

Wild garlic soup, bacon and olive oil

Wild garlic is a pleasant way of adding garlic into a soup without it being too strong and overpowering. Wild garlic as the name suggests grows in the wild and is plentiful in local woodland from March to June*. At its best and most flavorsome when bright green before the flowers open.

**(If you're unsure what you are picking take someone who knows)*

Serves 4

Equipment 15cm deep pan, blender

For the soup

100g butter
1 large onion peeled and thinly sliced
2 large potato peeled and thinly sliced
750ml water
400g wild garlic
200g spinach
Salt and pepper

Optional

Olive oil and chopped garlic leaf, bacon lardons to serve

1. Place a pan on the stove and turn on to a medium heat and add the butter.
2. Once the butter has melted add the onion to the pan and cook the onion gently, ensuring there is no colour.
3. When the onion has started to soften add the sliced potato and cook for a further 10 minutes again allowing no colour.
4. When the potato is soft and cooked add the water and bring to the boil for 5 minutes. Add the wild garlic and boil for a further 5 minutes.
5. Place into a blender and add the spinach, this is best done in two batches. Blend for 1 minute until smooth. Pour into a container and lightly season with salt and pepper to taste.

6. If serving immediately reheat gently on the hob, pour into serving bowls and drizzle some olive oil and chopped garlic leaf and cooked bacon lardons over the top, if preferred

Chef's tip

If preparing in advance, add some ice cubes when seasoning in step 5 to chill quickly and to keep the freshness and colour of the soup, then place into the fridge. Can be stored for up to 3 days in the fridge.