



**The  
New York Times  
Natural Foods  
Cookbook**  
by Jean Hewitt

"The best!"  
*New York Magazine*

## FRUIT BAT SOUP

(This soup is offered on the off-chance that a reader may find himself in Micronesia, specifically the Caroline Islands, where this is a natural, native delicacy.)

3 fruit bats, well washed but neither skinned nor eviscerated

Water

1 tablespoon finely sliced fresh ginger

1 large onion, quartered

Sea salt to taste

Chopped scallions

Soy sauce and/or coconut cream

1. Place the bats in a large kettle and add water to cover, the ginger, onion and salt. Bring to a boil and boil 40 minutes. Strain broth into a second kettle.

2. Take bats, skin them and discard skin. Remove meat from the bones and return meat, including any of the viscera found, to the broth. Heat.

3. Serve liberally sprinkled with scallions and further seasoned with soy sauce and/or coconut cream.

Yield: Four servings.

## GARLIC SOUP

2 large heads fresh garlic

Boiling water

2 quarts cold water

2 tablespoons sea salt

Freshly ground black pepper  
to taste

2 whole cloves

$\frac{1}{4}$  teaspoon sage

$\frac{1}{4}$  teaspoon thyme

4 sprigs parsley

2 tablespoons oil

1 egg yolk

1. Separate the heads of garlic into cloves. Pour boiling water to cover over all. Drain. Slip the skins off the garlic cloves and place in a kettle with the water, salt, pepper, cloves, sage, thyme, parsley and oil.

2. Bring to a boil and simmer 30 minutes.

3. Beat the egg yolks until thick and gradually beat in the butter. Strain the soup and add very slowly, while beating vigorously, to the egg yolk mixture. Reheat but do not boil.

# New York Times New Natural Foods Cookbook

**J Elliott**



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