

Chilled Onion Fennel Soup

By Executive Chef Zachary Ladwig, The Inn at Dos Brisas



Ingredients:

1/2 pound butter
4 ounces onions
4 ounces leeks
2 ounces potatoes

6 each large fennel bulbs
3 quarts vegetable stock
4 ounces half-and-half
TT salt, sugar, black pepper

Directions:

Begin by melting the butter in a heavy bottomed sauce pot. Add the onions and leeks. Once they have become translucent, add the fennel and potato. Continue to cook for about three minutes. Pour the vegetable stock over the vegetables and simmer for 25 minutes or until the vegetables are fork-tender. Puree the soup on high speed in batches, seasoning with the salt, sugar and black pepper. Strain the soup through a fine mesh chinois, chill over an ice bath. Adjust the consistency just before serving with the half-and-half.

**To take this recipe a step further, add shrimp.
First, poach the shrimp, then pickle and use to garnish the soup.**

Poached Shrimp

2 pounds Gulf shrimp
2 cups white wine
2 quarts vegetable stock
1 tablespoon kosher salt
1 tablespoon fennel seed

1 teaspoon Old Bay seasoning
2 lemons, split
2 oranges, split
1 bay leaf

Reserve the shrimp and combine all of the other ingredients. Bring to a simmer for five minutes. Pour the liquid over the shrimp and allow to rest for three minutes. Once the shrimp have set, chill to room temperature and reserve for use in the pickled shrimp (below).

Pickled Shrimp

2 pounds Gulf shrimp, poached
1 large Texas onion, shaved
1 medium-sized fennel bulb, shaved
2 ribs of celery, shaved finely
1 carrot, shaved into coins
4 bulbs garlic, shaved
1 jalapeno, shaved
1/2 cup high quality cider vinegar

Zest and juice of one each lime, lemon and orange
Segments of one orange
1/4 cup Texas olive oil
1 tablespoon coriander seed
1 tablespoon fennel seed
1 teaspoon Espelette pepper
TT fennel fronds

Combine all ingredients and allow to marinate overnight. The flavors really come together after two days. This will last for up to a week in the refrigerator in a tightly lidded container.