

AUSTRIAN GREEN BEAN SOUP (FROM CLASS WITH CHEF TOUSSAINT)

KATHY VALDÉS

INGREDIENTS

¾ Lb. green beans

6 Tbsp butter

1 onion, finely chopped

1 garlic clove, minced

½ cup celery, finely chopped

8 cups chicken stock

1/3 cup pearl barley*

½ tsp dried tarragon

6-8 sliced fresh mushrooms

2 Tbsp butter

2 Tbsp flour

½ cup sour cream

1/6 cup parsley, chopped

DIRECTIONS

1. Trim green bean ends and cut to “spoon size” pieces
2. In sauce pan, heat 6 Tbsp butter and add onion, garlic, and celery. Cover and cook for 8 minutes. Pour the stock into the saucepan. Add barley, tarragon. Bring to a boil, reduce heat, and simmer for 30 minutes.
3. Sauté mushrooms in 2 Tbsp of butter. Add sautéed mushrooms to soup and simmer for 15 minutes.
4. Whisk together the flour and sour cream. Beat 1 cup of hot soup, gradually into sour cream. Add cream mixture to soup. Garnish with parsley and serve.

Notes

In Step 1, the original instruction was cut beans to size of peas, in class he said “spoon sized”. Step 4 is to temper the cream so it will not separate when added to a hot liquid.

* I increased the amount of barley from 1/3 cup to 2/3 cup for a heartier soup. Barley will expand.