

## Turnip Vichyssoise

1 tbsp butter  
1 cup diced onion  
¼ cup finely diced celery  
½ cup diced Russet potato  
1 cup diced turnip  
2 cups vegetable or chicken stock  
2 tsp salt, or to taste  
¾ cup heavy cream  
½ cup kefir  
Chives or celery leaves



This is not really a Vichyssoise. A true Vichyssoise has far more cream and milk instead of stock, and leeks instead of onions. And of course, real Vichyssoise has no turnips. But turnips are a seriously misunderstood vegetable and can easily do just about anything that a potato can do. Their spicy bite tempers with cream and onions to become sweet and nutty. It might feel shocking at first to chill this soup, but it's a heavenly thing when it's hot outside. It's delicious with toast. It's lovely just on its own. It's cooling and light and surprisingly filling.

Melt the butter in a medium/large pot over medium-low heat. Add the onion and celery. Put the lid on the pot and let the veggies cook, without turning brown, until they're translucent. Stir it occasionally. It should take about 10 minutes.

Add the potatoes, turnips, and stock and let simmer over medium heat until they are totally soft and mash-able. About 20 minutes.

Once they are soft, transfer everything to a blender (or use an immersion blender). Add the kefir and cream. Blend everything until very, VERY smooth. Please be careful, as blending hot soup always has some element of danger. You can always let the soup cool a bit before blending. You might need to add a bit more liquid to get the right consistency. It should be creamy, but not stodgy.

Add some salt to the blender and blend it into the soup. You will do some seasoning now, but once the soup is chilled you will have to taste it and probably add more salt. Cold things need more seasoning (a good trick to know. If you ever over-salt something, serve it room temperature or cold. It'll help make it taste less salty.)

Put the soup in a bowl, and let it cool down to room temperature (you can set the bowl into a larger bowl that is full of ice, and that will help it cool faster). Once it's room temp, put the soup in the fridge and let it chill until very cold.

Serve in chilled bowls (or mugs) and garnish with chopped chives or celery leaves.