

# Fresh, Fun and Fabulous...

# Cook With Heidi!

- **Garlic Soup with Frog legs 大蒜汤和牛蛙腿**

**Soup Ingredients 汤材料**

Chicken stock 鸡汤 1ltr,  
Garlic sliced 大蒜切片 200g, 克  
Thyme 百里香 5 bunch,  
Olive oil 橄榄油 1 cup, 1杯

**Method**

1. Sweat garlic in olive oil. Add thyme and chicken stock.
2. Simmer for ½ hour. Season and blend.

**烹饪方法**

1. 在锅中放入橄榄油,把大蒜片炒香后在加入百里香和鸡汤
2. 煨半小时后加入盐、胡椒调味。

A handwritten signature in black ink that reads 'Heidi'.