

Recipe
Artichoke Soup

By
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Ingredients

- 1 Tsp olive oil
- 1 Tsp butter
- ½ Tsp yellow asafetida powder
- 1 celery stick, chopped
- 675g/1½ lb artichokes, peeled and chopped
- 5 C vegetable stock/water
- 1¼ salt
- ¼ Tsp ground black pepper
- 1 C milk

Preparation

1. Heat the butter and oil in a saucepan over moderate heat. Add asafetida, celery and cook for 2 minutes. Add the artichokes and stir-fry again for 2-3 minutes.
2. Add the stock or water. Bring to a boil and simmer and cook covered for 30 minutes or until the artichokes are soft. Or alternately, you can pressurize the artichokes.
3. Process the soup in a blender until smooth. Return the soup to the pan, add salt, pepper and heat for 5 minutes. Stir in the milk gently and turn off the heat. Serve with toasted bread.

Serves

6

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