

Sunchoke Soup

Recipe By *Gabe Garcia*



Cooking and Prep:  50
m

Serves:  19

Contains: 

Preference: Parve

Difficulty: Medium

Diet: Vegan, Vegetarian,
Pescetarian

Source: Kosher.com

Exclusive

As the weather starts to get colder, it's best to take comfort delicious food.

This silky blended sunchoke soup is just the recipe to warm you to the core this fall and winter. If you've never used a Jerusalem artichoke, there's no better time or place to start.

Ingredients (13)

Sunchoke Soup

- 2 quarts peeled and sliced sunchoke (Jerusalem artichokes)
- 1 quart almond milk
- 1 and 1/2 quarts water
- a bouquet garni of thyme and oregano
- 1 bay leaf

1/2 bottle Baron Herzog Sauvignon Blanc

Caramelized Onion Relish

2 tablespoons oil

1 quart sliced onions

pinch of salt

1/2 cup toasted hazelnuts, finely chopped

1/2 cup rehydrated golden raisins, finely chopped

Garnish

lemon oil

fried sage leaf

Start Cooking

Sunchoke Soup

1. Sweat onions with a little olive oil until translucent.
2. Add bouquet garni and bay leaf to onions.
3. Add sunchokes and sweat for four to five minutes.
4. Once supple, add wine, almond milk, and water and bring to a boil.
5. Once boiling, reduce to simmer and cover the soup. Allow to cook for about 35 minutes. Check to make sure sunchokes are fork tender to know when soup is done cooking.
6. Remove bouquet garni and bay leaf. Using an immersion blender, puree soup, seasoning with salt to taste.

Caramelized Onion Relish

1. Add oil to hot pan, then add sliced onions and a pinch of salt. Cook for 15–25 minutes until caramelized, stirring occasionally. Set aside to cool.
2. Finely chop onions and mix together with hazelnuts and raisins.

Assembly

1. Place a quenelle of relish in the bowl, and ladle soup in.
2. Garnish with lemon oil and a fried sage leaf.