

Creamy Leek Soup

based on a recipe from food editor Gina Marie Miraglia Eriquez
Epicurious website



3 pounds leeks, trimmed, leaving white and pale green parts only, and chopped

1 medium onion, chopped

1 large carrot, chopped

2 large celery ribs, chopped

4 ounces pancetta, chopped or minced

1 teaspoon salt

1/2 teaspoon black pepper

1/2 stick unsalted butter

1/2 cup dry vermouth

3 cups low-sodium chicken broth, or beef broth

1 cup fat free half-and-half

3 cups water

1 Turkish bay leaf, or 1/2 California

1 1/2 cups Italian parsley

1/4 cup all-purpose flour

14 ounces light coconut milk

Servings: 6

Soup is best when made 1 to 3 days ahead (to allow flavors to develop); do not whip cream ahead. Chill soup, uncovered, until completely cooled, then cover. Reheat, thinning with water if necessary.

1. Wash sliced leeks in a large bowl of cold water, agitating them, then lift out and drain well in a colander.

2. Cook leeks, onion, carrot, celery, pancetta, salt, and pepper in 4 tablespoons butter in a 5- to 6-quart heavy pot over moderate heat, stirring occasionally, until softened, about 8 minutes. Add wine, stock, water, and bay leaf. Bring to a boil, then reduce heat and simmer, partially covered, until vegetables are tender, about 15 minutes.

3. Stir in parsley and simmer soup, uncovered, 5 minutes. Discard bay leaf and keep soup at a bare simmer.

4. In a covered jar, shake the 1/4 cup flour with the coconut milk until smooth. Add some water if the mixture is too thick. Add to soup, bring to a simmer and cook for 5 minutes until thickened.

5. Blend soup in 4 batches in a blender until smooth (use caution when blending hot liquids), about 1 minute per batch, transferring to a 3- to 4-quart saucepan. Reheat if necessary, then season with salt and pepper.

Yield: 15 cups

Per Serving (excluding unknown items): 309 Calories; 15g Fat (41.6% calories from fat); 15g Protein; 31g Carbohydrate; 3g Dietary Fiber; 34mg Cholesterol; 995mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 2 Fat.

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