



Excerpted from the book [The Feds at Barney's Cookbook](#) by Mark Strausman. Copyright © 2018 by Mark Strausman. Reprinted with permission of Grand Central Publishing. All rights reserved.

WHITE BEAN SOUP

Even though it's made from the humble bean, this soup is as silky and soft as a cashmere sweater. The extra step of straining is what elevates it to something beautiful and elegant, even though it's made with everyday ingredients that you probably already have in your pantry. I've worked with both Frenchmen and Italians, and while they might not agree about much when it comes to food, the bean holds a place of honor in both culinary traditions as an ancient, nutritious, and sustaining food. Reconstituting dried beans doesn't take much effort—just a little planning ahead—and is well worth it, especially for a recipe like this where you want the flavor and creaminess of the beans to take center stage.

Serves 6 to 8

2 cups dried white beans (cannellini, navy, or Great Northern)
3 tablespoons extra-virgin olive oil
2 cloves garlic, minced
1 large onion, cut into small dice
1 carrot, cut into small dice
2 celery stalks, cut into small dice
2 teaspoons kosher salt
2 medium russet potatoes, peeled and cut into small dice
1 cup dry white wine
3 quarts Vegetable Stock (page 28/not included) or Chicken Stock (page 24/not included)
Leaves from 6 sprigs fresh marjoram, chopped
Minced fresh chives for garnish
Extra-virgin olive oil for garnish

Place the beans in a container large enough to hold twice the amount of water as the volume of beans. Cover the beans with water and soak for 24 to 48 hours. Drain.

In an 8- to 10-quart stockpot, heat the olive oil over medium heat. Add the garlic, onion, carrot, celery, and salt and cook, stirring regularly, until the onion is translucent, about 5 minutes. Add the drained beans and potatoes, stir everything together, and cook for 2 minutes. Add the



wine, stock, and marjoram. Bring to a boil, then turn down the heat so that the soup is just simmering. Simmer gently, uncovered, for 1½ hours, stirring every 10 to 15 minutes to make sure it's not sticking on the bottom. Turn off the heat, cover the pot, and let the beans steep for about an hour.

Puree the soup using a blender, food processor, or immersion blender, then pass the soup through a mesh sieve or food mill to remove any pieces of fiber. Adjust the seasoning, if desired, and place the soup back in the pot and heat through. Serve hot, topped with minced chives and a drizzle of extra-virgin olive oil.



From the book *The French Kitchen's Cookbook* by Mark Sisson and Copyright © 2018 by Mark Sisson.
Reprinted with permission of Grand Central Publishing. All rights reserved.