

# CREAMY ZUCCHINI SOUP

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## INGREDIENTS

1 tbsp olive oil or butter  
2 garlic cloves , minced  
1 large onion , chopped (brown, yellow or white)  
1 kg zucchinis , cut into 1.5cm / 3/5" slices, larger ones halved  
750 ml vegetable or chicken broth , preferably salt reduced  
250 ml water  
185 ml cream, heavy / thickened  
250 ml milk , full cream milk, or more cream

### Garnish:

Cream , for swirling  
Finely shredded parmesan

## METHOD

1. Heat oil in a large pot over medium high heat. Add garlic and onions, and cook for 3 - 4 minutes until they are light golden brown.
2. Add zucchinis, broth and water. Bring to a boil, then cover and reduce heat to medium. Optional: Scoop brown foam (scum) off surface every now and then.
3. Cook for 15 - 20 minutes or until zucchini is very soft.
4. Use a stick blender to whizz until smooth. Stir through cream and milk. Add salt and pepper to taste. Ladle into bowls, swirl over a touch of cream if desired, a pinch of shredded parmesan, and more pepper. Serve hot or at room temperature.

THE  
COOKERY

by The Secret Jozi Chef