

CELERY SOUP

50 mls olive oil

1 onion, chopped (or you can use your spring onions!)

1 clove garlic, minced

4 cups chopped celery - including some leaves for extra flavour

1 ltr chicken or vegetable stock

2 medium sized potatoes, peeled and cubed

1 bunch flat leaved parsley, chopped

sour cream

Heat oil and saute onion gently until translucent, add garlic and cook for 1-2 minutes. Add celery and stir to coat with oil, then add stock and potatoes. Bring to boil, reduce heat and simmer until celery and potatoes are soft - 15-20 minutes. Puree until smooth with a stab mixer or in a processor. Season to taste with salt and pepper. Serve with a dollop of sour cream and sprinkled with the parsley.