

Potato and Jerusalem Artichoke Soup

Recipe By Sina Mizrahi



Cooking and Prep:  1
h 15 m

Serves:  8

No Allergens

Preference: Parve

Difficulty: Medium

Occasion: Shabbat

Diet: Vegetarian, Gluten Free,
Low Fat, Sugar Free, Vegan,
Pescetarian

Source: Relish by Binah
Magazine

Jerusalem artichokes, also called sunchokes, are neither native to Jerusalem nor a type of artichoke. Oddly enough, they're actually a North American vegetable that vaguely resembles ginger root, with a slightly nutty flavor. They're delicious roasted, and are a wonderful addition to this soup, lending it a creamy texture and amazing flavor.

Ingredients (11)

Main ingredients

- 4 tablespoons **Bartenura Olive Oil**
- 1 onion, chopped
- 2-3 cloves garlic, whole
- 1 pound Idaho potatoes (approximately 2 large), peeled and chopped

- 1 and 1/2 pounds Jerusalem artichokes (approximately 18), peeled and chopped
 - 4 cups vegetable broth
 - 1/4 teaspoon fennel seeds
 - 1 teaspoon **Tuscanini Sea Salt**
 - 1/2 teaspoon black pepper
 - heavy cream, as a garnish (*optional*)
 - dried thyme, as a garnish (*optional*)
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Start Cooking

For the soup

1. Heat the olive oil in a 6-quart soup pot over a medium flame. Add the onions and sauté until translucent.
2. Add the garlic and cook for 1 to 2 minutes, until golden (making sure it doesn't burn). Add the potatoes, Jerusalem artichokes, and broth and stir well.
3. Season with fennel seeds, salt, and pepper. Bring to a boil and cook for 10 minutes.
4. Reduce heat to low, cover, and simmer for another 20 to 25 minutes. Remove from heat.
5. Using an immersion blender, purée the soup. Return to a low heat and cook for another 5 to 10 minutes.