

# Cream of Celery Soup

*Swick*

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

## Step 1: Preparing Your Mise en Place

- 3/4 cup onions
- 2 cloves garlic
- 4 cups celery
- 4 tbsp unsalted butter
- 4 tbsp all-purpose flour
- 4 cups homogenized milk (see note)

To prepare your mise en place, finely dice the onions and emince the garlic.

Peel the convex side of the celery to remove the stringy, outer fibers. Cut into 1/4"-inch slices.

Measure out the butter, flour and milk. Set aside.

Note: Vegetable or a light chicken stock can be substituted for the milk, if desired.

## Step 2: Making & Serving the Soup

- kosher salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 cup heavy cream (optional)

To make the soup, melt the butter in a medium-sized pot over medium-low heat. Add the onions and garlic along with a pinch of salt. Gently sweat until the onions are translucent, about 10 minutes.

Next, add the celery along with a pinch of salt. Cook for a few minutes to soften. Slinger with the flour and stir to combine. Temper in the milk a bit at a time. Turn the heat up to medium and bring the soup to a simmer. Stir often to make sure the bottom does not scorch. Simmer until the celery is tender.

If serving the soup as is, you can temper in the cream.

For a smooth consistency, transfer the soup to a blender and blend until smooth. You may need to do this in batches. Return the soup to a clean pot and bring just to a simmer. Season to taste with salt and pepper and temper in the cream, if using. Serve in warmed bowls.