
Cream of Cashew Soup with Armagnac

Mathilda's, Oxford, Maryland (restaurant is now closed)

Bon Appetit, December, 2004

Internet Address:



An elegant starter with nutty sweetness.

1/4 cup butter
1 tablespoon peanut oil
2 cups cashews, roasted, unsalted
1/3 cup shallots, chopped
28 ounces low-sodium chicken broth
1/4 cup cream sherry
2 cups half and half, or fat-free half and half
1/2 cup heavy cream
2 tablespoons water
1 teaspoon cornstarch
2 tablespoons cognac, or Armagnac (preferred)
2 tablespoons fresh chives, minced

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

Servings: 6

1. Melt butter with oil in heavy, large pot over medium heat. Add cashews and shallots. Cook until shallots are golden brown, stirring occasionally, about 10 minutes. Add broth and Sherry; increase heat to high and bring to a boil. Add the half and half and cream. Reduce heat to medium/low and simmer uncovered, until cashews are tender, about 20 minutes. Allow soup to cool about 20 minutes before continuing.
2. Working in batches, puree soup in blender until VERY smooth. Strain soup into a large saucepan, discarding solids left in strainer.
3. Whisk the water with cornstarch in a small bowl to blend. Bring soup to a boil, whisk cornstarch mixture into soup, stirring until soup thickens, about 2 minutes. Stir in Armagnac. Season with salt and pepper to taste. Divide among soup bowls or short glasses, sprinkle with chopped chives and serve.

Per Serving (excluding unknown items): 546 Calories; 49g Fat (75.7% calories from fat); 16g Protein; 19g Carbohydrate; 3g Dietary Fiber; 78mg Cholesterol; 148mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 9 Fat.