

Avocado and Biltong Soup

Servings: 4-6

Prep Time: 5min

Cook Time: 20min



Ingredients

- 2 large, ripe avocado pears, mashed
- 1T butter or margarine
- 1T flour
- 2 cups chicken stock
- 2 cups milk
- A dash of Tabasco sauce (optional)
- Diced biltong and chopped parsley to serve

Directions

1. Peel, stone and mash the avocados, adding a little lemon juice to stop them from going brown.
2. Melt the butter in a large saucepan and when it is melted, stir in the flour to make a paste. Add the chicken stock bit by bit, stirring to prevent the paste from forming lumps. After the chicken stock, add the milk and stir. When the milk has been heated a bit, add the mashed avocado and stir well. Season to taste with salt, pepper and Tabasco. Do not let the avocado boil as this will make it taste bitter! At this stage, use a hand mixer to get it really smooth and creamy.
3. Dice some biltong (about a tablespoon per serving of soup) into small blocks, chop some fresh parsley and sprinkle on each bowl of soup before serving.