

{Restorative} Celeriac Zucchini Soup with Salted Crispy Shallots

- Healing Family Eats

This nourishing soup is gentle and comforting on the tummy, mild and soothing on the throat. A word of warning though, DO NOT forgo the crispy shallots, they are what takes your bowl up to another level!

(Serves 4)

for the soup:

1 tbsp lard or other solid fat
1 medium red onion, peeled and thinly sliced
1 large celeriac, peeled and cut into small cubes
1 large zucchini, chopped
2+1/2 cups chicken broth
generous pinch sea salt

for the shallots:

1/4 cup avocado oil
4 large shallots, peeled and thinly sliced
generous pinch crushed sea salt

Melt the lard or fat into a large pan and add the onion. Sauté for 6-8 minutes until softened and translucent. Add the celeriac and zucchini and mix well to coat with the oil and onion. Now pour in the broth, bring up to a simmer and pop a lid onto the pan. Simmer for around 20 minutes until the celeriac is tender.

Meanwhile, cook the shallots. Line a sieve or colander with kitchen paper and sit over a bowl. Also line a large plate with kitchen paper. Heat a medium pan on a medium heat and add the avocado oil and shallots. Turn the heat down to low and fry the shallots, stirring frequently, until they are golden brown. This can take up to 10 minutes but be sure not to ignore them as once they are starting to turn, they will burn quite quickly. Once they are ready, tip the whole lot into the prepared sieve, allowing the oil to drip through into the bowl below. Now transfer the shallots to the lined plate, sprinkle with crushed sea salt and allow to cool completely. They will crisp up once cold.

Put the soup into a blender in small batches, taking great care not to burn yourself. Make sure to leave the feeder cap open to allow steam to escape. Pour it back into the pan, taste and add more salt if you like. Reheat if necessary. If you want it a little thinner, add a touch more broth.

Serve in warmed bowls with a small handful of crispy shallots on the top. Don't forget you can add in some [collagen](#) for extra healing nourishment.

