



Cream of Avocado Soup

2 ripe avocados (I usually buy them green and put them 2 - 3 days in a warm spot)
1 medium onion chopped
3 cups of vegetable or beef broth
1 tbsp. butter
2 - 3 tbsp. fresh lemon juice
1/4 tsp cayenne pepper (or according to taste)
1/4 - 1/2 cup of whipping cream

- fry onion in butter over medium heat until soft (not brown)
- add broth and simmer for 30 min
- scoop the avocado out of the skin into a bowl and mix with the lemon juice
- and add to the broth
- add cayenne
- puree in a blender or with a hand held blender until smooth
- adjust thickness of soup with more broth or water
- add cream
- adjust seasoning and bring to a gentle boil
- serve

The "magic" of this soup is the balance between the buttery avocado - cayenne - lemon - salt (broth) -- yields about 4 - 6

Enjoy

Markus
Rose Valley Lodge & Restaurant
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