

## Apolo Anton Ohno's Favorite Potato Curry Soup

Makes 8 servings

While preparing this recipe for food writers and editors in New York City in April, 2010, Apolo told them, "Even if you don't like curry, try this recipe!" Apolo also likes to use a slow cooker for this soup recipe, so he can put all the ingredients in the slow cooker in the morning and then have a great soup at the end of a busy day of training. He sometimes adds cooked chicken for increased protein.

Because Apolo has made this recipe so often and cooks by tasting rather than by measuring, the recipe below (with measurements!) comes from the recipe book **Super Spud Recipes from Washington Students** and was submitted by Rainier Elementary School in Rainier, Washington. More recipes are available from the Commission at [www.potatoes.com](http://www.potatoes.com).

1 1/2 pounds Washington State Yukon Gold or Russet potatoes

2 tablespoons canola oil or butter

1 large onion, chopped

2 teaspoons very finely chopped fresh ginger root

1 clove garlic, finely chopped

1 1/2 teaspoons curry powder

1 teaspoon Kosher salt

1/2 teaspoon ground cumin

5 cups reduced sodium chicken broth OR 1 container (32 ounces) chicken broth plus 1 can (13.66 ounces) coconut milk

1/2 cup half and half (optional for the coconut milk variation)

1 cup frozen peas

1. Scrub potatoes with a vegetable brush under cold running water.
2. Peel and cut potatoes into 1-inch cubes. Set aside.
3. Heat saucepan or saucepot on Medium-Low.

4. Add oil and heat it to hot, then stir in the onion, ginger and garlic.
5. Reduce heat to Low. Cover the pot and cook 4 minutes.
6. Lift the cover and stir the onion mixture. Recover and cook until onion is soft, about 4 to 5 minutes more.
7. Stir in curry powder, salt and cumin, then potatoes and chicken broth.
8. Increase heat to Medium and cook, stirring occasionally, until potatoes are tender, about 20 minutes.
9. Remove pan from heat and carefully spoon about 2 cups of a mixture into a blender and blend until smooth. Pour blended soup into a bowl.
10. Add the remaining potato/broth mixture to the blender and blend until smooth. Add to the saucepan or pot along with the blended mixture in the bowl .
11. Stir in half-and-half and frozen peas and heat on Medium just until soup begins to bubble.
12. Season with salt and pepper.
13. Serve in soup bowls. Top with Greek yogurt or toasted croutons.

Nutritional Analysis per serving: 151 calories, 5.5 g protein, 21 g carbohydrates, 5.4 g fat (31% of calories from fat), 5.5 mg cholesterol, 2.5 g fiber, 605 mg sodium. (This is without coconut milk.)