Plant a Row • Grow a Row & Soupalicious® Toronto 2014 invite you to

Sip, Slurp and Savour ...

Torito Tapas Bar's

Spanish Fennel Soup

Ingredients

- 2 lbs Potatoes (chopped bite size)
- 2 Spanish Onions (diced)
- 6 pc Garlic (diced)
- 1 Fennel Head (diced)
- 1 Leek (diced)
- 1/2 Celery Stalk (diced)
- 20 grams of Banched & Peeled Almonds
- 20 grams of Blanched & Peeled Hazelnuts
- 2 Star Anise
- 3 Bay Leaves
- 1/2 L of Almond Milk
- 1 1/2 L Water



soupalicious.ca

Method:

Suet the garlic and onion first after 10 min add the potatoes and keep cooking on low for about 15 more min then add the leeks, celery and fennel, cook slowly for 8 min.

Grind the almonds and hazelnuts together, incorporate with the vegetables. Add the almond milk and water.

Once all the ingredients are in the pot, wrap all the spices with a cheese cloth and cook for about 9 min. Take the spices out and blend if it's not thick enough, reduce until you get the consistence you like. In the end season it to taste with salt and white pepper.

This recipe yields 6 servings.



Recipe courtesy of Torito Tapas Bar 276 Agusta Ave, Toronto. www.toritotapasbar.com

For more information, visit www.soupalicious.ca

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.