

## ***New York City Spinach Soup – BMFF Program 1***

1 tablespoon unsalted butter  
1 tablespoon good olive oil  
2 cloves fresh garlic  
3 scallions  
2-3 tablespoons fresh chopped parsley  
1/2 cup of light cream warmed up (reserved for adding to spinach soup before serving)  
About a teaspoon each of thyme and basil (to taste)  
4 cups of chicken broth or vegetable broth if you prefer a vegetarian soup.  
Salt to taste  
Freshly ground pepper to taste  
1 lb. fresh spinach – or a package of frozen is fine in a pinch

Homemade grilled garlic croutons – Optional – If you'd like to add these to your spectacular soup before serving, you can slice up any day-old bread you like, brush it with olive oil/butter/and garlic and grill it, broil it, or fry it until golden, then cut into cubes. Use as garnish for the soup. Don't substitute store-bought croutons. Nothing tops home-made. It's really easy and worth the extra effort. Another option is to serve your soup with some excellent crusty bread and plenty of sweet butter on the side. Yum!

Here's what to do...

- Mince the garlic and sauté in the butter and olive oil in a good soup pot – large enough to accommodate about 1 ½ quarts or so of soup in the end. **Do not brown the garlic!**
- Mince the scallions including the green tops, mix together with the thyme and basil, and add to the garlic. Sauté for about 5 minutes until the vegetables and herbs are mingled nicely. Do not cover.
- Add the broth, salt and pepper to taste, and bring to a low boil. Turn down the heat and simmer for 10 minutes.
- Meanwhile, if you're using fresh spinach, wash and cook it slowly in a separate pot without any extra water added, until it wilts. Chop fine.
- If you're using frozen spinach, defrost, warm it up, and chop fine.
- Add the finely chopped spinach mixture to the simmered broth and stir. Taste and adjust seasonings if necessary. Simmer for 5 min.

To serve...

Ladle the hot spinach soup into bowls. Then pretend you're a barista and pour a stream of cream into the soup in whatever artistic pattern you wish. I usually go for a spiral. Then if you decided to make the croutons, you can add them to the soup carefully, so as not to disturb your artistic cream design. Enjoy!