

Potato Leek Fennel Soup

Serves 8:

Ingredients

1 bunch leeks
1 medium fennel bulb, with feathery top
2 to 3 russet potatoes (about 2 pounds)
2 tablespoons unsalted butter
kosher salt and freshly ground black pepper
4 cups low sodium chicken stock
2 cups water
1 cup heavy cream

creme fraiche, for garnish
2 tablespoons minced chives, for garnish

Preparation

Begin by trimming ends of leeks, leaving just the white and pale green part. Halve leeks lengthwise and rinse well to make sure they're sand free. Pat them dry and chop into dice. Core fennel and chop up white part of the bulb. Pick fennel fronds from the top stems and mince, saving a few feathery tips for garnish; set aside.

In a large soup pot or dutch oven, melt butter over medium heat. Add chopped leeks and fennel bulb to pot and season with kosher salt and freshly ground black pepper. Saute until translucent, about 6 to 8 minutes. Peel and chop 2 to 3 russet potatoes. Add to pot, along with low sodium chicken stock and water. Bring mixture to a simmer, reduce heat to medium low, and cover. Cook for about 25 to 30 minutes, or until potatoes are tender.

Use hand blender to puree the soup to the consistency you like. Or use a regular blender--just let the soup cool a bit before you transfer it in batches to be pureed.

Stir in heavy cream; add minced fennel fronds and taste for seasoning, adjusting if needed. Ladle warm soup into bowls and garnish with creme fraiche, minced chives and fennel frond tops.

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