

# Cream of Artichoke Soup

**Category:** Soup

**Servings:** 8

**Rating:** 10

**Source:** Private Collection of Jr. League of Palo Alto

## Description:

Recommended by Marie Moran.

## Ingredients:

artichoke	4 large or 6 medium
bay leaf	2 in all
lemon juice	6 Tablespoons in all
onion	1/2 cup, finely chopped
celery	1/2 cup, finely chopped
butter	6 Tablespoons
flour	6 Tablespoons
chicken broth	6 cups
salt	to taste
white pepper	1/4 teaspoon
thyme	1/4 teaspoon
nutmeg	1/4 teaspoon, grated (optional)
milk	1 3/4 cups
sour cream	1/4 cup
egg yolk	2, beaten
parsley	2 tablespoons, minced
lemon	sliced to serve with the soup

## Instructions:

Cover artichokes with boiling salted water, adding a bay leaf and 2 tablespoons of lemon juice. Simmer until tender and then drain and cool. Scrape the meat from their leaves and chop the hearts.

Sauté onion and celery in butter until soft. Add flour and continue cooking for about a minute, stirring constantly, then blend in broth and the remaining lemon juice. Add a bay leaf, salt, pepper, thyme, nutmeg, and artichoke scrapings and hearts. Cover and simmer 20 minutes. Cool slightly and purée in a blender.

Mix together milk, sour cream, and egg yolks. If serving cold, stir in milk mixture with a whisk, correct seasonings and chill. If serving hot, heat the soup to boiling point, remove from heat, and

briskly add milk mixture with whisk. Correct seasonings and keep heated over hot water.

Serve hot or cold garnished with thin slices of lemon and finely chopped parsley.