Hot Avocado Soup

Serves 4-6

Ingredients

1 tablespoon (15 ml) vegetable oil

½ onion, finely chopped

1 minced garlic clove

4 cups (1 L) chicken or vegetable broth

2 ripe avocados

Juice of 1 lime

2 cups (500 ml) cooking cream

1 or 2 pinches of cumin (to taste)

Salt and pepper to taste

Finely chopped fresh coriander (to taste). I personally like to add plenty, as it adds freshness to the soup

Preparation

1. Scoop out the avocado flesh and purée it using a potato masher (don't worry about leaving small chunks in the purée as these will be blended in at the end of the process).
2. Sauté the onion in hot oil in a saucepan for approximately 3 minutes over medium heat.
3. Add the garlic and continue to sauté for about 1 minute.

Credit

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4. Add the broth, lime juice and puréed avocados, and bring the mixture to a boil.
5. Reduce the heat to medium and allow the soup to simmer for 10 minutes (to reduce it slightly).
6. Remove from heat and blend into a smooth purée using an electric mixer (beware of splashes, as the mixture will be very hot!).
7. Reheat the mixture, adding the cream, cumin, salt and pepper, and simmer for about 5 minutes.
8. Ladle into bowls and garnish with coriander ;)