

View from the Fridge – Recipes from Brian Donkin

Recipe # 141 – Garlic and Egg Soup with Herb Crouton

Preparation time: 5 mins – Cooking time: 5 mins

Ingredients:

Pint of meat stock (see www.leithlinks.co.uk/fridge/view.html)
2 eggs
2 cloves of garlic smashed to a puree
2 slices of French baguette (see picture)
½ tspn chopped parsley
½ tspn chopped basil
½ tspn chopped oregano
1 tblspn olive oil
Salt and pepper

Method:

1. Bring the stock to the boil in pot
2. Crack two eggs into the boiling stock
3. Simmer for three minutes
4. In other pan mix all herbs with olive oil and spread both sides of bread with resulting mixture
5. Fry these quickly in dry frying pan (no need for further oil)
6. Place an egg in each soup bowl and pour the liquid on top
7. Place a slice of the fried bread on each and serve

Serves 2

