

# Jerusalem artichoke and leek soup

20g (1 tablespoon) butter

½ garlic clove, crushed

1 medium leek, washed, trimmed, thinly sliced

400g Jerusalem artichokes, peeled, cut into 1cm pieces

1/4 teaspoon ground nutmeg

1 ½ cups chicken stock

Salt & ground black pepper

2 tablespoons sour cream

Sliced green shallots, to garnish

## Method:

1. Heat butter or margarine in large saucepan over medium heat.
2. Add the garlic and leeks and cook for 2-3 minutes or until leeks begin to soften.
3. Add the Jerusalem artichokes and nutmeg and cook for 5 minutes.
4. Stir in chicken stock and salt and pepper to taste. Bring to the boil.
5. Reduce heat to medium and boil gently, covered, for 15-18 minutes or until artichokes are tender.
6. Puree with a blender until smooth.
7. Add the sour cream and stir.
8. Serve garnished with green shallots.