

Garlic Soup

Several recipes for garlic soup are to be found in the cuisines of Mediterranean countries, from the gazpacho of Spain to the *aigo-bouido* of Provence, and the *scorthozoumi* of Greece. They were once believed to be good for the liver, the blood and the heart. The large quantities of garlic are rendered mild by boiling, and marry well with starchy ingredients such as the potatoes in this recipe.

Ingredients

2 heads fresh garlic, unpeeled and separated into cloves 4 cups chicken or vegetable broth

1 medium onion, chopped 2 carrots, peeled and chopped

3 small red potatoes, peeled and chopped 2 ribs celery, chopped

½ teaspoon dried basil 3 teaspoons chopped fresh parsley

Salt and pepper to taste

Cover garlic cloves with 2 cups water in a saucepan; heat to a boil. Simmer for 5 minutes, drain, and leave to cool. Remove skins. Return the garlic to the pan. Add broth, onion, carrots, potatoes, celery, basil and 2 teaspoons of the parsley. Bring to a boil, then reduce heat to a simmer. Cover, and cook until the vegetables are very soft (about 30–35 minutes). Let cool slightly. Puree the soup in a blender or food processor, and then season with salt and pepper. (Soup may be made in advance of serving to this point). Return the soup to a clean pan, and re-heat. If it seems too thick, add some broth or water. Adjust the seasoning, and sprinkle with remaining teaspoon of parsley. Serves 4.

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