

Watercress soup perfumed with fresh mint



Serves 4 :



Preparation 15 mins :



Cooking time 15 mins :



INGREDIENTS

- 200g of washed watercress roughly chopped
- 200g of diced sweet potatoes or potatoes
- Half a white onion
- A pinch of salt and white pepper
- A spoonful of groundnut oil
- 2 sprigs of fresh mint

RECIPE

Lightly fry the onions in the oil and before they start to go brown add a litre of water and the potatoes. Boil for 15 minutes and then add the watercress and leave it to stew for another 15 minutes. Add the seasoning and mix it in thoroughly and then add the sprigs of mint for a minute. Take out the mint and serve immediately.

COOKING TIPS

This soup can be prepared in advance. All you have to do, once having cooked the vegetables is to cool the soup and keep it in a stainless steel saucepan in the fridge so that it stays green. When you need it, quickly reheat the soup on a high heat and then add the mint for a minute as above. You can then add lightly whipped fresh cream. Small croutons go well with it too...

Seun Seb = Bon Appétit en lao.

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