

Soup-e pestch

(Pistachio Soup)

Ingredients

1 cup unsalted, blanched pistachio nuts
board
1 shallot
2 leeks
1 garlic clove
6 cups chicken broth
grinder
1 Tbs. sesame **or** olive oil
lid
2 Tbs. rice flour
1 tsp. salt
1/4 tsp. black pepper
1/4 cup whole, unsalted, shelled pistachio nuts (for garnish)
1/2 cup bitter orange juice **or** 1/4 cup regular orange juice
mixed with 2 Tbs. lime juice

Utensils

knife and cutting
measuring cup
measuring spoons
lemon reamer
food processor **or**
heavy soup pot with
spatula
wooden spoon
ladle
soup tureen
soup bowls

Make the chicken broth. Good chicken broth can be bought in the store. Peel and chop the shallot. Peel the garlic. Using the flat part of the knife, crush the garlic. Cut off the roots and the green part of the leek and discard. Finely chop the white part of the leek. Juice the bitter orange, or juice the lime and combine it with regular orange juice. Place the pistachio nuts in the food processor or grinder. Grind the nuts but do not overprocess them and bring out the oils. Heat the oil in the heavy soup pot on the stove over medium heat. Add the shallot and leeks. Sauté 5 minutes or until they are translucent. Add the garlic and cook an additional 3 minutes. Add the rice flour, and, using a wooden spoon, stir constantly. Add the chicken broth and bring to a boil. Add the ground pistachio nuts, salt, and pepper. Reduce the heat to low and cover the soup pot with a lid. Simmer the soup 45 minutes, stirring occasionally. Add the orange juice and adjust the seasoning. Pour the soup into the tureen and garnish with the whole pistachio nuts. Serve hot. The soup can be made in advance and carefully reheated.