

# Food

*Canadian Menu Manual*, Edited by M. J. Kostuch, Canadian Government Office of Tourism, Supply and Services Canada, 1977. Recipes from thirty-seven great Canadian chefs, designed for the trade, including a list of twenty-two ways to spoil a good cup of coffee.

## Fiddlehead Soup

### Crème aux têtes de violon

Toni Roldan, Harbour Castle, Toronto, Ontario

#### Method:

Smother onions in butter.  
Add fiddleheads, thyme, salt, pepper and smother on low fire for approx. 5 minutes.  
Add potato, broth and milk.  
Simmer for 25 minutes.  
Put through blender, to obtain a smooth mixture.  
Heat again, taste and serve with bread croutons, which are added on top of soup in each bowl.

**Yield:** 10 portions

#### Ingredients:

Butter  
Chopped onion  
Fiddleheads, frozen  
Chopped, raw potato  
Chicken broth  
Thyme  
White pepper  
Salt  
Milk  
Fresh bread croutons

#### Measures:

	Imperial	Approx. Metric
	3 oz.	85 g.
	6 oz.	170 g.
	1 lb.	450 g.
	8 oz.	225 g.
	48 oz.	1.3 lt.
		1 pinch
		1 pinch
		to taste
	24 oz.	6.5 dl.
	10 oz.	280 g.

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