

Farmhouse Vegetable Soup

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Internet Address:



A couple of unusual ingredients make this a real delicious home style soup.

- 1/8 ounce dried mushroom, porcini type
- 8 sprigs Italian parsley, 3 T. of it chopped, remainder whole
- 4 sprigs fresh thyme
- 1 whole bay leaf
- 2 tablespoons unsalted butter
- 1 1/2 pounds leeks, green parts removed, sliced lengthwise, coarsely chopped
- 2 whole carrots, peeled, cut in 1/2 inch coins
- 2 whole celery ribs, cut into 1/4 inch cubes
- 1/2 cup dry white wine
- 2 teaspoons soy sauce
- Salt and freshly ground black pepper to taste
- 6 cups water
- 4 cups low-sodium chicken broth, [I used turkey broth] or vegetable broth
- 1/2 cup pearl barley, [I used farro]
- 1 clove garlic, peeled and smashed
- 1 1/2 pounds Yukon Gold potato, peeled, cut into 1/2 inch pieces (or smaller)
- 1 whole turnip, peeled, cut into 3/4 inch pieces
- 1 1/2 cups cabbage, chopped
- 1 cup frozen peas
- 1 teaspoon fresh lemon juice
- 1 cup shiitake mushrooms, sliced [my addition - not in the original recipe]
- LEMON-THYME BUTTER:
 - 6 tablespoons unsalted butter, softened
 - 1 tablespoon fresh thyme
 - 3/4 teaspoon lemon zest, freshly grated
 - 1/4 teaspoon lemon juice
 - 1 pinch salt

Servings: 8

1. Grind porcini mushroom pieces in a spice grinder until they resemble fine meal, 10-30 seconds. Measure out 2 teaspoons of the powder and reserve remainder for another use. Using kitchen twine, tie together the parsley sprigs, thyme and bay leaf.
2. Melt butter in large Dutch oven over medium heat. Add leeks, carrots, celery, wine, soy sauce and 2 teaspoons salt. Cook, stirring occasionally, until liquid has evaporated and celery is softened, about 10 minutes.
3. Add water, broth, barley, porcini powder, herb bundle and garlic. Increase heat to high and bring to boil. Reduce heat to medium-low and simmer, partially covered, for 25 minutes.
4. Add potatoes, turnip and cabbage; return to simmer and cook until barley, potatoes, turnip and cabbage are tender, about 18-20 minutes.
5. Remove pot from heat and remove herb bundle. Stir in peas, fresh lemon juice and chopped parsley; season with salt and pepper to taste. Serve, passing Lemon-Thyme Butter separately.
6. LEMON-THYME BUTTER: Combine all ingredients in a bowl.

Yield: 16 cups

Per Serving (excluding unknown items): 408 Calories; 14g Fat (28.0% calories from fat); 16g Protein; 65g Carbohydrate; 11g Dietary Fiber; 31mg Cholesterol; 230mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

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