



Towne's Harvest Newsletter

August 28, 2007 Week 10

This week's share includes...

Potatoes

Tomatoes

Summer Squash

Carrots

Leeks

Parsley

Sweet Peppers

Cucumbers

Healthy Tidbits...

Leeks are beneficial because they contain manganese, vitamin C, iron, folate and vitamin B6. They can be used to add flavor to soup, salads or stews. A traditional dish containing leeks is potato-leek soup, also known as Vichyssoise.



Notes from the Field

Vichyssoise originated in 1917 at the Ritz Carlton Hotel. French chef Louis Diat created the recipe based off of a soup that his mother used to make when he was growing up. The soup was originally served hot, but Chef Diat chose to add cold cream to the recipe the first day he served it and created the cold version of the potato-leek soup that we know today. He named the soup after the town in which he was born: Vichy, France.

Recipes

CRÈME VICHYSSOISE GLACÉE

*4 leeks, the dark green tops discarded and the leeks split lengthwise, washed well, and chopped coarse
(about 2 1/2 cups)*

1 onion, chopped

1 Tablespoon unsalted butter

2 russet (baking) potatoes, peeled, diced (about 3 cups) and reserved in 4 cups water

2 teaspoons salt

2 cups milk

2 cups half-and-half or light cream

1 cup heavy cream

white pepper to taste

thinly sliced fresh chives for garnish

In a kettle cook the leeks and the onion in the butter, covered, over low heat, stirring occasionally, until they are softened. Add the potatoes with the water and the salt and simmer the mixture, covered, for 30 to 40 minutes, or until the potatoes are soft. Add the milk and the half-and-half and bring the mixture just to a boil, stirring. In a blender, puree the mixture in batches and strain it through a very fine sieve into a bowl. Stir the cream and the white pepper into the soup and chill the soup.

This recipe makes about 11 cups, serving 8 to 10.

*Who Cooked That Up? is copyrighted 1999 by J.J. Schnebel
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Found at <http://members.cox.net/jjschnebel/vichysoi.html>

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