



## LEEK AND POTATO SOUP (VICHYSOISE)

This is a classic French soup made with potatoes and leeks, but in my experience, it is even better served hot. I like the recipe from Jane Brody's "Good Food Book," in which she cuts the fat by substituting milk for cream. I made it recently without the milk, since I did not know whether my guests were vegan or not, and invited them to add unsweetened plain yogurt, which added the necessary creamy taste. My family grew up with "Cheesy Potato Soup" as one of their favorite comfort foods, but I find this is just as comforting, especially if served hot. Note that you should scrub the potatoes very, very well if you don't peel them, or you get more of an "earthy" taste than you mean to get.

1 cup thinly sliced leeks (white part only; soak to remove grit between layers of leek)  
1 tablespoon butter or margarine  
4 cups thinly sliced new potatoes, peeled  
3 cups chicken or vegetable stock  
Dash of nutmeg  
2 ½ cups low-fat milk  
Salt and white pepper to taste  
2 tablespoons snipped chives for garnish, optional

1. In a medium saucepan, sauté the leeks in the butter until they are tender, but not brown.
2. Add the potatoes, broth and nutmeg. Bring the soup to a boil; reduce heat, and simmer, partially covered, for 30 minutes.
3. Puree the soup in a blender or food mill. Pour the soup into a large serving bowl or tureen. Add the milk, salt and pepper. Cover the soup, and chill it. Serve the vichyssoise garnished with chives.

**Note about leeks:** Since leeks are in the onion family, they may often be substituted for onions for those who do not tolerate foods cooked with regular onions.