

SWEET POTATO AND APPLE SOUP

Yield 8-10 cups

2 T vegetable oil
5 C sliced yellow onions
3 T chopped ginger
2 T rough chopped garlic
 $\frac{3}{4}$ t salt
 $\frac{1}{4}$ t white pepper, or to taste
 $\frac{1}{4}$ C white wine

$\frac{1}{2}$ C cream
6 C peeled and sliced sweet potatoes
3 C tart apples, cored and sliced
2 t salt, or to taste
*White miso soup mix (.5 oz. packet)
4 C water – to begin with, if necessary add more after the soup is pureed



Heat a heavy bottomed non-reactive 6 qt pot, add oil, onions, ginger, garlic, $\frac{3}{4}$ t salt and pepper. Cover and sweat until soft without allowing it to color. This may take up to $\frac{1}{2}$ an hour. Add white wine and cook uncovered for 5-10 minutes. Add the sweet potatoes, water, the rest of the salt and cream. Cover and bring up to a simmer until sweet potatoes are almost cooked through. Add apples and soup mix then cook until apples are soft. Turn off heat and puree very fine. Adjust to desired thickness with water and correct seasoning before serving.

*Can be found in Asian section of most supermarkets.

Adapted from recipe by Andrea Reusing, Chef and Owner of Lantern Restaurant, Chapel Hill, NC

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