



saffron
yellow bell pepper
Soup

saffron
yellow bell pepper
Soup

Serves 4

Ingredients

4 large Paysanne yellow bell peppers, roasted, peeled and seeded*	2 cups (500 ml) chicken stock
1 tbsp. (15 g) butter	1 large carrot, sliced
1 white onion, diced	1 small jalapeño
¼ cup (63 ml) vegetable oil	¼ tsp. (3 g) saffron threads
1 garlic clove, minced	1 cup (250 ml) half and half cream
	Salt and white pepper to taste

Method

1. In a large sauce pan, melt the butter over medium heat, then add garlic and onions. Sauté for 5 minutes.
2. Stir in the stock, carrot, roasted Paysanne yellow bell peppers and jalapeño pepper. Crumble in saffron.
3. Bring stock to a boil and reduce heat to a simmer. Cover for 20 minutes or until vegetables are tender.
4. Purée in food processor until mixture is smooth. Strain, add cream and season to taste.
5. Serve immediately with sprigs of cilantro.

Chef's trick

To obtain an even color with saffron, soak the threads in hot liquid for 15 minutes before adding another ingredient.

Roasting method

Coat peppers with a light layer of vegetable oil. Rotate peppers over open flame, either on a bbq or gas stove, until peppers turn black and blister. If an open flame isn't available, a broiler can be used. Slice the pepper in half and remove the core, seeds and membrane. On a broiler plate, place peppers open side down and broil until skins are black and blistered. Cover peppers in a bowl and allow to rest for 15 minutes. Peel the black skin off.

Nutritional Facts per serving (660 g): Calories 300

Fat 14 g (22 %), Saturated Fat 7 g + Trans Fat 0.2 g (36 %), Cholesterol 35 mg, Sodium 580 mg (24 %), Carbohydrate 32 g (11 %), Fiber 3 g (12%), Sugars 8 g, Protein 13 g, Vit A (30 %), Vit C (580 %), Calcium (10 %), Iron (15 %). % = % Daily Value