

SOUP CREAM OF CELERY.

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Last Revised 2012-02-20

Preparation Time; 60 Minutes

Cooking Time; 45 Minutes.

This Recipe will yield 6 to 8 Portions for Adults.

Step # 1 – DRY SPICES PREPARATION.

- 4 Table Spoon of Chicken Base Powder. (Low in Salt)
- ½ Tea Spoon of Lemon Pepper.
- 1 Pinch of Ground Turmeric.
- 2 Pinch of Savory.
- ¼ Tea Spoon of Sage.
- ¼ Tea Spoon of Ground Thyme.
- 2 Tea Spoon of Garlic Powder.
- ½ Tea Spoon of Onion Salt.
- ¼ Tea Spoon of Ground Mustard.
- 1 Tea Spoon of Celery Salt.
- 1 Table Spoon of Cilantro Leaves (In Flakes)
- 2 Pinch of Basil.

Prepare all the above in a small dry container and put aside for now.

Step # 2 – THICKENING AGENT

- ½ Cup of white all purpose flour.
- ¾ Cup of Water.

Pre mix the flour and the water above and put aside for now. This will be used later to thicken the Soup.

Step # 3 – SOUP PREPARATION.

In a 4 quart cooking Pot

- 1 Red Onion (Medium size)
- 3 Cups of Water.
- 1 Cup of Low fat Cream.
- 2 Stalks of Celery.**
- ¼ Cup of Peanut Oil.
- ½ Tea Spoon of Salt.



METHOD:

From the two Celery Stalks use only the insides of the celery Stalks first and finely cut in small pieces enough celery to fill 3 cups and put aside for now. This celery will be reduced with half of the red onion.

The rest of the celery sticks from the outsides of the Stalks, cut and pure in a blender with the 3 cups of water and one half of the red Onion and put aside for now.

The 3 cups of celery finely chopped and the other half of the red onion cut in small pieces and put them all in a 4 quart cooking pot with the 1/4 cup of Peanut Oil and ½ Tea Spoon of Salt.

Reduce at high heat until half the size then add the Celery in pure, the spice preparation from step # 1 and the one cup of cream and bring to a boil.

When the soup is starting to boil pour in through a strainer the Flour water preparation you did in step # 2 Mix the preparation again just before you pour it in the soup.

Now bring to a boil and turn the heat down to low and simmer for 30 minutes and stir at times.

After 30 minutes **remove the soup from the stove and put on a cold surface.**

The Soup is now ready to be served. Stir well before each pouring.

BON APPÉTIT

