

**April 10, 2010 – December 18, 2010**  
 Saturdays, 8:30 am to 12:30 pm


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Cathedral of St. Philip | 2744 Peachtree Road NW | Atlanta, GA 30305

**Chef Thomas McKeown Demo October 30<sup>th</sup>**

**Indian Ridge Sunchoke Soup with  
 Candied Turnips, Crème Fresh, Seasonal Greens, Peppered Bacon Crouton**

<b>Ingredients:</b>	<b>Serves: 6</b>
Water	8 cups
Lemon Juice	1 1/2 teaspoons
Sunchokes <b>Indian Ridge Farm</b>	2 pounds
Butter, unsalted	3 tbsp
Onion, Chopped	1 cup
Leek, Chopped	1 cup
Garlic, cloves chopped	2 ea
Vegetable broth	7 cups
Cream, heavy	1/2 cup
Ground white pepper	To taste
Salt	To taste
Haruki Turnip, quartered <b>Burge Organic Farm</b>	1 bunch
Sugar	1 tbsp
White Wine	1 cup
Arugula <b>Abundant Harvest Gardens</b>	3 oz
Bacon <b>Pine Street Market</b>	6 strips
Crème Fraiche <b>Atlanta Fresh</b>	6 tsp
Baguette (white or wheat) <b>H&amp;F Bread</b>	¼ baguette



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### Method of Preparation

1. To peel the sunchoke use a clean scrubby and take off the outside layer. When peeled, place in a container with the water and lemon juice. Sunchoke oxidize quickly so the acid will help to keep the nice pale color.
2. In a large heavy based pot melt the butter and add the onions, leeks, and garlic and allow ingredients to sweat. Meanwhile roughly chop the sun chokes. Add the sunchoke to the pot and place a lid on top.
3. Add the stock and cook until tender.
4. Once tender puree in a food processor and add the cream, and adjust the seasoning to taste.
5. Meanwhile, in pan add the sugar, wine and turnips and cook uncovered until all the liquid has evaporated.
6. **For the Crouton:** Cook the bacon and chop into small dice. Slice the baguette at an angle, drizzle with olive oil, salt and pepper and chopped pine street market bacon and bake in the oven for 4-5 minutes.
7. **For serving:** Place the arugula on the bottom of the bowl, add the turnips, and crème fresh and pour in the soup. Serve the crouton on top.

### **Chefs Tips**

This is a great soup, which can have many different combinations. Try it with sautéed **Sweet Savannah Shrimp**, or some **Coles Lake Goats Cheese**. Arugula is my preferred green for this soup, but check out the different greens available at the market and have fun making your favorite combinations!

*Chef Demonstrations are sponsored by:*

