

# Sweet Potato Soup

This is a variation on the recipe in the Cook's Illustrated magazine from Nov-Dec, 2015. It uses some of the peel and has three great garnishes. I love the maple flavored sour cream and candied bacon. The crouton recipe in Cook's Illustrated uses too much butter and oil for my taste so I use a different crouton recipe that bakes the bread instead.

## Ingredients for Soup:

- 2 lb. sweet potatoes
- 4 Tbsp. unsalted butter
- 1 shallot
- 4 sprigs of fresh thyme
- 4 1/4 cups water
- 1 Tbsp. packed brown sugar
- 1/2 tsp. cider vinegar
- 1 1/2 tsp. salt
- 1/4 tsp. ground pepper



## Ingredients for Maple Sour Cream Garnish:

- 1/3 cup sour cream
- 1 Tbsp. maple syrup

## Ingredients for Candied Bacon Bits:

- 4 slices of bacon
- 2 tsp. dark brown sugar
- 1/2 tsp. cider vinegar

## Ingredients for Croutons:

- 6 sliced of hearty white bread

## Equipment

- Large bowl (6 qt.)
- Large pot (6 qt.)
- Ladle
- Stiff spatula
- Strainer

## Sweet Potato Soup with Garnishes

<input checked="" type="checkbox"/>	Directions	Time (min)
	<b>Soup</b>	
	Rinse potatoes and remove rough areas. Cut off ends	2
	In a large bowl, fill halfway with water	1
	Peel potatoes. Reserve 1/4 of the peelings	5
	Cut potatoes lengthwise and then slice into 1/4" thick slices. Add to water.	5
	Peel and dice shallot	2
	Melt butter in a large pot (6 qt.)	1
	Add shallot and sprigs of thyme to the butter. Cook over low heat until softened, not browned	5
	Add water 4 1/2 cups of water to the butter, increase heat to high, and bring to a simmer	4
	Remove pot from heat. Using a slotted spoon, transfer potatoes from bowl of water and discard water. Add reserved peels. Rinse out bowl.	1
	Let stand, uncovered. Start Garnishes.	20
	Add sugar, vinegar, salt and pepper	1
	Increase heat to high and bring to a simmer	2
	Reduce heat to low, cover, and then cook until soft. Finish garnishes.	10
	Remove thyme stems	1
	Process in batches in a blender until smooth	5
	Strain soup into large bowl after each batch is processed. Press through strainer with stiff spatula	5
	Rinse out the pot and return soup to the pot. Bring to simmer over medium heat.	2
	<b>Total</b>	<b>72</b>
	<b>Maple Sour Cream Garnish</b>	
	Whisk together sour cream and maple syrup	2
	<b>Candied Bacon Garnish</b>	
	Cut 4 strips of bacon into 1/2" pieces	2
	Fry bacon until crisp	5
	Remove bacon to paper towel	1
	Drain fat from pan but do not wipe it out	1
	Return bacon to pan. Add sugar and vinegar	1
	Stir to coat bacon. Cook over low heat to coat completely.	2
	<b>Croutons</b>	
	Preheat oven to 350 degrees	
	Remove crusts from 6 slices of hearty white bread and discard crusts	2
	Slice bread into 1/2" cubes	2
	Place on an ungreased baking sheet	1
	Bake until crisp and lightly browned. Stir twice.	20