

Cold artichoke heart soup, fried onions, Espelette pepper, bread croutons, olive oil |

Recipe for 12 tapas

Description

A velvety cold soup with artichoke hearts and fresh tarragon. A crisp garnish of fried onions and buttery croutons.

Note

It's very important to use frozen, unmarinated artichoke hearts.

Ingredients

Soup

- 400 Gr Artichoke heart
- 75 Gr Shallot
- 500 Ml Water
- 500 Ml Milk
- 50 Ml Olive oil
- 1 Unit(s) Lemon
- 1 Sprig(s) Tarragon

- Butter
- Salt and pepper

Topings

- 2 Slice(s) Country bread
- 12 Pinch(es) Espelette pepper
- 2 Tbsp Fried oignons

- Butter
- Salt and pepper

Preparation

- Preparation time **60 mins**

Set up

Zest the lemon.

Finely chop the shallot.

Cut artichokes into cubes (2-3 cm).

Thin out the tarragon sprig.

Cut the bread into small cubes, then brown them in a frying pan in a little butter.

Soup

In a saucepan, start by sweating the shallot and artichoke cubes without browning, then add the water and milk.

Bring to the boil in a saucepan for 10 to 15 minutes. Once cooked, place in a blender with the olive oil, lemon zest, tarragon and a knob of butter, and season with salt and pepper.

Blend to a smooth purée. Cool before serving.

On the plate

Ladle the soup into your bowls, then garnish with a little Espelette pepper, fried onions and croutons before serving.

Bon appétit!