

Soups

CREAM OF AVOCADO SOUP

Served Hot



2 or 3 Ripe avocados, peeled and mashed
200 ml chicken stock
20 g Butter / Margarine
100 g Onion - finely chopped
450 ml Milk - heated
25 ml Lemon juice
200 ml Cream
Salt
White pepper - to taste
30 ml parsley - chopped
Croutons for garnishing

Melt butter in saucepan. Simmer onion gently for 10 minutes or until soft - NOT BROWN. Add chicken stock and bring to the boil. Stir in lemon juice, parsley, cream, milk, salt and pepper. Heat through and REMOVE FROM HEAT. Fold in mashed avocado.

NB! DO NOT BOIL ONCE THE AVOCADO HAS BEEN ADDED

Garnish with croutons and serve warm