



# Cream of Artichoke Soup

## Ingredients:

ONION	1	OLIVE OIL	15 G
ARTICHOKES, PEELED	400 G	SALT, PEPPER	
WHITE STOCK	500 ML		
CREAM	200 ML		

	Ingredients	Weight	Action	Heat setting	Speed	Time	Lid opening	Comments
<b>1</b>	Artichokes Olive oil Onion	400 g 15 g 1	Put in bowl	120°C	1,000 rpm	4 min	Open	
<b>2</b>	White stock	500 ml	Pour in	100°C	400 rpm	15 min	Open	
<b>3</b>	Cream	200 ml	Add	–	3,500 rpm			Stop when cream is fine and smooth
<b>4</b>				–				Taste and adjust seasoning



### CHEF'S TIP

After peeling the artichokes, put them in lemon water to prevent them from oxidising.