

Potato, Apple, Leek and Fennel Soup

Tarla Fallgatter, from a cooking class



Warm, comforting soup. Great with a half of a grilled cheese sandwich.

2 tablespoons unsalted butter

3 whole Granny Smith apples, peeled, cored and diced

2 whole fennel bulbs, finely diced (reserve some leaves for garnish)

3 cups leeks, sliced

3 pounds red potatoes, small, peeled, diced

1/2 cup Italian parsley, coarsely chopped

6 cups chicken stock

1/2 cup heavy cream

Salt and freshly ground black pepper to taste

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

Servings: 6

1. Heat half the butter in a saute pan and add 3 T. of apple and fennel to the pan. Cook just until done, then set aside for garnish.
2. Heat remaining butter in a saute pan and add leeks, remaining apple and fennel. Cover the vegetables with a round (cut to fit) of parchment paper. Cook for about 10 minutes, stirring once. Do not brown this mixture, so watch the flame or heat level.
3. Remove parchment (and discard) and add potatoes, chicken stock and parsley. Cook until potatoes are tender, about 30-40 minutes, adding more stock if necessary.
4. Puree the soup in a food processor and return the soup to the pan. Add cream, salt and pepper to taste and bring to a simmer. (Ideally, make this up to this point one day ahead to allow flavors to blend.) Divide the hot soup between 6 bowls and garnish each with some of the reserved fennel-apple mixture and fresh fennel fronds.

Per Serving (excluding unknown items): 388 Calories; 12g Fat (27.6% calories from fat); 8g Protein; 63g Carbohydrate; 8g Dietary Fiber; 38mg Cholesterol; 2222mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat.