



Garden Fresh Farm Recipes

Vichyssoise Classic French Leek and Potato Soup

Vichyssoise is a classic French soup renowned for its creamy texture and subtle, elegant flavors. This chilled soup is made from a delicate blend of leeks, potatoes, onions, and broth, creating a silky smooth base. The leeks provide a mild, sweet onion-like flavor that pairs perfectly with the earthy richness of the potatoes.

Once cooked to tender perfection, the vegetables are pureed to a velvety consistency, and the soup is enriched with the addition of heavy cream and milk, resulting in a luxuriously creamy texture. The soup is then seasoned with a touch of salt and white pepper, enhancing its delicate flavors without overpowering them.

Served cold, Vichyssoise is a refreshing and sophisticated dish, ideal for warm days. It is typically garnished with fresh chives, adding a pop of color and a subtle hint of herbaceousness. Whether served as a starter at an elegant dinner party or enjoyed as a light, refreshing lunch, Vichyssoise offers a timeless blend of simplicity and refinement that is sure to impress.

Ingredients:

- 4 large leeks, white and light green parts only, cleaned and sliced
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 4 cups chicken or vegetable broth
- 4 medium potatoes, peeled and diced
- 1 cup heavy cream
- 1 cup whole milk
- Salt and white pepper to taste
- Fresh chives, chopped (for garnish)



Directions:

Slice the leeks in half lengthwise and rinse them thoroughly under cold water to remove any dirt and grit. Slice the white and light green parts into thin rounds.

In a large pot, melt the butter over medium heat. Add the sliced leeks and chopped onion. Cook, stirring occasionally, until the vegetables are softened, about 10 minutes. Do not let them brown.



Garden Fresh Farm Recipes

Pour in the chicken or vegetable broth and add the diced potatoes. Bring the mixture to a boil, then reduce the heat and let it simmer until the potatoes are tender, about 20-25 minutes.

Use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, you can carefully transfer the soup in batches to a regular blender and blend until smooth. Return the blended soup to the pot.

Stir in the heavy cream and milk. Heat the soup gently over low heat until warmed through, but do not let it boil.

Season with salt and white pepper to taste.

Let the soup cool to room temperature, then refrigerate it for at least 4 hours or until well chilled. Vichyssoise is traditionally served cold.

Ladle the chilled soup into bowls and garnish with chopped fresh chives.

Enjoy your refreshing and creamy vichyssoise!