

Live consciously

# Bear's garlic - the green taste bomb

## A woodland walk & an aromatic spring herb soup

Bear's garlic and spring simply belong together! Accompanied by Juliana, we picked bear's garlic in the Unterkärnten region and prepared a fine soup from the spicy spring herb.

The aromatic herb, also known as "wild garlic", tastes of pure spring. It can be used in a variety of dishes. Classic examples include: bear's garlic pesto, bear's garlic risotto, bear's garlic bread, and many more. Our absolute favourite is using the intensive green plant in a creamy soup (refined with crispy croutons) that can be ready in a flash. So a quick bear's garlic soup is a wonderful recipe tip for the whole family.



## Picking bear's garlic yourself

Foraging as a family is just as much fun as preparing spring-fresh bear's garlic dishes. So get out into the woods with the children and gather lunch or dinner yourself. Here, particularly in deciduous woodland, you'll find bear's garlic growing in moist, nutrient-rich soil and in sunny spots. We discovered a rich field of bear's garlic and were even able to gather it for mum, grandma, auntie and co. Juliana enjoyed foraging so much that she wanted to fill the large basket full of bear's garlic.

### Top tips for picking bear's garlic:

- The bear's garlic season lasts from mid-March to the start of May
- Bear's garlic tastes best when picked before it flowers.
- Caution: Do not confuse bear's garlic with lily of the valley – this is highly poisonous and looks very similar to bear's garlic leaves. Bear's garlic can be distinguished by its fiery garlic aroma.
- Always wash bear's garlic before use.
- Prepare fresh, where possible: excess or unused quantities can be made into pesto or preserved in oil.

## Bear's garlic soup with crunchy croutons

### Ingredients:

(for 4 people)

- 1 onion
- 3 tbsp. olive oil
- 850 ml vegetable stock
- 150 g fresh bear's garlic
- 3 big potatoes
- 150 g sour cream
- salt and pepper
- 1 pack **LAND-LEBEN Croutons Natural**
- 1 tbsp. butter

**Preparation:**

Peel and finely dice the onions. Peel and cut the potatoes into small cubes. Thoroughly wash the bear's garlic and cut into fine strips. Set two tablespoons of the garlic aside. Heat a little olive oil in a pan and sweat the onions. Add the potato cubes and brown lightly. Infuse with the stock. Add the bear's garlic and simmer on a medium heat for around 15 minutes.

Meanwhile melt the butter in a pan, briefly toss the croutons in the butter and roast until crispy on all sides. Use a hand blender to blend the soup into a fine purée. Add the crème fraîche, season with salt and pepper, and blend further. Serve the soup in bowls, garnished with the roasted croutons and a little fresh bear's garlic.

**Tip:** always roast the croutons briefly in butter before serving.