

Vegan Sweet Potato Vichyssoise with Coconut Crème Fraiche and Fried Leeks

Recipe submitted by GREG BALINGIT of Five Fishermen Restaurant for Halifax VegFest 2019

Sweet Potato Vichyssoise Prep

Ingredient	Amount	Unit
Leeks (whites only)	500	g
Sweet Potato (rough cut)	500	g
Coconut Oil	125	g
Vegetable Stock	1.75	L
Salt	25	g

Yield 2.4 L

- 1 Rough cut the leeks and wash all debris off them. Drain
- 2 In a soup pot sautee leeks on medium heat with coconut oil until translucent
- 3 Add stock and sweet potato and bring to a boil
- 4 Once boiling bring pot to a simmer. Simmer until sweet potato tender
- 5 Season with salt and blitz with hand blender
- 6 Puree mixture in vitamix
- 7 Transfer to food grade insert
Wrap, label,
- 8 refridgerate

Fried Leeks

Ingredient	Amount	Unit
Leeks (julienne)	100	g
Cornstarch	125	g
Salt	5	g
Water	2	g
Canola oil	30	ml

Yield 50 g

- 1 Dredge leeks in cornstarch
- 2 Fry in 350 degree oil until golden and crisp
- 3 Drain on clean paper towel
- 4 Season with salt
- 5 Store at room temperature

Coconut Crème Fraiche

Ingredient	Amount	Unit
Coconut Cream	1	can
Fermented Coconut milk probiotic	1.5	tbl spon
Salt	1	pinch

Yield 300 ml

- 1 Whisk ingredients together in a SS bowl until incorporated
- 2 Wrap SS bowl and leave at room temperature for 24 - 36 hrs
- 3 After allotted time consistency should be like sour cream
- 4 Transfer to food grade insert
Wrap, label,
- 5 refridgerate

Sweet Potato Vichyssoise Plate

Ingredient	Amount	Unit
Sweet Potato Vichyssoise Prep	240	ml
* Coconut Crème Frraiche	30	ml
Fried Leeks	15	g

Yield 1 plate