

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Garnishing a Cream Soup

The picture on the right is a simple carrot ginger soup garnished with chopped, fresh cilantro, diced, pickled, hot, banana peppers, butter fried scallops and the juice from a lemon wedge. These garnishes take a simple soup and build the flavours into a gourmet feast for the palate.

You can also garnish soups with the following:

Basil pesto diluted with Extra Virgin Olive Oil and drizzled on top.

Chimichurri or Gremolata sauce also diluted with Extra Virgin Olive Oil so it drizzles over the soup.

Parmesan chips baked in the oven while the soup is simmering.

Sage leaves and/or garlic chips and/or shallots fried in Ghee until crispy and delicious.

A dollop of creme fresche or sour cream pureed in a blender with a knob of fresh ginger.

Diced green onions, cucumber and fresh herbs.

Spoonful of fresh salsa or anything you have in the refrigerator that may be delicious.

Crumbled bacon, crispy prosciutto and garlic roasted croutons.

Butter or ghee fried scallops, shrimp, crawfish or any other sinfully delicious seafood.

Seeds: pumpkin, sunflower or sesame.

A few roasted vegetables used in the making of the soup.



Recipe courtesy of Lynn Ogryzlo

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Photography courtesy of Jon Ogryzlo

Episode #54: How to Cook Without a Recipe.

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!