

## Jerusalem Artichoke Soup with Sage and Cobnut Oil

*Serves 2-4*

Ingredients:

250g Jerusalem

artichokes, peeled &  
diced

1 tbsp butter

1 medium onion, peeled & diced

Pinch of asofoetida

1 tsp fennel seed

1 pint skimmed milk

Salt & black pepper

Four sage leaves

Cobnut oil for drizzling (substitute walnut, hazelnut, argan or olive oil)

Special equipment:

Heavy-bottomed saucepan with lid

Greaseproof paper

Blender/hand-blender



Jerusalem artichokes are famous for one thing - farting. The inclusion of asofoetida and fennel here seem to combat the effects. Or at least, that's my experience two hours after eating it! This is a failsafe method of making soup with any vegetable.

Method:

1. Melt the butter in a heavy-bottomed pan over a very low heat.
2. Add the artichoke, onion, fennel, asofoetida. Season with salt and black pepper, and stir.
3. Place a square of greaseproof paper over everything, pushed down so that it's touching the vegetables. Then put the lid on the saucepan.
4. Leave to slowly cook and infuse with flavour for 30 minutes.
5. Remove the greaseproof paper, turn up the heat and add the milk.
6. Bring to a simmer and cook until the artichoke is soft enough to squash onto the side of the pan with a spoon.
7. Blend, and check seasoning.
8. Serve with the shredded sage leaves and a drizzle of oil on top.