

Soup for the *Soup and Spirit* Conference

Brotchán Foltchep (Leek and Oatmeal Soup)

by Fr. Stephen Dominic Hayes, O.P.

So, we advertised Soup and Spirit for our Lenten adult education lecture. Because of the corona virus pandemic, we were unable to deliver on the soup, and live streamed the lecture on Lectio Divina and the Four Senses of Scripture.

In the spirit of trying to keep one's promises as best one can, I offer the recipe below in lieu of actual soup. It is a traditional Irish recipe, extremely ancient, one that Saint Patrick himself might have tasted back in the 5th century. I am posting this on our parish website. Although it contains butter and milk, it could be served on a fast day with bread as a meal.

Ingredients:

1. 3 leeks or the equivalent amount of thin sliced mild onions. (Reserve some chopped leeks or onion as garnish.)
2. 2 tablespoons butter
3. 3 ounces rolled oats, ground to meal in a food processor
4. 2.5 cups water or vegetable stock
5. 1.25 Cup milk
6. Salt and pepper to taste
7. A pinch of ground mace
8. Chopped fresh curly parsley to taste

Method:

1. Brown the oatmeal in the butter till golden brown. Add the stock and milk, stirring as you add it.
2. Add the leeks or onions, salt, pepper, and mace. Bring to a boil, then reduce heat and simmer for 30 minutes, until thick. (If you like, you can then blend it smooth with a food mill or a food processor .)
3. Reheat the soup without boiling, when ready to serve, adding the parsley.
4. Serve it forth, garnished with the reserve onions or leeks. Accompany the soup with a substantial bread , ideally an Irish brown bread. Happy Lent! you are eating like an ancient Irish monk!