

# Chilled Fennel-Grapefruit Velouté with Lemon Olive Oil

Source: [www.foodandwine.com](http://www.foodandwine.com)

Prep	Cook	Total
10 min	1 hr 50 min	2 hr

**Yield:** Serves : 4

**Serving:** 4

Lemon olive oil is delicious and fairly easy to find in the US. The citrus oil is used in two different ways: for sautéing fennel before pureeing it with grapefruit juice, and for garnishing the soup before serving.

Nice amount of potassium and vitamin C.

## Ingredients

2 tablespoons **lemon olive oil** (*see Note*) plus more for garnish

1 **1-pound fennel bulb** cored and thinly sliced, plus chopped fennel fronds, for garnish

## Salt

3 cups **water**

$\frac{1}{4}$  cup plus 2 tablespoons **fresh grapefruit juice** strained

Pinch **sugar**

## Directions

In a medium saucepan, heat the 2 tablespoons of lemon olive oil. Add the sliced fennel and a pinch of salt, cover and cook over moderately low heat, stirring a few times, until the fennel is softened, about 10 minutes.

Add the water and bring to a boil. Simmer over low heat until the fennel is very tender, about 20 minutes. Working in batches, puree the fennel soup in a blender until smooth.

Transfer the soup to a medium bowl and refrigerate until chilled, about 1 hour. Stir the grapefruit juice into the fennel soup. Add the sugar to the soup and season with salt. Ladle the soup into bowls, garnish with a little lemon olive oil and chopped fennel fronds and serve.

## Nutritional Information

Amount Per Serving (4 Servings)

**Calories:** 134 **Protein:** 2 g **Sugar:** 7 g **Carbohydrate:** 10 g **Fat:** 10 g **Cholesterol:** 0 mg **Sodium:** 212 mg **Fiber:** 4 g

