

Artichoke Bisque

Serves: 6

Prep Time: 20 minutes

Cook Time: 35 minutes

Ingredients

- 3 tbsp unsalted butter
- 1 medium onion, finely chopped
- 2 celery stalks, finely chopped
- 2 garlic cloves, minced
- 1 large potato, peeled and diced (for creaminess)
- 4 cups (about 2 cans) artichoke hearts, drained and roughly chopped
- 4 cups chicken or vegetable broth
- 1 cup heavy cream (or half-and-half for a lighter version)
- ½ cup dry white wine (optional but enhances flavor)
- 1 bay leaf
- 1 tsp salt
- ½ tsp white pepper
- Pinch of nutmeg (optional)
- Juice of ½ lemon
- 2 tbsp grated Parmesan (optional for garnish)
- Fresh chives or parsley, chopped (for garnish)

Instructions

- 1. Sauté the aromatics**
In a large pot, melt butter over medium heat. Add onion and celery; cook until translucent, about 5 minutes. Stir in garlic and cook 1 minute more.
- 2. Add the artichokes and potato**
Add chopped artichoke hearts and diced potato. Stir to coat with the butter and vegetables.
- 3. Deglaze and simmer**
Pour in the white wine, if using, and simmer for 2 minutes. Add the broth, bay leaf, salt, pepper, and nutmeg. Bring to a boil, then reduce heat and simmer 25 minutes, until the potato is very soft.
- 4. Blend the bisque**
Remove the bay leaf. Purée the soup in batches using a blender or immersion blender until silky smooth.

5. **Finish with cream and lemon**

Return soup to the pot over low heat. Stir in cream and lemon juice. Adjust seasoning with salt and pepper.

6. **Serve**

Ladle into warm bowls. Top with a drizzle of cream, grated Parmesan, and chopped chives or parsley.

Chef's Tips

- For a deeper flavor, roast the artichoke hearts for 10 minutes at 400°F before adding them.
- If you prefer a lighter bisque, substitute milk or a plant-based cream.
- A swirl of truffle oil or a sprinkle of crispy prosciutto makes an elegant garnish.