

Irish stew may be the national soup of Ireland, but root soup is also a traditional favorite. This recipe from County Clare Irish Inn & Pub in Milwaukee ran in the Milwaukee Journal Sentinel back in 2000. It's still on the menu and still a favorite. The recipe has been slightly adapted from the original.

County Clare's Irish Root Soup

Makes 12 to 13 (1-cup) servings

2 pounds sweet potatoes
2 tablespoons olive oil
1 tablespoon butter
2 pounds carrots, peeled and sliced
2 leeks (white part only), sliced
6 cloves garlic, peeled and minced
4 cups chicken stock or broth
2 cups whipping cream, room temperature, plus whipped cream for garnish
1 to 1 ¼ teaspoons salt
Pinch of white pepper
2 tablespoons sugar



Prepare sweet potatoes: Peel and halve lengthwise. Boil in a pot of water about 10 minutes, then remove to a parchment-lined baking sheet. Bake at 375 degrees about 30 minutes, or until browned and tender.

Heat oil and butter in a large, heavy saucepan or skillet over medium heat. Add carrots, leeks and garlic. Sauté over medium-low heat until leeks are translucent, 8 to 10 minutes, covering pan and stirring occasionally.

Transfer contents to a large soup pot. Add sweet potatoes, cut into large chunks, and stock. Cover and bring to a boil. Reduce heat, add room-temperature cream and return to a simmer over low heat. Simmer until carrots and potatoes are very soft, stirring occasionally, about 30 minutes.

Puree soup in three or four batches in a blender. Return soup to same pot. Add salt, pepper and sugar. Taste and adjust seasonings as desired.

Stir soup over medium heat until heated through. Ladle into bowls and top with whipped cream.