

Alyn's Westbury Watercress Soup | Preparation: 15 minutes Yield: 2 cups

**Preparation:**

1. Boil a pot of water.
2. In another pan, heat the oil and add the shallots. Sweat until translucent. Add the potatoes and a pinch of salt.
3. When the edges of the potatoes start to become transparent, add watercress (reserve a couple of sprigs) and more salt. Sweat the ingredients down until the watercress is soft, but still retains its green colour.
4. Add the boiling water, cover with a lid, and bring back to a boil quickly. Check that the potato is soft then place the soup in the Vita-Prep 3 and blend on Variable 7 for 30 seconds.
5. Add the two sprigs of raw watercress. Blend until smooth. Add salt to taste. Add the optional butter or cream for added richness. Serve immediately.

Ingredients:

1 bunch of watercress,
chopped finely
½ maris piper potato -
very finely sliced
750 milliliters water
2 shallots finely sliced
4 Tablespoons olive oil
salt to taste
35 grams / 1.25 ounces butter
or 2-3 Tablespoons of cream
(optional) for additional richness.

* This recipe was created by
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