

Apple and Fennel Soup



Serving: 4



Cooking Time: 30 mins



Level: Easy



INGREDIENTS

2 tablespoons unsalted butter
1 large shallot, diced
1 garlic clove, minced
1 large bulb fennel, cored and cut into 1/2-inch chunks
2 large or 3 small tart, crisp apples such as Honeycrisp, Gravenstein, or Granny Smith, cut into 1/2-inch chunks
2 stalks celery, sliced in 1/2-inch pieces, leaves and all
1 tablespoon lemon juice
1 tablespoon honey or sugar
1/2 teaspoon kosher salt plus more to taste
3 cups chicken stock
1 cup watercress
3 tablespoons chopped fresh mint
1 teaspoon chopped fresh thyme
2 tablespoons chopped fennel fronds
1/2 cup heavy cream

PREPARATION

1. Melt butter over medium heat in an 8-quart saucepan.
2. Add shallot and garlic and sweat for 2 to 3 minutes until fragrant and translucent.
3. Add fennel, apple, celery, lemon, honey (or sugar), salt, and chicken stock and bring to a simmer.
4. Simmer for 10 to 15 minutes until everything is very tender and cooked through.
5. Remove from heat and toss in the greens and herbs. Purée the soup in two batches. At this point you can either simply return it to the pot or pass it through a mesh sieve for a more refined texture.
6. Stir in the cream and adjust the seasoning to taste. Serve garnished with chopped mint, fennel, and thyme.