

CREAMY ZUCCHINI SOUP

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