



# Sugar Apple

Posts From The Caribbean

## **Watercress Soup**

A word about the water: We're on cistern water supplemented with desalinated "town" water. Its taste would interfere with the flavor of the soup here so Bones uses bottled water for this soup. If the water from your tap is clear and clean with no aftertaste, then by all means use tap water.

*2 bunches of watercress (about 12 ounces)*

*2 large baking potatoes*

*2-3 medium onions*

*4 tablespoons butter*

*2 pints water*

*1 teaspoon salt*

*Crème fraiche or plain yogurt to garnish*

Wash the watercress and chop the leaves and stems fairly finely. Peel and dice the onions. Peel and dice the potatoes (Bones slices the potatoes about 1/8" thick on a mandoline and then dices them for a nice thin dice. A hand dice works fine too.) Put the diced potatoes into the water you're going to use for the soup. This keeps them from turning brown and they release their starch into the water, which will provide a little thickener for the soup.

Melt the butter in a large saucepan over medium heat and add the onions. Cook until the onions have softened and are translucent but don't let them brown. Add the watercress and stir into the onions. Then add the potatoes, the water they were soaking in, and the salt. Cover the pan and simmer on low heat until the potatoes are softened, about 15-20 minutes. That's all there is to it. Garnish each portion with a spoonful of crème fraiche or plain yogurt. *This makes a nice lunch for 4 or will serve 6 as a starter.*

<http://www.abigailblake.com/sugarapple>

from the article *Watercress Soup* posted on May 29, 2010