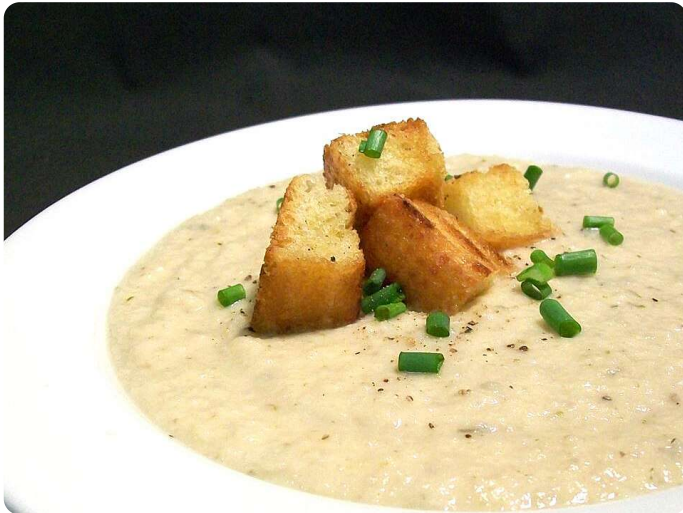


Winter White Soup

Savannah · 28/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

6

Description

This white soup is an example of a happy and delicious combination of flavors I know its a lot of ingredients but its well worth the effort You may wish to serve this soup the next day as it improves in taste with time

Ingredients

- - 1 tablespoon butter - 1 tablespoon olive oil - 3 cloves garlic
- chopped - 2 shallots
- chopped - 1 (1 inch) piece fresh ginger
- minced - ? small head cauliflower
- chopped - 10 small button mushrooms
- chopped - 3 green onions
- chopped - 1 small parsnip
- chopped - 1 pear - peeled
- cored and diced - ½ cup cannellini beans - 1 teaspoon chopped fresh dill - ½ teaspoon Dijon mustard - ¾ cup Chardonnay wine - 6 sprigs fresh thyme - 1 (14.5 ounce) can fat-free chicken broth - ? cup heavy cream - ¼ cup fat-free chicken broth (Optional) - salt and pepper to taste

Instructions

1. Heat butter and olive oil in a large saucepan over low heat. Stir in garlic
2. shallots
3. and ginger; cook and stir until fragrant but not brown
4. about 5 minutes. Stir in cauliflower
5. mushrooms
6. green onions
7. and parsnip; cook and stir for an additional 5 minutes. Add pear
8. beans
9. dill
10. and mustard; stir just until heated through
11. about 1 minute. Stir in wine and thyme; increase heat to high. Bring to a boil
12. stirring constantly
13. and simmer until wine is reduced by half and is syrupy
14. about 5 minutes. Pour in chicken broth; return to a boil
15. then reduce heat to low and simmer
16. partly covered
17. until vegetables are tender
18. about 20 minutes. Allow soup to cool slightly. Fill a blender halfway with soup. Cover and hold the lid down with a potholder; pulse a few times before leaving on to blend. Pour into a pot. Repeat with remaining soup. Stir in cream and
19. if needed
20. thin with additional chicken broth. Season with salt and pepper; serve hot.