

BLEU'S OYSTER & ARTICHOKE SOUP

(CHEF WARREN LERUTH'S MODIFIED)

INGREDIENTS:

- 1/2 CUP KERRYGOLD PURE IRISH BUTTER (1 STICK, UNSALTED)
- 1 1/2 CUPS LARGE YELLOW ONION, DICED
- 2/3 CUP FRESH RED BELL PEPPER, DICED
- 1 BUNCH FRESH GREEN ONIONS, CHOPPED, WHITE AND GREEN PARTS
- 1 CUP CELERY, DICED (MORE IF YOU LIKE, I USE 1-1/4 CUP)
- 4 CLOVES MEDIUM TO LARGE FRESH GARLIC, CRUSHED OR MINCED
- 2 CANS REESE'S ARTICHOKE HEARTS (14 OZ. QUALITY, DRAINED, QUARTERED (TOUGH OUTER LEAVES REMOVED) **OR**

I USE FRESH GRILLED ARTICHOKE HEARTS ON PIT (IN A CAST IRON PAN, DRENCHED IN BUTTER, OR PAN SAUTÉ ON THE STOVE TOP IN BUTTER (THE BEST WAY IS FRESH HEARTS, BUT MORE TIME CONSUMING AND MORE EXPENSIVE)

- 1/4 CUP ALL-PURPOSE FLOUR
- 4 CUPS CHICKEN **BONE** FRESH OR HOMEMADE STOCK
- 1 TBSP. WORCESTERSHIRE SAUCE
- 1 TSP. FRESH THYME (OFF THE STEM-REAL FRESH) YOU CAN ADD TONYS AND OTHER SEASONINGS AS YOU MAKE THIS RECIPE MANY MORE TIMES. PLEASE, ALWAYS CONSIDER EXPERIMENTING!
- 1/4 TSP. ZATARAIN'S CAYENNE PEPPER
- KOSHER SALT TO TASTE
- 2 PINTS FRESH (*NEVER FROZEN*) OYSTERS IN A CANISTER, FRESH FROM SEAFOOD MARKET DRAINED (*RESERVE OYSTER LIQUOR, THE MORE THE BETTER*). IF YOU DO NOT HAVE ENOUGH OYSTER LIQUOR WITH THE OYSTERS, THE NEEDED OYSTER LIQUOR CAN BE PURCHASED, BE SURE OF THE QUALITY AND FRESHNESS. HAVE MORE THAN LESS **OR** SHUCK YOU OWN (HARDER TO ACCOMPLISH, EXPENSIVE, BUT THE BEST WAY TO GO)
- 1/3 CUP HENNESSY XO COGNAC (YOU CAN USE A LESS EXPENSIVE BRAND. *NEVER USE ANY ALCOHOL YOU WOULD NOT ENJOY DRINKING BY ITSELF!* (EXPERIMENT BY ADDING A LITTLE AT A TIME)
- 1 CUP HIGH QUALITY HEAVY WHIPPING CREAM (IF TOO THICK, DILUTE WITH WHOLE MILK (NOT MUCH)

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INSTRUCTIONS:

1. IN A HEAVY BOTTOM POT, MELT THE BUTTER OVER MEDIUM HEAT.
2. ADD BOTH CHOPPED ONIONS, CELERY, GARLIC AND 1/2 TSP SALT. SAUTÉ FOR 8-10 MINUTES UNTIL SOFT AND FRAGRANT.
3. SPRINKLE THE MIXTURE WITH THE FLOUR AND STIR TO COAT THE VEGETABLES WELL. CONTINUE TO SAUTÉ FOR A FEW MINUTES BUT DO NOT LET THE FLOUR BROWN.
4. ADD THE ARTICHOKEs AND SAUTÉ FOR 5 MINUTES OR SO.
5. ADD THE STOCK, CAYENNE, SALT, WORCESTERSHIRE SAUCE, AND THYME. STIR AND TASTE AND ADJUST OR ADD YOUR OWN CHOICE OF SEASONINGS.
6. OVER HIGH HEAT, BRING THE SOUP TO A HEAVY SIMMER. COVER WITH A LID ALLOWING STEAM TO ESCAPE THROUGH A SMALL GAP AND SIMMER FOR 45 MINUTES OVER LOW HEAT.
7. STIR OFTEN TO PREVENT THE SOUP FROM STICKING TO THE BOTTOM OF THE PAN.
8. ADD THE OYSTERS, OYSTER LIQUOR, AND COGNAC AND SIMMER FOR 7-10 MINUTES.
9. STIR IN HEAVY WHIPPING CREAM AND MILK (IF NEEDED) OVER LOW-MEDIUM HEAT. WARM THROUGH BUT DO NOT ALLOW THE SOUP TO BOIL.
10. SERVE IMMEDIATELY **BUT** THIS SOUP IS AT ITS BEST WHEN REFRIGERATED FOR AT LEAST 8 HOURS, ALLOWING ALL THE FLAVORS TO MELT TOGETHER LIKE MAGIC.
11. BEFORE SERVING, HEAT THE SOUP SLOWLY OVER LOW HEAT & SERVE WARM OR HOT.

TIPS:

- YOU CAN USE FROZEN ARTICHOKEs, IN FACT, SOME PEOPLE PREFER FROZEN. AND I'VE EVEN SEEN ONE PERSON USE AN IMMERSION BLENDER (BEFORE ADDING THE OYSTERS) TO PUREE EVERYTHING INTO A SMOOTH, SILKY TEXTURE. NOT ME! I PREFER CHEWING MY OYSTERS ARTICHOKEs.

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PLEASE ENJOY. GOD BLESS YOU AND ALL OF YOUR FAMILY.

AMB.
BLEU