

Bowl of Comfort: Potato Soup

Do you like creamy potato soup when a chill hits the air? Here you will learn the best potatoes to use for soup and tips on creating a delicious pot of homemade potato soup.

Potato soup is a comfort food for many people. Do you know which spud to use for soup? There are a wide variety of potatoes in the produce section. If you want a creamy soup or a soup with potato chunks, you will use russets, Yukon golds, or red potatoes.

There are many varieties of potatoes; here are the most common for every type of soup.

Round white potatoes are often called waxy potatoes because they are low in starch. They hold their shape best after cooking. This is one of the best potatoes for soup when you want chunks of potato with skin. The skin adds texture and nutrients.

Russets have a light mealy texture and are high in starch. They have thick skin, so they are usually peeled for soup. Russets are also the best choice for baked potato soup.

Yellow or Yukon Gold potatoes are medium starch, all-purpose potatoes. They contain more moisture than high-starch russet potatoes, so they do not easily fall apart. These are good for soups that require some potatoes to be mashed for thickening and the rest to be left in chunks.

New red potatoes are similar to round white potatoes and can be used in many ways. New red potatoes are best used when you are looking for color from the skin.

Fingerling potatoes are best when their unique shape and size are emphasized in a soup. Use them in broth-based soups or stews.

Microwave pierced potatoes until tender before cutting them, if desired, to reduce the soup cooking time.

Cut the potatoes into similarly-sized cubes. Keeping the sizes similar will ensure they cook evenly and at the same rate.

Potatoes will sometimes turn brown when exposed to air for an extended time. This is known as oxidation. It will not affect the flavor. Heat and acidic items like lemon juice or vinegar will stop the process. If you want to dice your potatoes before starting the soup, put them in a large bowl with a 1 Tablespoon of white vinegar to 1-gallon water ratio.

Since potatoes are so starchy, potato soup is naturally thick. However, you may be looking to thicken your potato soup a bit based on your preference. There are a few ways to do this!

To thicken your potato soup instantly, whisk in a couple of tablespoons of cornstarch or flour. This can be done whether your base is broth or milk!

Puree some of the soup mixture instead of mashing the potatoes. Blend a couple of cups of the finished soup mixture in a food processor and then add it back into the pot.

You can add instant potato flakes to thicken your potato soup and add a more robust potato flavor. Add the flakes to your soup at the end of the cooking process when it is set to simmer, then cover the pot and wait about five minutes before serving.

If an exceptionally creamy, comforting potato soup is what you are after, there are a few kitchen tricks for that, too.

Add heavy whipping cream or sour cream to the soup mixture if you want a super creamy potato soup.

Potatoes and cheese go superb together, so a great way to add some thickness to your potato soup is to add the cheese after your soup is cooked.

Like most foods, you can keep leftover potato soup sealed in an airtight container in the refrigerator for four days. Usually, soups with dairy products do not freeze well, so freeze the soup without adding heavy cream and sour cream. Add heavy cream and sour cream when reheating it.

There are many variations of potato soup, from the minimalist soup to the fully loaded version. Potato soup is easy and quick to put together. It is a meal the whole family will love!

(Sources: potatogoodness.com; www.bhg.com; sugarspunrun.com; whatsfordinner.com)