



Golden Garlic Soup with Saffron Tea*

prep time:
20 minutes**

cook time:
1 hour

**steep/stand
time extra

makes 6 servings

grocery list

whole large heads fresh elephant garlic
fresh purple-skinned

(Mexican or Italian) garlic

Filippo Berio Olive Oil

Kikkoman Panko Bread Crumbs

chicken stock

La Baleine Coarse Sea Salt

Morton & Bassett Ground White Pepper

saffron threads

finely chopped fresh flat-leaf parsley

*Exclusive Chef Faith Alahverdian recipe.

golden garlic soup with saffron tea

- 2 whole large heads elephant garlic
- 5 cloves purple-skinned (Mexican or Italian) garlic
- 3 tbsp. **Filippo Berio Olive Oil**
- 1³/₄ cups **Kikkoman Panko Bread Crumbs**
- 6 cups chicken stock
- 1¹/₄ tsp. **La Baleine Coarse Sea Salt**
- 1¹/₄ tsp. **Morton & Bassett Ground White Pepper**
- 1¹/₄ tsp. saffron threads
- Finely chopped fresh flat-leaf parsley

1. Preheat oven to 375°F. Place 1 whole elephant garlic head on baking sheet lined with parchment paper. Bake 35 minutes. Remove from oven and set aside.
2. Peel remaining elephant garlic head into cloves, removing green core if present; set aside. Peel the 5 small cloves purple-skinned garlic, removing any green core from the center of each clove. Coarsely chop the 5 small cloves.
3. In large stockpot, heat olive oil over low heat and add chopped garlic. Cook garlic without browning until translucent, about 3 minutes. Add breadcrumbs to pot. Increase heat to medium and toast crumbs until golden. Remove from heat; transfer breadcrumb mixture to bowl.
4. Place chicken stock in pot and add peeled, uncooked elephant garlic cloves. Bring to low boil over medium-high heat. Cook until the garlic is soft, about 15 minutes. Meanwhile, remove skin from roasted garlic cloves and add pulp to soup pot. Purée soup with immersion blender. Add toasted breadcrumb mixture to pot; purée again. Season with sea salt and white pepper.
5. To prepare saffron tea, place saffron threads in heatproof cup and pour 3 tablespoons boiling water on top. Cover with a saucer and steep 10 minutes. Use immediately, or refrigerate in sealed jar.
6. When serving hot soup, drizzle a little saffron tea into each bowl. Garnish with chopped parsley.

Per Serving: 331 calories, 51g carbohydrate, 3g protein, 8g fat, 1g fiber, 1mg cholesterol, 835mg sodium

kitchen tools

- measuring spoons
- dry measuring cups
- liquid measuring cups
- cutting board
- chef's knife
- baking sheet lined with parchment paper
- paring knife
- large stockpot
- bowl
- immersion blender
- heatproof cup and saucer

recipe note

This recipe is a fanciful take on a classic soup from Spain made with water, garlic, bread and saffron. Saffron is the world's priciest spice. The threads can be stored airtight in a cool, dark place for 6 months.

a good idea

This soup can easily be made into a vegetarian recipe by substituting vegetable stock for chicken stock.

