

Green Peas and Watercress bisque

Source : Monique j. Hooker

Type : Vegetable

Origin : France

Category : Soup

Quantity	Measure	Item
		Serves10
1/2	C	Diced shallots
4	Tablespoon	Butter
1	Lb	Watercress
1	Lbs	Fresh peas or fresh frozen
6	Tablespoon	Flour
1	Quart	Chicken broth
1	pt	Heavy cream
		Salt, pepper and nutmeg for seasonnings
1/4	C	Fresh chopped chives

Instructions : Wash the watercress, remove coarse stems, discard, and keep the rest in cold water
In a large pan heat the butter, saute the shallots until soft, aromatic and translucent
Take a handful at the time of watercress out of the water and shake a little, then add directly to the hot pan with the shallots
Cook until wilted before adding the other handful. Repeat until all done.
Add peas, toss gently, add the flour and blend well, then add the chicken broth, stir to blend properly
Season with salt, pepper and nutmeg
Bring to a boil then lower to a simmer
Cook for about 25 minutes
Adjust the seasoning, Puree through a food processor or blender
If necessary pass through a fine strainer to remove any stem
Place back on the heat, bring to a simmer
Add the cream slowly to the soup, stir well DO NOT BOIL AGAIN AT THIS POINT.
Adjust the seasonnings once more if necessary
Finish with fresh chopped chives and heat for 5 minutes.
Serve at once

Variations : This soup can be done with any leaf vegetable or mixture of, like : Spinach, watercress, arugula.

Sorrel does change color when cooked but not the other leaf vegetables.

Staging :

Qty. Period

Description