



Oyster Soup with Frizzled Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



359 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch cayenne
- ☐ 1 cup half-and-half
- ☐ 2 medium leeks white green chopped (and pale parts only)
- ☐ 2 large russet potatoes (baking) (1 pound total)
- ☐ 1 teaspoon salt
- ☐ 1.5 cups shucked oysters with 1 1/2 cups of their liquor (if necessary, add enough bottled clam juice to bring total to 1 1/2 cups) (6 dozen)
- ☐ 3 tablespoons butter unsalted
- ☐ 4 cups vegetable oil

- ☐ 3.5 cups water

Equipment

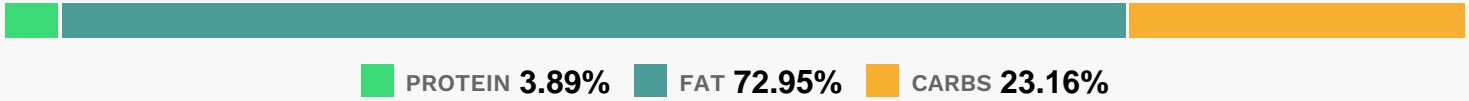
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ slotted spoon

Directions

- ☐ Cut leeks crosswise into 2-inch lengths, then cut lengthwise into enough very thin strips to measure 2 cups. Wash leek strips in a bowl of cold water, agitating them, then lift out and pat dry.
- ☐ Heat oil in a deep 4-quart heavy saucepan until it registers 360°F on thermometer. Fry leeks in 8 batches, stirring, until golden, about 10 seconds per batch.
- ☐ Transfer as fried with a slotted spoon to paper towels to drain. Cool completely (leeks will crisp as they cool).
- ☐ Pick over oysters, discarding any bits of shell, and rinse well. Wash chopped leeks in a bowl of cold water, agitating them, then lift out and drain well. Peel potatoes and cut into 1/2-inch cubes. Cook leeks, potatoes, and salt in butter in a 4-quart heavy saucepan, covered, over low heat, stirring occasionally, until leeks are golden and potatoes are beginning to soften, about 15 minutes.
- ☐ Add water and simmer, covered, over moderate heat until potatoes are very tender, about 10 minutes. Purée soup in batches in a blender until very smooth (use caution when blending hot liquids), transferring to a bowl.
- ☐ Return soup to saucepan.
- ☐ Add oyster liquor and half-and-half and bring to a simmer over moderate heat, stirring occasionally (do not boil).
- ☐ Add oysters and cayenne and cook, stirring occasionally, just until oysters become plump and edges curl, about 3 minutes. Season with salt.

- ☐
- Serve soup topped with fried leeks.
- ☐
- Fried leeks can be made 3 days ahead and kept in a sealed plastic bag at room temperature.·Soup base (without oyster liquor, half-and-half, oysters, and cayenne) can be made 2 days ahead and cooled, uncovered, then chilled, covered.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:14, Inflammation Score:-6, Nutrition Score:10.561739123386%

Flavonoids

Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 358.84kcal (17.94%), Fat: 29.76g (45.78%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 19.66g (7.15%), Sugar: 2.72g (3.02%), Cholesterol: 23.74mg (7.91%), Sodium: 327.91mg (14.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin K: 53.03µg (50.5%), Vitamin B6: 0.39mg (19.36%), Zinc: 2.26mg (15.04%), Vitamin E: 2.24mg (14.92%), Copper: 0.28mg (13.76%), Potassium: 473.49mg (13.53%), Manganese: 0.27mg (13.36%), Vitamin A: 617.36IU (12.35%), Vitamin C: 8.21mg (9.95%), Phosphorus: 93.07mg (9.31%), Iron: 1.5mg (8.33%), Magnesium: 32.48mg (8.12%), Vitamin B12: 0.47µg (7.89%), Folate: 28.56µg (7.14%), Vitamin B1: 0.1mg (6.61%), Calcium: 64.79mg (6.48%), Fiber: 1.6g (6.41%), Vitamin B2: 0.1mg (5.99%), Vitamin B3: 1.12mg (5.62%), Vitamin B5: 0.41mg (4.12%), Selenium: 2.53µg (3.61%)