

Creamy Celery Root Soup

Serves 6

3 tablespoons unsalted butter

2 pounds celery root, peeled and cut into 1-inch cubes

3 stalks celery, including leaves, chopped

4 leeks, white parts only, chopped

1 shallot, peeled and chopped

1 teaspoon sea salt

Pinch red pepper flakes or cayenne pepper, to taste

1/2 cup dry white wine

5 cups low-sodium chicken broth

1 cup heavy (whipping) cream

Optional garnishes: chopped chives or chervil, minced crisp bacon or pancetta

Instructions: In a heavy-bottom stock pot, melt the butter over medium-high heat. Add the celery root, celery, leeks and shallot, and stir until the leeks and shallots are translucent, about 2 minutes.

Sprinkle with the salt and red pepper flakes or cayenne pepper. Add the white wine, bring to a boil, and cook, stirring and scraping the bottom of the pot, until most of the liquid has evaporated, about 5-7 minutes.

Add the chicken broth and reduce the heat to medium-low. Cover and simmer until the celery root is tender to a fork, 15-20 minutes.

Puree until smooth with an immersion blender or in batches in a standard blender. Return to a clean pot, stir in the cream and simmer gently until the soup reaches a creamy consistency, about 5 minutes.

For an exceptionally smooth as silk soup, strain through a Chinoise, return again to a clean pot, and gently reheat again to just a simmer.

Garnish, if desired, and serve hot.

Per serving: 389

Calories, 7 g protein, 24 g carbohydrates, 22 g