

Garlic Soup

- 2 T olive oil
- 2 heads new-crop [garlic](#), cloves sliced or very roughly chopped (4 small heads used here)
- 12 [sage leaves](#)
- kosher salt and freshly ground black pepper
- 6 c water or chicken or vegetable soup stock (I like the taste with soup stock.)
- 4 large eggs
- 4 slices crusty bread, toasted
- chopped parsley, scallions or chives
- Parmesan, as garnish (optional)

In a heavy pot, over medium heat, heat oil, add garlic and sage and stir for 2 minutes without browning. Season with about a teaspoon of salt and some pepper. Add water or stock, bring to a boil, lower to simmer and cook for 10 minutes until garlic mellows a little and broth is tasty. Adjust seasoning.

Break eggs (one per person) into small bowls and carefully tip one at a time into the soup, spaced out, and simmer for 2-3 minutes until whites are set and yolks are still runny.

Before serving remove sage leaves. Place a poached egg in each soup bowl. Ladle on broth and garnish liberally with parsley. Serve toast on the side, then scoop egg onto the toast and nibble away between spoonfuls of broth. Serves 4.

Note: **Garlic Soup** broth, with or without adding beaten egg, is wonderful with chives and a little Parmesan.

Jittery Cook, adapted from David Tanis Market Cooking