



JERNEJ KITCHEN

GARLIC SOUP WITH CROUTONS

Creamy garlic soup made with baked garlic and served with croutons and thyme. Fantastic.

SERVES	4	PEOPLE
PREPARATION:	15	MINUTES
BAKE:	100	MINUTES
COOK:	20	MINUTES

GARLIC SOUP

200 g whole heads of garlic (7 oz.)

1 tsp olive oil

1 tbsp butter

1 onion

2 sprigs thyme (leaves)

1 tbsp all-purpose flour

1/2 tsp dijon mustard

1/4 tsp nutmeg powder

1 tsp apple cider vinegar or lemon juice

50 ml white wine

500 ml vegetable or chicken stock or water

150 ml milk

100 ml single cream

CROUTONS

2 thick slices whole grain bread

1 tsp olive oil

1 tbsp grated parmesan cheese

TOOLS AND EQUIPEMENT

aluminum foil

baking dish

BAKE THE GARLIC

Trim about 0.5 cm 1/4 inch off the top of the head of garlic (that will expose the garlic cloves). Season the garlic with salt and pepper and drizzle with olive oil. Wrap twice in aluminum foil. Place in a baking dish and bake for about 90 minutes at 190 °C / 370 °F. Remove from the oven and set aside.

COOK THE ONION

Set a pot with butter over medium-high heat. Dice the onion. Add the diced onion and thyme leaves to the pot. Cook for about 5 minutes, then add the flour and cook for another 5 minutes, stirring occasionally.

COOK THE GARLIC SOUP

Press on the bottom of a clove to push the garlic out of its paper and into the pot. Add the dijon mustard, nutmeg and apple cider vinegar or lemon juice. Season with pepper, then add the white wine, stir well. Add vegetable (or chicken stock or water), milk and single cream. Bring to a boil, then lower the heat and let it simmer for about 10 minutes.

CROUTONS

Make the croutons. Cut bread slices up into small cubes. Add to a baking dish, drizzle with olive oil, sprinkle with parmesan cheese and season with pepper. Toss with your hands. Place in the oven and bake for about 12 minutes at 180 °C / 370 °F.

SERVE

Blend the garlic soup using an immersion blender. Serve with croutons, fresh thyme and a drizzle of olive oil. Enjoy.

pot
immersion blender