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by ewfood

Cream Of Lettuce Soup

Ingredients

2 cups vegetable stock
2 heads lettuce
2 tablespoons rice
2 tablespoons butter
1 teaspoon finely chopped onion
1/2 cup hot cream
1 egg yolk
Salt and pepper
Few grains nutmeg

Preparation

1. Cook the onion in butter five minutes (without browning), add rice, lettuce finely chopped, and stock, cover and cook until rice is soft
2. Add hot cream, slightly beaten yolk of egg and seasonings.
3. Do not allow soup to boil after adding egg yolk.
4. Discard outer leaves of lettuce, using only the hearts for soup.

Cooks Note