



Sunchoke Leek Soup

By Chef Deepak Saxena of [Masala Lab](#)

This Sunchoke Leek Soup brought to us by Chef Deepak Saxena at Share Fair is incredibly rich and flavorful, with just a hint of spice. The sunchokes, leeks and shallots cooked in ghee marry wonderfully in this creamy soup which will stick to your bones in the fall, winter and spring months.

Yield: 8 servings

Ingredients:

- 2 lb sunchokes, cut into half inch cubes
- 1 tsp black pepper
- 3/4 cup ghee or butter, divided
- 1 large leek, cut into 1/4" half moons and washed - include the green parts
- 2 Tbsp curry powder
- 1/4 lb shallots (about 4), cut into half moon slices
- 1 qt water
- 1 cup cream
- 1.5 Tbsp salt
- 1/4 lemon, juiced
- 1 tsp cumin seeds
- 1 tsp crushed red pepper
- 2 Tbsp ghee or oil



Directions:

1. Toss sunchokes with black pepper and 1/3 of the ghee, melted and roast in the oven at 450F for 30-45 minutes. They should just begin to char when they're done.
2. While the sunchokes are roasting, caramelize leeks. Heat 1/3 of the ghee in a saute pan on medium heat and add leeks and curry powder. Cook, stirring often until leeks are jammy and soft - about 30-45 minutes. Set aside.
3. Heat the remaining third of ghee to medium high heat in a stock pot and add shallots. Cook for 5-10 minutes to soften. Add water and sunchokes. Bring to a boil and simmer covered for 30 minutes until everything is soft. Add cream, salt, and lemon juice. Use an immersion blender or countertop blender to blend everything together
4. Heat the last bit of ghee or oil in a pan on high heat. Add cumin seeds and crushed red pepper and immediately turn the heat off. Pour into soup and mix.
5. Serve garnished with cilantro and lemon zest.

