



MARIMAR ESTATE
VINEYARDS & WINERY

Crema de Fonoll (Cream of Fennel Soup)

Serves 8

4 tablespoons butter
1 teaspoon minced garlic
2 medium onions, minced
2 heads fennel (about 2 pounds), stems and
leaves trimmed, chopped
5 cups chicken stock

1 tablespoon minced orange zest
1/2 cup low-fat yogurt, or crème fraiche, or half of each
1-1/2 teaspoons salt, or to taste
3/4 teaspoon freshly ground white pepper, or to taste

In a large pot, melt butter and sauté garlic with onions over low heat for 10 minutes. Add fennel and cook for 30 minutes, stirring occasionally. Add chicken stock and orange zest. Bring to a boil, reduce heat, and cook over very low heat, covered, for 30 minutes, or until vegetables are very tender.

Purée in a blender and strain through a medium sieve. Stir in yogurt and season with salt and pepper. Serve chilled, with a sprig of fennel leaves over each dish.

Wine Pairing:
Marimar Estate Godello

Recipe from:
The Catalan Country Kitchen, page 53
by Marimar Torres