



Please note: Food images are representative only and not the actual cooked recipes.

Garlic Edenrose – French garlic soup

SERVES 4 • PREP: 10 MINUTES • COOK: 30 MINUTES

V Vegetarian

INGREDIENTS

- 2 tablespoons olive oil or butter
- 8–10 garlic cloves, thinly sliced or minced
- 1 medium onion, finely chopped
- 1 large potato, peeled and diced (optional, for creaminess)
- 1 litre (4 cups) chicken or vegetable stock
- 1 teaspoon fresh thyme (or 1/2 tsp dried)
- Salt and freshly ground black pepper, to taste
- 4 slices of baguette, toasted
- 100 g (1 cup) grated Gruyère or Emmental cheese

METHOD

1. Sauté the aromatics

Heat olive oil or butter in a large saucepan over medium heat. Add garlic and onion. Cook gently for 5–7 minutes until softened and fragrant, but not browned.

2. Add potato and stock

Add diced potato (if using), thyme, and stock. Bring to a simmer. Cook for 15–20 minutes, until the potatoes are tender and garlic is soft.

3. Blend (optional)

For a smooth soup, use a hand blender to puree until creamy. You can also leave it chunky for a rustic style.

4. Season

Taste and adjust seasoning with salt and pepper.

5. Prepare the toasts

Preheat the grill/broiler. Place toasted baguette slices on a baking tray. Sprinkle generously with grated cheese. Grill until melted and golden.

6. Serve

Ladle the soup into bowls and top with the cheesy toasts. Serve immediately.



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