

VICHYSOISE OR LEEK- POTATO SOUP

This leek soup may be served hot or very cold. Yes, the last "s" is pronounced, like a "z," but most Americans shun it, in a "genteel" way, as though it were virtuous to ignore it. Be sure to serve the soup reduced to a velvety smoothness.

I. About 8 Cups

Mince:

3 medium-sized leeks: white part only

1 medium-sized onion

Stir and sauté them 3 minutes in:

2 tablespoons butter

Pare, slice very fine and add:

4 medium-sized potatoes

Add:

4 cups Poultry Stock, 523

Simmer the vegetables, covered, 15 minutes or until tender. Put them through a very fine sieve, food mill or Δ blender. Add:

1 to 2 cups cream

($\frac{1}{4}$ teaspoon mace)

Salt and white pepper

Chopped watercress or chives

II. About 4 Cups

Superlative! Less rich and made in about 20 minutes by using a Δ blender and a \odot pressure cooker. Serve it hot or chill it quickly by placing it briefly in the freezer.

Prepare as above:

Vichyssoise

using half the amount of ingredients given. After adding the potatoes and stock, pressure-cook the soup 3 minutes at 15 pounds. Cool. Add:

1 cup pared, seeded and diced cucumbers

Blend covered until smooth, about 1 minute. Place the soup in a jar. Chill it thoroughly. You may add the cream called for above, but you may just like the result as well without it. Hot or cold, serve it sprinkled with:

Chopped chives