

Forager's Fiddlehead Soup

40 minutes



Ingredients

2 medium potatoes	2 vegetable bouillon cubes
300 grams fiddleheads (fresh or frozen)	6 cups water
1 leek	1 clove garlic
5-6 Wild leeks (optional)	Olive oil
	Salt and pepper



Instructions

1. Bring a large pot of salted water to a boil. Add fiddleheads and boil for 15 minutes. Drain, rinse and set aside.
2. Meanwhile, trim, wash and slice leeks. Peel and chop potato into 1/2" cubes. Mince garlic. Add bouillon cubes to 2 cups of hot water and stir to dissolve to create broth.
3. With a medium pot on medium-high heat, heat a couple of glugs of olive oil. Add leeks and cook for 4-5 minutes until softened. Season with salt and pepper. Add garlic, potatoes, fiddleheads, vegetable broth and 4 cups of water. Bring to a boil then reduce to simmer for 15 minutes or until potatoes are tender.
4. Transfer to blender (or use an immersion blender) to purée. Return to pot and heat through. Season with salt and pepper. Top with a drizzle of olive oil and parsley or other green garnish.