



Makes 7 cups
Preparation Time: 15 minutes
Cook Time: 35 minutes

INGREDIENTS:

3 large tart apples, such as
Granny Smith

2 large leeks (1¼ lb.), white and
light green parts only, chopped
(4 cups)

4 cloves garlic, minced

5 cups low-sodium vegetable
broth

1 tablespoon apple cider
vinegar

1 teaspoon chopped fresh
thyme

1 teaspoon finely chopped fresh
rosemary

¼ teaspoon freshly grated
nutmeg

Sea salt, to taste

½ teaspoon freshly ground black
pepper

¼ cup coarsely chopped and
toasted hazelnuts (blanched, if
desired)

Coarsely chopped fresh flat-leaf
parsley (optional)

Fresh chervil (optional)

Leek, Apple, and Hazelnut Soup

Chef and food writer Jody Eddy visited monasteries, convents, and other sacred spaces around the world to glean culinary traditions and lessons for her cookbook *Elysian Kitchens*. This light and fragrant hazelnut soup was inspired by Normandy's Abbey of Saint Wandrille, where the monks grow leeks in their organic gardens and tend to hazelnut and apple trees in their vast orchards. This recipe melds three of the region's most iconic ingredients: hazelnuts, apples, and leeks. The rich, nutty crunch of hazelnuts harmonizes with sweet apples and savory leeks, evoking Normandy's lush countryside. Serve this light soup as a starter or side.

For more inspiration, check out these tasty ideas:

- [Thai Lemongrass Soup with Mushrooms, Squash, and Greens](#)
- [Wild Mushroom Soup with Rosemary](#)
- [Chinese Hot and Sour Soup with Tofu](#)
- [Shiitake Mushroom and Leek Soup](#)

By Jody Eddy

- 1 Peel, core, and coarsely chop two of the apples. Rinse leeks under cold running water to remove any dirt. In a large pot combine leeks, garlic, and 2 tablespoons of the broth. Cook over medium-high 7 minutes or until leeks are translucent, stirring occasionally and adding broth, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in vinegar. Add chopped apples, thyme, rosemary, nutmeg, and the remaining broth.
- 2 Bring to boiling; reduce heat. Cover and simmer 20 to 25 minutes or until apples are tender, stirring occasionally. Add water, ½ cup at a time, if needed to achieve desired consistency. Meanwhile, thinly slice remaining apple.
- 3 Remove soup from heat; let cool 10 minutes. Using an immersion blender, blend soup to desired consistency. (Or transfer soup to a regular blender, in batches if needed, and blend to desired consistency.) Stir in salt and pepper. Top servings with hazelnuts, apple slices, and, if you like, parsley and chervil.