



MARIMAR ESTATE

TORRES FAMILY VINEYARDS

4 tablespoons butter
1 teaspoon minced garlic
2 medium onions, minced
2 heads fennel (about 2 pounds),
stems and leaves trimmed,
chopped
4 cups Chicken Stock (5 cups, if
Served cold)

Cream of Fennel Soup

(Sopa de Fonoll)

1 tablespoon orange zest
1/2 cup heavy cream (or yogurt, if
served cold)
2 teaspoons salt, or to taste
1/2 teaspoon freshly ground
white pepper, or to taste

In a large pot, melt butter and sauté garlic with onion over low heat for 10 minutes. Add fennel and continue cooking for 20 or 30 minutes, stirring occasionally. Add chicken stock and orange zest. Bring to boil, reduce heat and cook over very low heat, covered, for 30 minutes or until vegetables are very tender. Puree and strain through a medium sieve. Stir in cream and season with salt and pepper. Reheat and serve warm. (If served cold, add yogurt when chilled.)

Recipe from:

The Spanish Table , pg 62

Author: Marimar Torres