

ROASTED GARLIC SOUP

A lovely garlicky soup which may be made ahead and frozen.

Thaw at room temperature and re-heat. Recipe by the Vancouver Sun Test Kitchen.

Local garlic should be available in our area this time of year.

30 Cloves of Garlic (unpeeled)

2 Tbsp Olive Oil

2 Tbsp Butter

2 ½ Cups Diced Onions

2 Tsp Chopped Fresh Thyme

20 Garlic Cloves (peeled)

3 ½ Cups Chicken Stock

½ Cup Heavy Cream (whipping cream)

½ Cup Finely Grated Parmesan Cheese

8 Lemon Wedges

Place 30 garlic cloves in glass baking dish. Add 2 Tbsp olive oil and sprinkle with salt and pepper, toss to coat. Cover baking dish tightly with foil and bake at 350F for one hour, until garlic is tender. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl.

Melt butter in saucepan. Add onions and thyme and cook about 6 minutes until onions are soft. Add roasted garlic and 20 raw garlic cloves and cook 3 minutes.

Add chicken stock; cover and simmer about 20 minutes, until garlic is tender.

Allow to cool.

Working in batches, puree soup in blender until smooth.

Return soup to saucepan; add cream and bring to simmer. Season with salt and pepper.

Divide grated cheese among 8 Small bowls and ladle soup over the cheese.

Squeeze juice of 1 lemon wedge over each bowl of soup and serve.

Recipe submitted by Maggie Carter 250-468-1908 should you have any queries.