

# Compound Broths

## Potato and Leek Soup

### *Potage aux Poireaux et Pommes de Terre*

Prepared by the method described below, this soup is a compound broth. However, it may also be sieved when the vegetables are tender and served as a *purée*. Sieved, chilled and with the addition of double cream, the soup becomes a *vichyssoise*.

*To serve 6*

500 g	potatoes, quartered lengthwise and finely sliced	1 lb
500 g	leeks, tough green part removed, cleaned and finely sliced	1 lb
2 litres	boiling water	4 pints
	salt	
30 g	unsalted butter	1 oz

Add the vegetables to the salted, boiling water and cook, covered, at a light boil until the potatoes begin to come apart—or, until, when one is pressed against the side of the saucepan with a wooden spoon, it offers no resistance to crushing—about 15 to 20 minutes, depending on the potatoes. Add the butter at the moment of serving.

RICHARD OLNEY  
SIMPLE FRENCH FOOD

## Leek and Potato Soup

### *Crème Bonne Femme*

*To serve 8*

4 or 5	leeks, white part only, sliced	4 or 5
1 kg	potatoes, sliced	2 to 2½ lb
50 g	sorrel	2 oz
30 g	butter	1 oz
2 litres	water, lightly salted	4 pints
100 g	very fine vermicelli	3½ oz
¼ litre	double cream	8 fl oz

Melt the butter in a large saucepan, add the sorrel, and cook gently until it melts into a *purée*. Add the leeks and potatoes and pour in the salted water. Bring to the boil and simmer,

covered, for 15 minutes or until the vegetables are half cooked. Add the vermicelli and continue cooking, uncovered, until everything is done. Shortly before serving the soup, stir in the double cream.

CLARISSE OU LA VIEILLE CUISINIÈRE

## Creamy Onion Soup

### *Tourin Bordelais*

*To serve 6*

150 g	onions, finely sliced	5 oz
100 g	butter	3½ oz
3 tbsp	flour	3 tbsp
1.5 litres	milk, heated to simmering	3 pints
	salt and pepper	
3	egg yolks	3
15 cl	double cream	¼ pint
	small rounds French bread, dried in the oven	

In a saucepan, sauté the onions in half of the butter until they are golden but not browned, stirring constantly. Sprinkle on the flour and cook for several more minutes, stirring. Pour on the hot milk. Bring to the boil, season with salt and pepper, and let simmer very gently for 15 minutes. In a bowl, beat the egg yolks with the cream and a ladleful of the hot soup. Take the saucepan off the heat, allow to cool for 5 minutes, and stir in the egg yolk and cream *liaison*, stirring well. Add the remaining butter, put the dried rounds of French bread into a soup tureen, and pour over the soup.

JEANE E. PROGNEAUX  
LES SPÉCIALITÉS ET RECETTES GASTRONOMIQUES  
BORDELAISES ET GIRONDINES

## Grated Potato Soup

### *Sopa de Patata Rallada*

*To serve 4*

500 g	potatoes, finely grated	1 lb
1.5 litres	stock or broth ( <i>pages 163-164</i> )	3 pints
	salt and pepper	
1	egg, hard-boiled and chopped	1

Bring the stock to the boil, add the potatoes. Cook for 5 or 6 minutes, season to taste and serve with the chopped hard-boiled egg sprinkled on top.

MARINA PEREYRA DE AZNAR AND NINA FROUD  
THE HOME BOOK OF SPANISH COOKERY