

Spring Onion Soup

SERVES 4**INGREDIENTS**

- *700g spring onions (a large variety with a thick bulb, if possible)*
- *40g unsalted butter*
- *50ml olive oil, plus extra to finish*
- *2 whole medium garlic heads, cloves peeled and halved lengthways*
- *3 bay leaves*
- *300g frozen peas*
- *1 medium courgette, diced*
- *1.3 litres vegetable stock*
- *80g parsley leaves, roughly chopped*
- *60g kashk (or crème fraîche/parmesan mix)*
- *20g mint leaves, roughly chopped*
- *Grated zest of ½ lemon*
- *Salt and black pepper*



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METHOD

1. *Cut the white of the spring onions into 1.5cm-long slices and the green into 2.5cm-long segments.*
2. *Melt the butter in a large saucepan, add the oil, white spring onion slices, halved garlic cloves and some salt and pepper, and sauté on moderate heat for 10-15 minutes, until the vegetables are soft.*
3. *Add the green spring onion segments and the bay leaves, cook for about 10 minutes, add the peas and courgette, and cook for another five minutes.*
4. *Remove half the vegetables from the pan and set aside.*
5. *Cover the remaining vegetables with the stock, bring to a boil and simmer for three minutes.*
6. *Remove the bay leaves, add the parsley and blitz in a food processor or with a hand-held blender.*
7. *Return the reserved vegetables to the pan and warm up gently. Stir in the kashk, taste and adjust the seasoning as necessary.*
8. *Transfer the soup into individual bowls, sprinkle with chopped mint and lemon zest, and finish with a drizzle of oil.*

