

# SOUP - AVOCADO

(adapted from recipe as served at Bernard's of the Santa Barbara Biltmore, published in L.A. Times 2/16/1978 and 3/25/1977)

Make this in advance so it can chill thoroughly!  
Makes 1 pint (2 servings)

1 avocado  
½ cup chicken consommé or broth  
½ cup water  
Pepper  
Salt (ONLY if the consommé is unsalted)  
1 cup whipping cream  
Juice of 1/2 lime  
Garnishes:  
Chopped fresh chives  
Crumbled crispy bacon (2-4 slices)  
Optional pepitas  
Optional Cognac or Sherry (only a few drops per serving)

Coarsely dice avocado meat into blender. Add chicken consommé and water and lime juice, and puree. Add pepper to taste (and, only if the consommé is unsalted, some salt too). Remove from blender to bowl. Gradually whisk in whipping cream. Chill thoroughly. When serving, garnish with chives and serve with bacon, optional pepitas and optional Cognac.

Variation: add ½ medium cucumber, peeled and diced, and blend with avocado mixture (based on Patina Rooftop Grill, Hollywood Bowl, Sept 2009)

(Better than Bouillon is strong, so we have reduced the consommé by one-half and replaced it with water. It is also salty, so we have not suggested adding any salt. The blender foams up the whipping cream, so we have suggested removing the mix from the blender before blending in the cream. The Cognac was originally given as 1 Tb per serving, but we feel that this spoils the flavor of the soup; we prefer to omit it. According to the L. A. Times recipes, Bernard's serves this in a frozen avocado shell packed in a bowl of crushed ice. The bowl of ice would be a good touch, since it seems that this soup tastes better, the colder it stays.)