



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

BAKED GARLIC AND ONION CREAM SOUP – *slightly adapted from The New Basics Cook Book*

Serves 6

Preheat oven 350°F

5 large sweet white onions, cut into eighths

2 heads of garlic, peeled

1 large bunch fresh thyme

1 teaspoon sea salt

freshly ground black pepper, to taste

5 tablespoons butter

6 cups chicken stock

2 cups buttermilk

THE STEPS:

- Place the onion, garlic, thyme, salt and pepper in a large roasting pan.
- Dot with butter and pour 3 cups of the chicken stock over the vegetables.
- Cover roasting pan and place in preheated oven for 1 ½ hours.
- Remove from oven and puree with an immersion blender or your food processor*
- Add the additional stock and buttermilk to the pureed soup and heat thoroughly over medium high heat.
- Serve immediately

*If you're using your food processor to puree the soup, work in small drained batches. Otherwise, you'll have a mess all over your counter!

THE LOVE: If you would like to freeze this soup, wait until you are ready to serve it before adding the cream or buttermilk. The original recipe calls for whipping cream instead of buttermilk. If you want a splurge, the whipping cream is outrageously delicious. On the other hand, the buttermilk is tasty and low fat. You decided!