

VICHYSOISE WITH SMOKED FISH



Ingredients (serves 4 people):

4 cups chicken stock

4 cups water

75g unsalted butter

3 leeks, white part only thinly sliced

2 medium onions, peeled and thinly sliced

2 medium potatoes, peeled and thinly sliced

3/4 cup cream

Salt to taste

Freshly ground white pepper to taste

150 g smoked fish, flaked

1 1/2 cups mixed milk and water

Chopped chives to taste

Preparation:

1. Put the stock and water on to boil.
2. Melt the butter in a heavy-based saucepan and in it cook the leek and onion until they are soft, but not at all brown.
3. Add the potato, stir briefly, then pour the boiling chicken stock and water over.
4. Bring back to the boil and continue cooking for 5 minutes.
5. Add the cream and cook for a further 2 minutes.
6. Blend in a food processor or blender, then pass through a fine sieve.
7. Return to the pan, adjust the seasoning and keep warm.
8. Gently poach the smoked fish in the milk and water mixture for 3-4 minutes.
9. To serve pour the soup into heated bowls, divide the smoked fish between them and garnish with chopped chives.