

Enjoy the joys of Jerusalem artichokes in soup

I hope you all enjoyed the last recipe and are keeping well. This time we are going to look at Jerusalem artichokes and leeks from the bounty of February's produce.

Jerusalem artichokes may look slightly weird and unkempt (and have a reputation for causing flatulence in some if overconsumed), but they have a lovely nutty taste and are a rich source of minerals including iron, copper, potassium, and magnesium, as well as B vitamins. Leeks are also good sources of the B vitamins B6 and folic acid as well as vitamin C, manganese, and iron. Both have good levels of fibre, especially Jerusalem artichokes which are a rich source of inulin, a prebiotic, and desirable food source for beneficial bacteria in our gut.

While they may not be a pairing that immediately springs to mind, this soup brings them together beautifully in a warming and comforting dish to fight off the cold snap.

Jerusalem artichoke and leek soup (serves approx. 4-6)

500g Jerusalem artichokes (rinsed and cut to approx. 2cm chunks)

2 leeks (cut in half lengthways, then sliced thinly)

1 white onion (diced)

3 garlic cloves (crushed/finely diced)

1 bunch of thyme (leaves stripped from the stem)

2 tbsp olive oil

1 litre chicken/vegetable stock (fresh or made with stock pot/cube)

pepper to taste

drizzle of cream (or cashew cream if making it vegan)

Optional toppings: bacon lardons or cooked chestnuts sautéed until lightly crispy.

Preheat oven to 180°, coat the Jerusalem artichokes in a little oil and spread on a baking tray. Roast for approximately 15 minutes, until tender.

Meanwhile, sauté the diced onion and leeks with a little olive oil on a medium heat in a saucepan big enough to hold the soup. After 10 minutes add the garlic and thyme leaves.

Stir in the cooked artichokes, add the stock, bring to the boil and simmer for 10 minutes.

Lastly add a drizzle of cream (you don't need much as the artichokes actually have quite a creamy consistency) and blend until smooth.

Enjoy with bacon or chestnut "croutons"!

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