.

Skim the surface of any impurities, then reduce the heat to medium and simmer for 50-60 minutes, stirring every few minutes, until the artichokes are cooked through and soft.

Remove from the heat and blitz in a blender until smooth; add a bit more stock if you need to thin it down.

To serve, spoon the soup into bowls and drizzle over the pesto.

Sprinkle with the chives and remaining hazelnuts, and serve at once with a final drizzle of oil.

The soup

