

Chef from the Hood Recipes



Restaurant:
Duarte's Tavern

Recipe:
California Artichoke Soup



California Artichokes 99¢ each. Large spring beauties with big hearts & lots of soul!

California Artichoke Soup

In Pescadero, a few miles inland of Half Moon Bay, Duarte's Tavern circa 1890, makes a creamy artichoke soup that's so good, it has a cult following.

Ingredients:

8 cups water
juice of 1 lemon (Meyer if possible)
extra virgin olive oil (Asti)
1 small head (10 or so cloves) garlic
6 large California artichokes
1 quart chicken stock (Imagine)
1 pint half-and-half (Clover Organic)

sea salt (Sea Star)
fresh ground black pepper (a teaspoon of each or to taste)
a few sprigs of fresh thyme

Optional:

Float a thin slice of butter (Clover) in each bowl of soup.
Serve soup with toasted crostini.

To Prepare:

Boil artichokes with lemon juice, a dash of the oil and half of the peeled garlic cloves. When tender (50 or so minutes), separate petals from cooked artichokes. Trim and puree hearts with remaining garlic and some of the stock. Slice the tender ends of cooked petals into thin strips.

Reheat remaining stock, stirring in the pureed hearts, followed by petal slices, half and- half, and thyme. When hot, add another dash of olive oil, season to taste and enjoy!

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