



CHIPOTLE SWEET POTATO SOUP ~ BOURBON MAPLE GLAZED PECAN GARNISH

SOUP INGREDIENTS

- 1 Spanish onion, rough chopped
- 2 tb vegetable oil
- 3 cloves garlic, crushed
- 3-4 medium sized sweet potatoes, peeled and rough chopped
- 2 L vegetable stock
- Spice blend: 3 tb chili powder, 1 tb cumin, 1 ts chili flakes, 1 ts nutmeg, 1 bay leaf
- 2 fl oz beer or white wine
- 4 ts chipotle paste, or 2-3 whole peppers, chopped with some adobo
- 1 tb salt
- 2 tb brown sugar
- S+P to taste
- 2 cup 35% cream
- 1 sprig fresh basil, chopped for garnish

METHOD:

1. In a large stock pot, sauté the onion in a little oil, add garlic and a touch of S+P
2. Add spice blend, cook on low to 2 minutes.
3. Deglaze with beer or wine.
4. Add chopped sweet potatoes, cook together for 2 minutes on low heat.
5. Add brown sugar, chipotle and vegetable stock.
6. Add 1 tb salt.
7. Bring to a boil and simmer for 20-30 minutes or until the potatoes are soft and cooked fully.
8. Remove from heat.
9. Using an emersion blender, add the cream. Alternatively, blend using a food processor or blender.
10. Check seasoning.

YEILD: 3L, you can freeze this soup as well

BOURBON MAPLE GLAZED PECANS

- 1.5 cups whole pecans
- 1 fl oz Kentucky straight bourbon of your choice
- 1.5 oz pure maple syrup
- 1 pinch cayenne pepper
- 1 pinch sea salt flake
- 1 pinch crack black pepper

METHOD:

1. Toast the pecans on medium low heat for a few minutes until fragrant and slightly browned.
2. Deglaze with bourbon, flame off for 30 seconds.
3. Add maple syrup, sauté for 1 minute.

Web: cheoffgeoff.ca

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4. Remove from heat and add the spices.
5. Cool on a wax paper lined cooking sheet.