

Tante Marie's Cooking School

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CREAM OF LETTUCE SOUP

2 lbs. romaine lettuce, (wash, trim, and roughly chop)
1/4 cup green peas, fresh or frozen
6 Tbs. butter
1/2 cup green onions, minced
salt and pepper
4 Tbs. flour
1 qt. chicken stock, heated
1/2 to 3/4 cups heavy cream
Garnish: shredded lettuce or salted whipped cream

Blanch the chopped lettuce in a large amount of boiling salted water for about 10 minutes. Towards the end of the cooking time, toss in the peas. Drain and chop again.

In a large heavy pan, melt the butter and saute the onions until soft. Sprinkle on the flour and cook stirring, for 2-3 minutes. Add the lettuce mixture, salt, and pepper, and cook, stirring, for 2 minutes longer. Add the heated stock and blend well.

Either put through a food mill or puree in a blender. Add the cream. This may be served hot or cold with the garnish. Serves 8. MSR

veloute - add stock to a roux