

CANAS FEAST



DECEMBER 2015 CELLAR CLUB



CHICKPEA, LEEK & POTATO SOUP WITH HARISSA CREAM

PAIRED WITH 2013 BARBERA, YIELD: 4 SERVINGS

SOUP INGREDIENTS:

2 MEDIUM LEEKS, TRIMMED, RINSED & SLICED
2 OUNCES BUTTER
2 GARLIC CLOVES, CHOPPED
1½ TABLESPOONS THYME
14 OUNCES CHICKPEAS, DRAINED & RINSED
20 OUNCES VEGETABLE STOCK
1½ CUPS YUKON POTATOES, PEELED & DICED
TO TASTE SALT & PEPPER
EXTRA VIRGIN OLIVE OIL
PARMESAN CHEESE, FOR GARNISH

METHOD:

1. Place the leeks, butter, garlic and thyme in a heavy soup pot over medium heat. Cook the leeks until are soft and fragrant.
2. Add the chickpeas, vegetable stock and potatoes. Bring to a boil then simmer until the potatoes are soft.
3. Season the soup with salt and pepper, then taste before serving.
4. Garnish with grated parmesan cheese and a drizzle of olive oil.

Recipe by Chef Wendy Bennett of the
Wine Country Cooking Studio
Winecountrycookingstudio.com

HARISSA INGREDIENTS:

1 OUNCE DRIED GUAJILLO CHILES,
STEMMED AND SEEDED
1 OUNCE DRIED NEW MEXICO CHILES,
STEMMED & SEEDED
¼ TEASPOON CARAWAY SEEDS
¼ TEASPOON CORIANDER SEEDS
¼ TEASPOON CUMIN SEEDS
½ TEASPOON DRIED MINT LEAVES
2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL,
PLUS MORE AS NEEDED
1 TEASPOON KOSHER SALT
3 CLOVES GARLIC
2 TABLESPOONS FRESH LEMON JUICE

METHOD:

1. Put the chiles into a medium bowl, cover with boiling water, and let sit until softened, about 15 minutes.
2. Meanwhile, toast the caraway, coriander and cumin in a small pan, swirling skillet constantly, until very fragrant, about 3 minutes. Transfer spices to a grinder with the mint and grind to a fine powder. Set aside.
3. Drain the chiles and transfer to the bowl of a food processor with the ground spices, olive oil, salt, garlic, and lemon juice. Purée, stopping occasionally to scrape down the sides of the bowl, until the paste is very smooth, about 2 minutes. Transfer to a sterilized 1-pint glass jar and fill with oil until ingredients are submerged by half. Refrigerate, topping off with more oil after each use. Harissa paste will keep for up to 3 weeks.