

Maman Blanc Vegetable & Chervil Soup



Serves 4-6 Prep 20 mins Cooking 10 - 12 mins Easy

Ingredients

1 onion, cut into 3 mm dice
2 large carrots, cut into 3 mm dice
3 celery sticks, cut into 3 mm dice
3 spring onions, cut into 1cm thick slices
15g unsalted butter
1 large courgette, halved lengthways sliced
2 ripe tomatoes, roughly chopped
1 litre boiling water
1 large handful of fresh or dried chervil or tarragon, roughly chopped
salt & pepper
1 tbsp crème fraîche or 15g unsalted butter

1. Sweating the vegetables. On a medium heat, in a large saucepan, soften the onion, carrots, celery and spring onions in the butter for 5 mins, without letting them colour (this helps to extract maximum flavour). Season with pinches of salt & pepper.
2. Cooking the soup. Add the courgette, tomatoes and boiling water (using boiling water reduces the cooking time and also helps to keep the colours bright) Boil fast for 5-7 mins, until the vegetables are just tender. Stir in the chopped chervil.
3. Finishing the soup. Whisk in the crème fraîche or butter. Taste and correct the seasoning if necessary, then serve. This soup can be pureed in a blender if you prefer a smooth texture.