

CARAMELIZED LEEK AND POTATO SOUP

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Photo: Love + Craft Kitchen

This soup is easy to prepare yet makes a rich and elegant dish. Serve it as a first course, main course, or in mini-cups as part of an appetizer party. The recipe doubles nicely for larger crowds and can be refrigerated or frozen for later use.

One of the most important steps is to thoroughly clean the leeks. For further information, check out -

- [How to Clean Leeks](#) – Food Network Tutorial
- [How to Prepare Leeks](#) - RealSimple

Ingredient Substitutions

- Half & Half or oat milk may be used in place of canned coconut milk.
- Red potatoes may be used in place of Yukon Gold potatoes.

Makes: 4 – 5 cups of soup

INGREDIENTS

2 tablespoons olive, avocado or sunflower oil
4 cups sliced leeks (about 3 – 4 leeks), white and light green parts, 1/2 inch slices, washed thoroughly
3 cups peeled and diced Yukon Gold potatoes (about 2 -3 potatoes)
1 tablespoon minced garlic (about 2 cloves)
1/3 cup dry white wine, dry sherry or apple cider
5 cups vegetable stock or chicken stock
1 bay leaf
1/2 teaspoon celery seed
1/2 teaspoon dried thyme (or 1 teaspoon fresh thyme leaves)
1/2 teaspoon Kosher salt
1/4 teaspoon ground black or white pepper
1 tablespoon traditional balsamic vinegar
1/2 teaspoon ground nutmeg
1 cup canned coconut milk (full fat)
Optional garnish – drizzle of Extra Virgin Olive Oil or Pumpkin Seed Oil, or chopped fresh parsley

DIRECTIONS

1. In a large stock pot, heat the oil over medium heat. Add the leeks and sauté until they are soft and beginning to caramelize, about 5 - 10 minutes. Remove about 1/4 cup of leeks and set aside for later use. Add the potatoes, and sauté an additional 2 - 3 minutes. Add the minced garlic and continue to sauté another 30 seconds.

2. Carefully add the white wine (or sherry or cider) and scrape up any browned bits on the bottom of the pan.

- When adding alcohol, pour it carefully into the center of the pan. Do not let it come in contact with any open flame from a gas burner. Or, remove the pan from the heat (or turn the burner off), add the alcohol, then return the pan to the heat and resume cooking.

3. Add the stock, bay leaf, celery seed, thyme, salt and pepper. Bring to gentle boil, then reduce the heat, cover and simmer over low heat until potatoes are soft, about 35 minutes. Remove from heat.

4. Using a hand or regular blender, puree the soup until smooth. Add the balsamic vinegar, nutmeg and coconut milk, stirring to combine. Stir in the reserved leeks. Taste and add more salt and pepper as needed. Return to low heat for another 5 minutes.

5. Serve immediately, or cool, cover and refrigerate for later use. Garnish each serving with a drizzle of olive oil, pumpkin seed oil or fresh parsley, if desired when serving.