

# Rich cream soup with pear, spinach & sage, with salted herbs

## Recipe for 4

### Description

Get off the beaten track with this warm dish that will comfort you in the days where the air starts to get crisp.

Embellished with a homemade seasoning of salted herbs, a recipe you can find linked in the Chef's tips section.

### Note

The salted herb recipe can be found on here on your website:

<https://www.ateliersetsaveurs.com/en/the-recipes/culinaries/detail/3685/salty-herbs-finitions-soup-meat-fish>

### Ingredients

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- 1 Unit(s) Onion
- 3 Clove(s) Garlic
- 2 Tbsp Salted herbs
- 150 Gr Baby spinach
- 3 Unit(s) Anjou pear
- 1 Tbsp Lemon juice
- 12 Leaf(ves) Sage
- 1 Handful(s) Parsley
- 750 Ml Vegetable stock
- 250 Ml Crème fraiche
  
- Salt and pepper
- Vegetable oil
- Olive oil

#### Garnishes

- 75 Gr Hazelnuts
- 4 Dash Olive oil
- 4 Turn(s) Black peppercorns
  
- Salt and pepper
- Vegetable oil
- Olive oil

### Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **400 F°**

#### Preparation

Peel and finely chop the onion.

Peel the cloves of garlic and cut into slices.

Stem the sage.

Finely chop the parsley.

Prepare the vegetable broth, otherwise water will work.

Peel and cut pears into pieces.

Roast the hazelnuts in a dry hot pan or oven for 4 to 6 minutes. Crush them using a saucepan.

### Cream

In a large stock pot, heat a drizzle of vegetable oil over medium heat. Add the onion, garlic, salted herbs, pepper and stir.

Then add the spinach, pear pieces, lemon juice, sage, parsley and cook for a good minute.

Add the vegetable broth (or water) and bring to a boil. Reduce heat, let simmer for about 15 minutes.

Pour in a food processor (blender), add the cream, mix to obtain a smooth cream.

Verify the seasoning with salt and pepper.

### Plating and finishing touches

Place a healthy portion of soup into a bowl, finish with the crushed hazelnuts and some cracked pepper.

Garnish with some nice sprouts.

**Bon appétit!**