

Bay View Potato Soup

Serves 6

The inspiration for this recipe came from a German potato soup served at the now defunct Stones restaurant in Avebury, England. Along with other root vegetables, potatoes grow very well in Newfoundland and our local supplier, Bay View Farm, has the best crop around these parts. Named for their potatoes, with a nod at the view from the coffee shop, this recipe creates a delicious, warming soup - just right for the cold days of autumn, winter and spring! Here we even serve it on summer days when the fog is sitting on the water and the air is cold and damp.

1oz/25g dairy free butter substitute or a tbsp light olive oil

1lb/450g onions finely chopped

3 cloves garlic, chopped

1 tbsp celery seeds

1 tsp caraway seeds

½ tbsp ground cumin

1lb/450g floury potatoes, peeled and diced

2 pints/1ltr vegetarian stock

½ tsp black pepper

½ tsp salt

1 pint/500ml milk, soya milk, rice milk etc

Finely chopped green onion or chives to garnish

Heat butter or oil in a large pan, add onions, garlic and spices and sweat on a low heat for about 10 minutes, until the onion is beginning to soften. Add potatoes, stock, salt and pepper and simmer gently for about 25 minutes. When the potatoes are soft take the pan off the heat, cool and puree.

When ready to serve add the milk of your choice, reheat (do not boil), check seasonings, ladle into bowls and garnish.

Please feel free to share this recipe with others. If you use this in another publication we would appreciate a reference to Two Whales as the originators of this recipe. Thank you.

