

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**

**½ 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 Chinese, 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