

FRANK JULIO & COMPLETE EVENT PLANNING

Be Our Guest at Your Party



Chilled Watercress Soup

As seen on News 12 with Amelie Wilson

3 tablespoons olive oil
1 1/2 medium onions, thinly sliced
1 large leek (white and pale green parts only), thinly sliced
1/4 cup white wine
Fresh thyme
4 cups vegetable broth

4 cups rinsed watercress
1/2 bunch rinsed parsley
1 cup half and half

Crème Fraiche
2 Scallions sliced on a bias soaked in cold water for 1 hour

Heat oil in a saucepan and add the onions and leeks with some salt. Top the pan and keep an eye on it for about 20 minutes. Let it cook down slowly without browning. Keeping the lid on will allow you to cook without browning get the onions and leeks to a nice, almost sweet, stage.

Add the white wine, parsley and broth and bring to a boil. Simmer, covered for 15—20 minutes. Remove from heat and remove top. Allow to cool for 20 minutes.

Blend with the watercress and parsley in batches if necessary. Add half and half and refrigerate for at least 4 hours. Overnight is best.

Top with a little dollop of crème fraiche and some of the scallion slices.

Makes about 36 mini shot glasses or 6 first course servings