

## Le Tourin d'Ail Doux – French Garlic Soup

*This recipe serves one as a main course, or 2 to 3 as a starter before the main course.* Take 2 slices of your favorite bread, butter each on one side, top with fresh or powdered garlic and parmesan cheese, and broil until toasted. When cooled, cut or tear into chunks and place in the soup bowl(s) you will eat out of.

6 or so cloves of garlic — about 40-45g

½ tablespoon extra virgin olive oil

1 tablespoon flour

½ teaspoon butter

½ cube chicken bouillon

½ liter water

1 egg, separated

1 teaspoon vinegar

pepper to taste

- Fry chopped garlic in olive oil in soup pan, medium heat, don't let it get very brown
- Add flour and butter, mix, and cook a few minutes longer, stirring frequently
- Boil the water separately, and then dissolve the chicken bouillon in the water
- Add the chicken bouillon water to garlic mix in soup pan, then simmer for 10 minutes

- In a separate small bowl, mix egg yolk, vinegar, and pepper
- In a separate small bowl, beat egg whites a bit, add a quarter of a cup of the soup to the whites, mix, and then add the whites mixture to the soup, stirring constantly with whisk
- Cook another 5 minutes
- Remove from heat

- Add a quarter of a cup of the soup to the yolk, mix, and then add the yolk mixture to the soup, stirring constantly with whisk
- Place chunks of buttered broiled Parmesan garlic bread into bowl(s), then pour the soup over bread
- Garnish with diced chives

Adapted from:

[https://en.wikibooks.org/wiki/Cookbook:Le\\_Tourin](https://en.wikibooks.org/wiki/Cookbook:Le_Tourin)

Also:

<https://en.wikipedia.org/wiki/Tourin>