

# WATERCRESS SOUP

## Introduction

This simple soup brings out all the qualities of watercress; fresh, tangy and peppery.

**Serves (Yield):** 4 (1.2Ltr)

**Preparation time:** 10 mins

**Special equipment:** Blender

**Difficulty rating:** ●●○

**Cooking time:** 15 mins

## Planning ahead:

This can be made 1 day in advance, but it is always better when it is made just before serving.

## Ingredients

20g	2 tsp	Butter, unsalted
50g	¼	Onion, finely chopped
200g	2 bunches	Watercress (*1), lge. bunches (400g each)
50g	1 sm.handful	Spinach, washed and picked
4g	4 pinches	Sea Salt
½ g	1 pinches	Pepper, black, freshly ground
375ml		Water, boiling (*2)
375ml		Ice (*3)

## Method:

On a low heat, sweeten the onion in the butter until softened and translucent. Turn up the heat, add the watercress and spinach and wilt for 2 minutes. Add the water (boiling), season with the sea salt and pepper and quick boil for 2 minutes. Add the ice to stop the cooking and purée in a liquidiser until very smooth.

Reheat, taste and correct the seasoning if required – serve immediately, piping hot to your guests in a large soup tureen.

## Chef's notes (\*):

- \*1 According to the variety, the watercress may vary in its strength of flavour. If your watercress is very peppery, cut off the entire stalk, but if it is mild, keep some of the stalk.
- \*2 The boiling water speeds up the making of the soup and retains the colour and flavour of the watercress.
- \*3 The ice stops the cooking, which will keep the vivid colour, the flavour and the nutrients. Reheat the soup at the last moment for the same reasons.

## Variations:

As a good Frenchman, I would be tempted to add a clove of pureed garlic or flakes of toasted garlic to the soup. A tablespoon of Greek yoghurt would be a nice addition. A squeeze of lemon juice added at the last moment would heighten the flavour of the watercress, but add at the last minute or it will discolour the watercress.

**Watercress** is an excellent source of vitamin A & vitamin C and iron.

**Watercress** is a cruciferous vegetable and shares the rich nutrition profile of all the brassica family. The brassicas have the some of the highest antioxidants in particular the

glucosinolates which help to increase the natural detoxifying enzymes in the body. These in turn get rid of harmful chemicals and hormones. The brassicas also contain the phytonutrient the indol-3-carbinol which has shown to increase the rate of oestrogen breakdown in the liver – therefore an important food group for women.

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