



LANTERN WHITE SWEET POTATO AND ARKANSAS BLACK APPLE SOUP

Recipe Provided by Chef and Owner of Lantern Restaurant, Andrea Reusing

Yield 8-10 cups

2 T vegetable oil
5 C sliced yellow onions
3 T chopped ginger
2 T rough chopped garlic
 $\frac{3}{4}$ t salt
 $\frac{1}{4}$ t white pepper, or to taste
 $\frac{1}{4}$ C white wine
 $\frac{1}{2}$ C sake
2 T mirin
 $\frac{1}{2}$ C cream
6 C peeled and sliced sweet potatoes
3 C Arkansas Black or other tart apples, cored and sliced
2 t salt, or to taste
4 C water – to begin with, if necessary add more after the soup is pureed
3 T sweet white miso

Heat a heavy bottomed non-reactive 6 qt pot, add oil, onions, ginger, garlic, $\frac{3}{4}$ t salt and pepper. Cover and sweat until soft without allowing it to color. This may take up to $\frac{1}{2}$ an hour. Add white wine and cook uncovered for 5-10 minutes. Add the sweet potatoes, water, sake, the rest of the salt, mirin and cream. Cover and bring up to a simmer until sweet potatoes are almost cooked through. Add apples and cook until they are soft. Turn off, add miso and puree very fine. Adjust to desired thickness with water and correct seasoning before serving.