



Massimo Capra, Executive Chef, Mistura Ristorante, Toronto

LACTOSE FREE VICHYSOISSE

- 2 Large size potatoes peeled, washed and cubed
- 1 Large leek, white and light green part only, washed and chopped
- 1 Clove of garlic chopped
- 5 Cups of lactose free organic 2% milk
- 1 Bunch of parsley or chives chopped finely
- 2 oz. olive oil
- Salt and pepper to taste

In a stockpot, heat the olive oil until hot but not bubbling. Turn the temperature down to low and the leeks and garlic. Sauté until translucent – not brown. Add the potatoes and the milk and simmer gently for about 40 minutes – the potatoes should break apart by this point.

Using a blender, puree the soup until creamy. Add salt to taste. Chill in a refrigerator until needed. Before serving, add some freshly ground pepper and finish with chopped parsley or chives.