



UNIT 6 / PRACTISE 3

Oat and Spinach Soup with Garlic Crôutons

Ingredients

- 0,050 kg fine diced onion
- 0,040 kg butter
- 0,050 kg leek cubes, fine brunoise
- 0,050 kg carrot cubes, fine brunoise
- 0,040 kg oatmeal
- 0,020 kg oat flakes, crunchy
- 1 kg vegetable or meat broth
- 0,100 kg spinach, chopped and blanched
- 0,050 l cream liquid
- salt /pepper
- nutmeg, grated

Directions

1. leek and carrots cleaned, cut into fine cubes and sauté in butter.
2. sprinkle in oatmeal, mix.
3. fill up with cold vegetable or meat stock
4. bring to a boil while stirring, add oatmeal and simmer for 15 minutes, stirring occasionally.
5. wash spinach, blanch briefly in hot water, drain and immediately rinse in cold water.
6. toast bread crôutons with garlic in a pan.
7. chop spinach and add to soup.
8. season with spices and finally add the cream.
9. toast the bread crumbs on top.

Notes

- Toasted bread crôutons, strips of smoked salmon or small vegetable dumplings can be added as a garnish.
- Alternatively, the soup can be prepared with green spelt flour.





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