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recipe

SOUP'S ON

Saffron's Sameh Wadi serves up a simple, elegant first course.

JERUSALEM ARTICHOKE SOUP W/ SMOKED SALMON AND SUMAC

SOUP

1 lb. Jerusalem artichokes, peeled and halved
¼ lb. unsalted butter, divided
1 large onion, small diced
10 garlic cloves, sliced
water
salt

GARNISH

cold-smoked salmon
potato chips
sumac powder
chives
extra virgin olive oil



DIRECTIONS: Heat small stockpot and melt half the butter mixture, then sweat the onion and garlic. Add the artichokes and cook on low heat for 4 minutes and season with salt. Add enough water to cover the vegetables. Cook on medium-low heat for 15–25 minutes; the artichokes should be fork tender. Place the vegetable mixture in a blender and blend, adding cooking liquid to thin out the soup; then add the rest of the butter and adjust the seasonings with salt.

Place soup in bowl and garnish with sliced smoked salmon, potato chips, sumac powder, chives and extra virgin olive oil.

FROM THE CHEF: This soup was inspired by the Jerusalem artichoke, which, ironically, is not really from Jerusalem and not really an artichoke. It's also known as sunchoke, and can be found at most local co-ops. The flavor of the vegetable is unique and really mellow, so we decided that the best way to highlight the flavor was in a soup. There is no cream in the recipe, so it's lighter and the flavor is not masked. Sumac (available at Middle Eastern grocers, including Holy Land) adds acidity and more earthiness to the mix, and the salmon is nice, because it adds another layer of flavor (smoke) without overpowering the soup.

At Saffron we cure and smoke our own salmon, so we control how salty it gets. At home, you need to make sure that the soup isn't overly salty when paired with store-bought smoked salmon. We also make Jerusalem artichoke chips for the garnish instead of potato chips, but since that's so labor intensive, we recommend the home chef substitute potato chips. Saffron, 123 N. 3rd St., Mpls.; 612.746.5533; saffronmpls.com