

Cream of Sweet Potato Soup with Roasted Garlic

From a cooking class with Phillis Carey, 12/2011

Internet Address:



Servings: 6

1. **ROASTING GARLIC:** Preheat oven to 400°. Slice off the tail end of a head of garlic (about 1/4 of the head) and place in a small round ramkin. Drizzle with about a tablespoon of olive oil and cover with foil. Bake for one hour or until soft and golden. Cool slightly and squeeze out the pulp from the garlic head. Use any oil left in the dish in the soup.

2. **SOUP:** Melt the butter in a heavy 3-quart saucepan over medium-high heat. Add the onion, celery, carrot and garlic puree and cook for 3 minutes, until vegetables are soft. Mix in the sweet potatoes, cinnamon, nutmeg, allspice and bay leaf. Stir continuously for 2-3 minutes until potatoes begin to soften and spices are aromatic.

3. Add chicken stock, bring to a boil, lower heat to medium-low and simmer for 30 minutes. Remove bay leaf. Puree the soup using an immersion blender (or do it in several batches in a standing blender - covered with a towel as it may blow the lid off). Pulse on and off until the soup is smoothly pureed. Return soup to the saucepan and whisk in the cream, brown sugar, molasses, salt and pepper. Reheat and serve hot with a swirl of creme fraiche and a sprinkling of chives.

- 3 tablespoons unsalted butter
- 1 cup yellow onion, diced
- 1/2 cup celery, diced
- 1/2 cup carrot, diced (peeled first)
- 1 1/2 teaspoons roasted garlic
- 2 pounds orange sweet potatoes, peeled, 1/2 inch cubes
- 1/8 teaspoon ground cinnamon
- 1 pinch freshly grated nutmeg
- 1 pinch ground allspice
- 1 small bay leaf
- 4 cups low sodium chicken broth
- 1 cup heavy cream
- 1 tablespoon dark brown sugar
- 1 teaspoon molasses
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground white pepper
- Creme Fraiche and chopped chives for garnish

Per Serving (excluding unknown items): 364 Calories; 21g Fat (50.3% calories from fat); 11g Protein; 36g Carbohydrate; 4g Dietary Fiber; 70mg Cholesterol; 547mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>