

Hog's Breath Inn's Artichoke Soup

*Hog's Breath Inn - Carmel By The Sea, CA
Palm Beach Post*

Servings: 2

*1/2 cup + 2 tablespoons butter,
divided
1/2 (1-1/2 cups) onion, diced
2 tablespoons garlic, chopped
1 teaspoon ground black pepper
1/2 teaspoon ground white pepper
3 tablespoons sherry
2 pounds drained artichoke hearts
1 1/3 cups chicken broth, more as
desired
1 1/2 teaspoons sugar
salt
1/4 cup flour
1 cup cream*

In a medium, heavy-bottomed pot heated over medium-high heat until hot, melt six tablespoons of butter. Add the onions and saute' until they begin to brown, 6 to 8 minutes, stirring frequently. Stir in the garlic and peppers. Continue to cook until the garlic is aromatic, 1 to 2 minutes.

Add the sherry and stir, scraping any bits of flavoring from the base of the pot. Stir in the artichoke hearts, chicken broth and sugar. Season with one-fourth teaspoon of salt, or to taste.

Bring the mixture to a boil over high heat. Reduce the heat and simmer, loosely covered, for 30 minutes.

While the soup is simmering, make a roux. In a small saucepan, melt the remaining four tablespoons of butter over medium heat. Slowly rain in the flour and stir to make a roux. Continue cooking, stirring frequently, until the roux turns a light brown color, about 2 minutes. Remove from the heat. This makes about one-quarter cup roux, more than is needed for the remainder of the recipe. The roux will keep up to two weeks covered and refrigerated.

When the soup has simmered for 30 minutes, uncover and slowly whisk in the cream. Thicken as desired with roux, whisking in one tablespoon at a time; you may not use all of the roux.

Blend the soup using a stand or immersion blender; strain if desired. Return the soup to the pot, adjust the thickness with additional roux (to thicken) or broth (to thin), and taste once more for seasoning. This makes a scant quart of soup.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 660 Calories; 54g Fat (75.2% calories from fat); 9g Protein; 31g Carbohydrate; 2g Dietary Fiber; 167mg Cholesterol; 791mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 10 1/2 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	660	Vitamin B6 (mg):	.2mg
% Calories from Fat:	75.2%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	18.9%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	54g	Folacin (mcg):	23mcg
Saturated Fat (g):	33g	Niacin (mg):	3mg
Monounsaturated Fat (g):	16g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	31
Cholesterol (mg):	167mg	% Refuse:	0 0%
Carbohydrate (g):	31g		
Dietary Fiber (g):	2g		
Protein (g):	9g		
Sodium (mg):	791mg		
Potassium (mg):	459mg		
Calcium (mg):	159mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	1995IU		
Vitamin A (r.e.):	492RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	10 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 2

Amount Per Serving

Calories 660 **Calories from Fat:** 496

% Daily Values*

Total Fat 54g	83%
Saturated Fat 33g	166%
Cholesterol 167mg	56%
Sodium 791mg	33%
Total Carbohydrates 31g	10%
Dietary Fiber 2g	9%
Protein 9g	
Vitamin A	40%
Vitamin C	13%
Calcium	16%
Iron	11%

* Percent Daily Values are based on a 2000 calorie diet.