

Potato Soup

Creamy homemade potato soup with fresh herbs. Simple comfort food recipe ready in 45 minutes with tender potatoes and rich broth.

15	30	45	4	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Potato Soup

Ingredients

- 3 potato
- 1 onion
- 1 tbsp flour
- 1 tbsp sunflower oil
- 1 egg yolk
- 0.5 cup milk
- 0.5 tbsp salt
- 8 sprig parsley

Instructions

- 1 Build the base**

Heat 1 tablespoon oil in a heavy-bottomed pot over medium heat (175°C/350°F) until shimmering. Add 1 diced onion and cook for 5-6 minutes, stirring occasionally, until translucent and softened.
- 2** Sprinkle 1 tablespoon flour over the onions and cook for 1 minute, stirring constantly to prevent burning. Gradually whisk in 4 cups water until smooth, ensuring no lumps remain.
- 3** Add 1 teaspoon salt and bring to a boil over high heat. Reduce heat to medium and simmer for 5 minutes until the liquid is slightly thickened.
- 4 Cook the potatoes**

Grate 3 potatoes on the large holes of a box grater. Add immediately to the simmering broth and cook for 15-18 minutes until fork-tender and breaking apart slightly.
- 5** Strain the soup through a fine-mesh sieve into a clean pot, pressing the solids gently with the back of a spoon to extract liquid. Discard the solids and return the strained soup to medium-low heat.
- 6 Finish the soup**

Whisk 1 egg and 1/2 cup milk together in a small bowl. Slowly whisk 1/2 cup of the hot soup into the egg mixture to temper it (this prevents the egg from scrambling).
- 7** Pour the tempered mixture back into the soup while whisking constantly. Cook for 2-3 minutes until slightly thickened, stirring continuously to prevent curdling.

- 8 Remove from heat and stir in 1/2 tablespoon chopped fresh parsley from 8 sprigs. Taste and adjust seasoning with additional salt and pepper as needed.

Tips

Grate potatoes on the largest holes of your grater for optimal texture and cooking time – smaller pieces will break down too much and create a gluey consistency.

Always temper your egg-milk mixture by slowly whisking in hot broth before adding it to the soup to prevent curdling and achieve silky smoothness.

Strain the soup through a fine-mesh sieve if you prefer an ultra-smooth texture, pressing the solids gently to extract maximum flavor.

Keep the heat at medium-low when adding the egg mixture and stir constantly to maintain the soup's creamy consistency without scrambling.

Use starchy potatoes like Russets for maximum thickening power, or combine with waxy potatoes for varied texture.

Add salt gradually and taste frequently – potatoes absorb salt differently depending on their variety and cooking method.

Fresh herbs should be added at the very end to maintain their bright color and fresh flavor impact.