

Salt and Serenity

Pear, Parsnip and Pistachio Soup With Pear Chips

Serves 4-6

Adapted from Stephanie Izard's original recipe in her new cookbook, *Girl in the Kitchen*.

Soup:

1 tablespoon olive oil
1 small yellow onion, finely diced
2 garlic cloves, sliced
4 large parsnips, peeled and sliced
2 ripe pears, peeled and diced (I used really ripe Bartlett pears)
3/4 cup roasted, salted pistachios (divided into 1/2 cup and 1/4 cup)
1/2 cup dry white wine (I used Sauvignon Blanc)
3 1/2 cups vegetable broth
1 cup milk (2% works just fine)
1/4 teaspoon red pepper flakes
salt and pepper
1/4 cup roasted salted pistachios, chopped (for garnish)
Pear chips (recipe below)

1. Add the olive oil to a medium-sized saucepan set over medium heat. Add the onion, and garlic. Cook until onions are translucent but not brown, three to five minutes.
2. Add the parsnips, pears, 1/2 cup of the pistachios, and the wine. Cook, stirring occasionally, until the wine has almost evaporated, about eight minutes. Add the vegetable stock, milk, and red pepper flakes. Turn heat to high and bring to a boil. Then reduce heat to maintain a simmer, and cook until the parsnips are very soft, 45 minutes to an hour.
3. Puree the soup either by carefully blending batches of it in a blender or by using an immersion blender. Taste the soup, and season to taste with salt and pepper. The pistachios will bring a lot of salt to the soup, so be careful. Divide soup between four bowls.

Garnish with remaining pistachios and serve with pear chips on the side.

Pear Chips:

2 firm (not ripe) pears, washed but not peeled or cored. Leave them whole

1. Preheat oven to 200°F. Line 2 baking sheets with parchment paper. Set aside.
2. Slice firm pears very thinly on a mandolin. Or, if your knife skills are excellent and you can slice very thinly and evenly with a sharp knife, go for it!
3. Lay the slices flat, in a single layer (do not overlap) on the parchment lined baking sheets and bake for 45 minutes. Turn the pears over and bake for another 30-45 minutes until they are curled up at the edges and golden brown. They will still be a bit pliable at this point but will harden upon cooling. Crisps will keep in an airtight container for up to a week.