

NYBG

HONEY & HARVEST WEEKEND



GARDEN TO CAFÉ'S PURPLE SOUP

Prepared by Chef Holly Hewitt and George Edwards
Yield: 6 Servings

Ingredients

- 1 pound red beets, skin left on
- 1 pound grape tomatoes
- 2 tablespoons of olive oil
- 1–2 celery stalks, sliced into large pieces
- 1 cup sliced red onion (½" pieces)
- 1 pound red cabbage: slice half, and reserve half for later use
- 3 large garlic cloves, smashed
- 6 cups vegetable broth
- ½ pound red potatoes, skin on, chopped into large pieces
- ½ pound purple carrots, peeled, chopped into large pieces
- 4 ounces chard, red; or beet greens, sliced into ½" pieces
- 5 ounces fresh dill (plus a bit more, to garnish)
- 2 tablespoons salt
- ½ cup sour cream, to garnish
- ¼ cup honey, to garnish
- Dill on hand, to garnish

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KitchenAid



NEW YORK BOTANICAL GARDEN

Instructions

Preheat oven to 450° F.

Pre-roast vegetables (beets and tomatoes). Wash/scrub skin-on beets, rub with oil, lightly salt, completely wrap with foil, place on sheet pan. Roast in oven 30–60 minutes (depending on size) until tender. Let cool. Peel (optional) and large chop beets. Wash grape tomatoes. Lightly add oil, salt and pepper. Place on top of sheet of foil and place on sheet pan. Roast 30 minutes, or until lightly browned. Let cool.

In a large Dutch oven or pot, heat 2 tablespoons of oil over high heat. Add sliced celery, sliced red onion, ½ of sliced red cabbage, smashed garlic. Turn down heat to medium. Sauté, stirring regularly until onion starts to brown, about 10–15 minutes.

Add 6 cups of chicken broth to sautéed vegetables. Add chopped roasted beets, roasted tomatoes, chopped red potatoes, remaining sliced red cabbage, chopped purple carrots, and sliced chard or beets greens. Add ¼ cup dill. Bring to a boil, then reduce heat to medium, and simmer until potatoes are tender, about 15–20 minutes or until potatoes/beets are fork tender. Take off heat and let cool.

After soup has cooled, use a blender or an immersion blender to puree broth and vegetables until smooth. If using a blender, work in batches and fill only halfway, allowing heat to escape. Remove cap from lid, cover the lid firmly with a dish towel, and blend. Transfer to a clean pot as you work. Adjust soup's consistency with a little more broth/water if necessary.

Season with salt, pepper, and lemon juice.

Garnish with a dollop (teaspoon) of sour cream, a drizzle of honey and top with sprinkle of minced, fresh dill. Serve warm.

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