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Vichyssoise

Ingredients

5 thin leeks 40g butter
1 large white onion
2 large potatoes
about 450g in total
900ml chicken stock
1 lemon
Fresh nutmeg
Ground coriander
2 bay leaves
125ml double cream, plus a little for garnish
Salt and white pepper
A few sprigs of fresh thyme for garnish
Servings
6
Person

Preparation

1. 1. Trim the leeks and remove the tough outer layer and most of the parts that are dark green. Slice the leeks very finely. Peel the onion, cut it in half and slice it thinly. Peel and cut the potatoes into small dice. 2. Cut the butter into small pieces and melt it in a large saucepan over a low heat. Gently sauté the onion for 2 minutes then add the leek and sauté for a further 5 minutes, until they are soft but not browned.
2. 3. Add the diced potato and cook for just a minute or two, stirring constantly.
3. 4. Stir in the hot chicken stock and 2 tablespoons of juice from the lemon. Add a good grating of nutmeg, a sprinkling of ground coriander and the bay leaves, and then season to taste with salt and white pepper. Simmer gently for 25-30 minutes.
4. 5. Blend the soup until it is completely smooth, making sure that you discard the bay leaves first.
5. 6. Pour the soup back into the saucepan and stir in the double cream, then warm it through without allowing it to boil. Taste and adjust the seasoning if necessary. Allow to cool to room temperature, then place in the fridge to chill completely.
6. Serve garnished with a swirl of cream and a few sprigs of fresh thyme.
7. Variations:
8. - For vegetarians, replace the chicken stock with vegetable stock.
9. - Garnish with marjoram or chopped chives instead of thyme.
10. - You could replace the double cream with single cream, or perhaps crème fraiche.
11. - For a winter dish, remove some of the vegetables before blending the soup then add them back in, to give more texture. Serve hot but do not allow to boil when reheating
12. you may need to add a little more stock.

Cooks Note

This leek and potato soup is based on a classic recipe and is traditionally served chilled; pale in colour and delicate in flavour, it is a perfect cool starter for a summer menu, or for a lunch or supper dish.

Serves 6.