

Tourin à l'ail

France

Ingredients

- 10-12 cloves garlic
- 2 soup spoons full of duck fat (olive oil can substitute)
- 2 soup spoons full flour
- 2 eggs
- 2 soup spoons full wine vinegar
- Salt
- Pepper



Instructions

1. Peel and grind the cloves of garlic before putting them in a pan to brown in a large saucepan.
2. When they are brown, add the flour with about 1 litre of water plus salt and pepper.
3. When the water is boiling, break the eggs, separating the yoke from the white. Only add the yoke and keep the white apart.
4. Add a drop or two of vinegar and let simmer for about 20 minutes, stirring all the while so that the yoke does not coagulate.
5. Just before serving, add the whites of the eggs while keeping stirring for about 1 minute so that they become filaments.
6. Have slices of thick-cut country bread ready in the plates.
7. Serve the soup over the bread.

Contributor

Gerard Hocmard, France

Background Notes

Ail is garlic and *tourin* is none other than soup in that part of South-Western France that once was part of Plantagenet territory. The local accent causes finals to be sounded and where nasals are muted in other parts of the country. The linguist in me then suspects the English word tureen to come from *tourin*.

I also suspect that if the term is connected with *tour*/*tourner* (turn), it is because the recipe involves so much stirring while the soup is cooking.

Actually, this can be cooked with other vegetables or herbs at hand, sorrel, for instance, quite nice in season. But the real traditional ingredient is garlic, which people considered to have antiseptic and invigorating qualities, to the point that it was almost part of the ritual of weddings for the newly-married couple's friends to come and wake up the bride and bridegroom with a bowl of *tourin à l'ail*.

The above is my mother-in-law's recipe (for four).

All enquiries regarding this project should be directed to Martin Eayrs at martin@eayrs.com