

Lettuce soup

Crema de alface

4 servings

2 tablespoons butter

1 small onion

1 head lettuce, shredded

4 cups chicken stock

½ teaspoon salt

Freshly ground black pepper

¼ cup cream

1 egg yolk, lightly beaten

Heat the butter in a saucepan and saute the onion until softened. Add the lettuce, stock, salt and pepper and bring to a boil. Lower the heat, cover and simmer 30 minutes.

Combine the cream and egg yolk in a small bowl and add to the soup, stirring constantly.

Remove from the heat and serve immediately.

From: Mexican Cooking: Including Latin American & Caribbean Recipes by Susan Bensusan. Published by Bay Books Sydney, 1978.