

Foodnity Recipes

French Garlic Soup Recipe: Classic Country Velouté

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**French** Cuisine

Ingredients

The Base

- [ ] 4 tbsp unsalted butter
- [ ] 12-15 large garlic cloves, thinly sliced
- [ ] 3 tbsp all-purpose flour
- [ ] 6 cups high-quality chicken or vegetable broth
- [ ] 2 sprigs fresh thyme

The Finishing Touches

- [ ] 1/2 cup heavy cream
- [ ] Salt and freshly cracked black pepper to taste
- [ ] A squeeze of fresh lemon juice
- [ ] Fresh parsley for garnish

Instructions

1. Melt the butter in a heavy-bottomed pot over medium-low heat. Once it's bubbling softly, add the sliced garlic. Sauté them gently for about 5-7 minutes. You want them translucent and soft, not brown. If they start to color, turn the heat down immediately.
2. Sprinkle the flour over the buttery garlic and stir constantly for 2 minutes. This cooks out the raw flour taste and creates a smooth paste that will give the soup its velvety body.
3. Slowly pour in the broth, one cup at a time, whisking constantly to ensure no lumps form. Add the thyme sprigs and bring the mixture to a gentle simmer. Let it bubble softly for about 15 minutes to let the flavors marry.
4. Remove the thyme sprigs. Stir in the heavy cream and let the soup warm through for another 2 minutes. Do not let it reach a rolling boil once the cream is in.
5. Stir in a small squeeze of lemon juice and season with salt and pepper. Taste it—it should be rich, mellow, and comforting.
6. Ladle into warm bowls and garnish with a sprinkle of fresh parsley. Serve immediately with a piece of crusty toasted baguette.

Nutrition per serving

280 kcal	8 g	12 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you have a blender, you can blend a portion of the soup for an even smoother, more commercial velouté texture.
- For a deeper garlic flavor, you can add a few cloves of roasted garlic, similar to the technique used in a roasted garlic tomato soup.
- Use a heavy-bottomed pot to prevent the garlic from scorching on the bottom.