

Avocado soup with fried pancetta

- 2 tbsp. extra virgin olive oil
- ½ onion, finely chopped
- 1 garlic cloves, finely chopped
- 500ml chicken or vegetable stock
- 1 avocado, flesh chopped
- 120ml sour cream
- 4 thin pancetta slices
- 1 tbsp. fresh dill, finely chopped
- lemon juice, salt and pepper to taste

1. Heat 1 tbsp of the oil in a saucepan over medium-low heat.
2. Add onion and garlic and cook, stirring, for 10 minutes or until softened.
3. Add stock, bring to the boil, and then cool slightly.
4. Add avocado, season, then puree with a stick blender or in a blender until smooth.
5. Stir in 3/4 cup sour cream, then return to low heat and warm through.
6. Meanwhile, heat remaining oil in a frypan over medium-high heat. Cook the pancetta for 2-3 minutes, turning once, until crisp and golden. Drain on paper towel, and then break into pieces.
7. Meanwhile, heat remaining oil in a frypan over medium-high heat. Cook the pancetta for 2-3 minutes, turning once, until crisp and golden. Drain on paper towel, and then break into pieces.
8. Add chopped dill to the soup and stir in lemon juice to taste, and then divide among bowls.
9. Drizzle sour cream over warm or chilled soup, season and serve topped with pancetta.

Makes 4 serves



Recipe and image by Chef Jason Ford