

Soup recipes:

SPLIT PEA SOUP

1 (16-ounce) package dried green split peas
2¾ quarts water
3 medium onions, chopped
2 medium carrots, diced
2 bay leaves
1 large ham hock or ham bone
¼ cup chopped celery leaves
2 tablespoons chopped parsley

Sort and wash dried green split peas; place in a Dutch oven. Add 2¾ quarts water; cover and bring to a boil. Cook 2 minutes. Remove from heat and let stand for 1 hour

Add the remaining ingredients to the pot. Bring to a boil, cover, reduce heat and simmer 1 hour. Remove ham hock/ham bone and bay leaves. Cut meat from hock/bone and set aside. If desired, you can puree the soup either using a stick blender or regular blender and process till smooth. Add the meat from the ham hock/bone back into the soup. Taste for seasoning. For a slightly richer taste add 1 tablespoon butter when reheating, just until blended. Serve hot with croutons floating on top of soup. Yield about 2 ½ quarts.

CURRIED BUTTERNUT SQUASH SOUP

4 tablespoons unsalted butter
2 cups finely chopped yellow onions
4 to 5 teaspoons curry powder – start with four, you can always add more.
2 medium-sized butternut squash (about 3 pounds altogether)
2 apples, peeled, cored and chopped
3 cups Chicken stock
1 cup apple juice
Salt and freshly ground black pepper, to taste
1 shredded unpeeled Granny Smith apple – for garnish

Melt the butter in a large stock pot. Add chopped onions and curry powder and cook, covered, over low heat until onions are tender, about 25 minutes.

Meanwhile peel the squash (a vegetable peeler works best), scrape out the seeds, and chop the flesh. When onions are tender, pour in the stock, add squash and chopped apples, and bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are very tender, about 25 minutes.

Pour soup through a strainer, reserving liquid and transfer the solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium disc; or use a hand held blender. Add 1 cup of the cooking stock and process until smooth. Return pureed soup to the pot and add the apple juice and additional cooking liquid, about 2 cups, until the soup is of the desired consistency.

Season the soup to taste with salt and pepper. Simmer briefly to heat through, and serve immediately, garnish with shredded apple. Serves 4 to 6

CARROT SOUP WITH CARAWAY-BREAD CRUMB TOPPING

For the carrot puree:

¼ cup unsalted butter
2 yellow onions, thinly sliced
2 pounds carrots, peeled and thinly sliced
1 fresh tarragon sprig or 1 tsp dried tarragon
4 cups vegetable stock
1/3 cup fresh orange juice
2 tbsp. fresh lemon juice
Salt and ground white pepper

For the topping:

¼ cup unsalted butter
2 tsp. caraway seeds
2/3 cup fresh white bread crumbs
2 tbsp. finely chopped fresh flat-leaf parsley

For the carrot puree, in a large saucepan over medium heat, melt the butter. Add the onions and sauté until translucent, 2-3 minutes. Add the carrots and tarragon. Reduce the heat to low, cover, and cook, stirring occasionally, about 10 minutes. Add the stock and the orange and lemon juices. Bring to a boil, reduce the heat to low, cover, and simmer until the carrots are very tender, 10-15 minutes. Discard the tarragon sprig, if using. In small batches, puree the soup in a food mill, a food processor, or if using keep soup in pan and use a hand-held blender stick. Once pureed, either return to pan or if still in pan, season to taste with salt and white pepper, and rewarm gently over low heat.

For the topping, in a frying pan over medium-low heat, melt the butter. Add the caraway seeds and sauté for about 1 minute. Add the bread crumbs, raise the heat slightly, and sauté, stirring until golden brown, 2-3 minutes. Ladle the soup into warmed bowls and scatter the bread crumb mixture generously on top. Garnish with parsley. Serves 6-8

CHOCOLATE SOUP (Zuppa al Cioccolato)

This is an old recipe from the Convent of Dimess in Udine, Italy. It is served on Christmas Eve.

5 cups whole milk –**Must be whole milk, not light or 2%** (see note)
3 tablespoons all-purpose flour
4 ounces semisweet chocolate, grated or chopped fine
2 tablespoons sugar
1 tablespoon unsalted butter –at room temperature
Ground cinnamon - pinch
Brioche or Panettone, torn into pieces, or hard buttery cookies

Note: For a thicker soup, use 2 ½ cups whole milk and 2 ½ cups half and half

Stir ½ cup of the milk and the flour together in a small bowl until smooth.

Bring the remaining 4½ cups milk **just to the simmer** in a medium saucepan over medium heat. Ladle 1 cup of the simmering milk over the chocolate in a heatproof bowl; let sit a minute then whisk to dissolve the chocolate. Stir the chocolate mixture into the simmering milk. Re-stir the flour mixture to ensure that all the flour is mixed with the milk; stir into the chocolate mixture. Stir in the sugar, butter and cinnamon. Return the chocolate mixture to a simmer and cook, stirring, until thickened and smooth, about 5 minutes. Remove from the heat and let stand a minute or two. Ladle the soup into warm bowls. Pass the brioche, Panettone, or cookies for dunking separately. Makes 6 servings

Adopted from Lidia's Italian-American Kitchen

SHERRY, MUSHROOM and BRIE SOUP

6 cups chicken stock – 3 cans*
1/8 cup butter
½ cup all- purpose flour
12 ounces Brie Cheese – rind removed, room temp *
¼ cup dry sherry
4 – 5 oz. Fresh sliced mushrooms
¼ cup heavy cream
Salt and white pepper
Chives and/or scallions to garnish

* It is easier to remove the rind when the cheese is cold and then allow it to come to room temp. For an 8-ounce Brie, use about 5 cups of stock.

Melt butter in 3-4 quart saucepan over low heat
Add flour and mix well, cooking until it starts to turn golden

Add stock and whip vigorously, bring to a boil and reduce to simmer
Skim foam off top and continue to simmer until reduced to 2/3 its original quantity and the sauce is the consistency of heavy cream.

Strain soup through fine sieve; return sauce to pan and cook over low heat.
Add the Brie cheese; cook slowly, stirring occasionally, until the cheese has melted.
Once the cheese has melted blend using a blender or hand-held blender to smooth soup, return soup to pot. Add sherry and mushrooms and simmer lightly until the mushrooms are cooked, about 1 – 3 minutes. Do Not Boil.

Heat the heavy cream over low heat and add to soup
Season soup with salt and white pepper; Garnish with fresh chives or scallion

POTATO SOUP

2 TBSP. butter or margarine
2 TBSP. all- purpose flour
1 Cup chopped onion
1 Large clove garlic, minced
2 (14 ½ oz.) cans ready to serve chicken broth or vegetable broth
4 cups peeled, cubed potatoes, (about 3 large)
½ Cup sliced green onions to be used as garnish
¼ tsp white pepper
Salt to taste
1 Cup Milk - whole or 2%
2-3 cooked slices thick cut bacon, crisp, and chopped for garnish

Melt butter in Dutch oven over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Add onion and garlic; cook one minute or until onion is tender, stirring constantly to avoid the roux (butter and flour mixture) from getting brown. Gradually add the broth, stirring constantly. Add the potatoes. Bring this mixture to a boil, cover, and reduce heat and simmer for 15 minutes, stirring occasionally, or until potatoes are tender.

Stir milk into the cooked potatoes and heat thoroughly. At this time you can either serve as is, or you can mash up the potatoes for a thicker, richer soup. Season the soup with salt and the white pepper to taste. Serve with sliced green onions and/or bacon bits as a garnish. Yield approximately 7 cups of soup. For thinner soup, increase the amount of the milk added to the soup.

BASIC STOCK RECIPE

16 cups water
1 large onion, quartered, do not peel
10 whole mushrooms, white, medium size, quartered
2 large carrots, washed but not peeled, quartered
½ large leek, washed and sliced into rounds, white and light green part only
6 stalks celery, some with leaves and from center of stalk
5 springs fresh parsley, stems and leaves
10 black whole peppercorns
1 – 2 bay leaves

Place all the above in a large stock pot. Bring the liquid to a boil, boil for a few minutes, then reduce heat to a good simmer and cook for approximately 1 hour. Remove from heat and strain the liquid. If not using right away, allow to cool some and place in either containers to store in the refrigerator for a few days, or containers to place in the freezer for later use. If freezing, remember to allow for some expansion as the liquid freezes.

Additions to the above:

You can add some shitake or other exotic mushrooms to the sauce. You can use dried and they will impart flavor once in the liquid.

You can add a cut up chicken for chicken stock. Just skim the liquid as the chicken cooks to get rid of the scum and excess fat that will float to the top of the pot. Once cooked, throw out the chicken and strain the sauce, then allow the sauce to cool so you can skim off the excess fat.

Always use good marrow bones for either beef, veal or pork stock.

If you want fish stock, you can add shrimp shells to the liquid and cook for about 30 minutes, then drain. You can also add fish bones.

Shrimp shells are the outer covering of fresh shrimp. You peel the shells and then place the peeled shells into a plastic Zip bag and freeze. They make great fish/shrimp stock.

Note: Do not add salt to the stock as the stock is reducing to increase flavor and since salt does not reduce it would overpower the stock. You can add it later when you are making the soup.

Courtesy: Chef Cal Kraft – CPC
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Stew Recipes

CHICKEN STEW WITH CANNELLONI (WHITE) BEANS AND ZUCCHINI

1 tablespoon olive oil
8 chicken thighs, boned, no skin
1 onion, halved, thinly sliced
4 cloves garlic, finely chopped
3 tablespoons white wine
1 cup chicken stock
1 tablespoon finely chopped fresh rosemary or 1 tsp. dried
1 teaspoon grated lemon rind
1 bay leaf
2 cans 14 oz. cannelloni beans, rinsed and drained
3 small zucchini, halved lengthways, cut on the diagonal

Heat the oil in a large stew pot over medium heat. Add the chicken, in batches, and cook for 4 minutes on each side or until browned. Remove and set aside.

Add the onion to the pot and cook for 5 minutes or until soft. Add the garlic and cook for 1 minute. Add the wine and chicken stock and bring to the boil, scrapping the bottom of the pan to remove any sediment.

Return the chicken and any juices to the pan along with the rosemary, lemon rind and bay leaf. Reduce the heat and simmer, covered, for 40 minutes or until the chicken is tender. Stir in the cannelloni beans and zucchini and cook for 5 more minutes or until the zucchini are tender. Serve with white rice.

ROSEMARY BEEF STEW

3 cups diced tomatoes, canned or fresh
½ teaspoon basil, dried
¾ cup celery, chopped small
½ cup fresh parsley, minced
¼ teaspoon oregano, dried

¼ teaspoon thyme, dried
¼ cup olive oil
¼ teaspoon black pepper, fresh ground
Flour, as needed, for dredging
1 ½ pounds beef, lean, trimmed and cubed for stew
1 large clove garlic, minced
½ cup dry white wine
¾ cup beef bouillon, concentrated
1 teaspoon rosemary, dried, crushed

Combine tomatoes, basil, celery, parsley, oregano, thyme, 2 Tablespoons olive oil, and pepper in a saucepan. Bring to a boil over high heat. Lower heat and cover; simmer for 30 minutes.

While the sauce is cooking, heat remaining olive oil over high heat in a Dutch oven. Dredge beef in flour and add to Dutch oven, and sauté beef until browned (this should be done in two batches). Add garlic and sauté 1 minute more. Transfer the meat to another dish.

Pour wine into Dutch oven and cook over high heat, stirring and scraping up browned bits, until wine is reduced by half, then add beef bouillon. Next add meat, rosemary, and vegetable-tomato mixture. Cover and simmer for 1 – 1 ½ hours or until meat is tender. Allow to cool a few minutes prior to serving. Serve over rice or egg noodles.

WINTER VEGETABLE STEW

2 Tablespoons extra virgin olive oil
3 cloves garlic, smashed and chopped
1 pound Cremini mushrooms, halved
1 medium zucchini, quartered lengthwise and cut into 1 inch pieces
1 medium yellow onion, chopped
Salt and freshly ground black pepper
1 can (15 oz.) chick peas [garbanzo beans], drained
1½ teaspoons ground cumin
1 can (28 oz.) diced tomatoes with juice
2 tablespoons fresh rosemary, finely chopped, or one teaspoon dried rosemary, crushed

In a medium stockpot over moderate heat, sauté garlic and mushrooms in olive oil 2 to 3 minutes. Do not overcook the garlic. Add the zucchini and onion and season with a pinch of salt and pepper, stirring for about another 5 to 6 minutes or until the onion is soft.

Add the drained garbanzo beans, cumin, tomatoes (un-drained) and rosemary. Bring this to a boil, reduce heat, stir and then cook over low heat for 10 to 12 minutes to allow all the flavors to meld. Stir the stew once or twice to prevent anything from burning on the bottom of the pan. Serve and top, if desired, with some grated cheese. This goes great with rustic bread, a green

salad and a nice glass of wine. If you can't get Cremini mushrooms, use white button. Cremini mushrooms are also known as "Baby Bella Mushrooms."

PORK, BEER AND CHICKPEA STEW

2 teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon chili powder
¼ teaspoon ground cinnamon
Approx. 1 pound lean diced pork
1 Tablespoon plain flour
1 Tablespoon olive oil
1 large onion, finely chopped
3 cloves garlic, finely chopped
2 large carrots, chopped
2 celery stick, sliced
½ cup chicken stock
½ cup beer
2 ripe tomatoes, chopped
1 can drained and rinsed chickpeas
2 tablespoons chopped fresh parsley

Cook the spices in a dry frying pan over very low heat, shaking the pan, for 1 minute or until aromatic.

Combine the pork, trimmed of all fat, with the spices and flour in a plastic bag and toss well. Remove the pork and shake off the excess flour. Heat the oil in a large heavy based pan over high heat and cook the pork, tossing regularly, for 8 minutes, or until lightly browned.

Add the onion, garlic, carrot, celery, and half the stock to the pan and toss well. Cover and cook for 10 minutes. Add the remaining stock, beer and tomato and season to taste. Bring to a boil, reduce the heat, cover with a lid, and simmer over low heat for 1 hour. Gently shake the pan occasionally, but do not remove the lid during cooking. After one hour, stir in the chickpeas and fresh parsley. Simmer, uncovered, for 5 minutes, then serve.

CIOPPINO (California Seafood Stew)

¼ cup olive oil
2 large onions, thinly sliced
1 large green bell pepper, chopped
2 cloves garlic, minced
1 28 oz. can chopped and/or diced tomatoes w/ juice

1 cup dry white wine
2 tablespoons tomato paste
1 bay leaf
1 teaspoon fresh thyme or 1/2 teaspoon dried
1 6½ ounce can chopped clams
1½ pounds thick fish fillets, such as cod or haddock, cut into 2- inch chunks
8 ounces bay or sea scallops
8 ounces shrimp, peeled, deveined and split lengthwise
1 tablespoon chopped fresh basil
Salt and pepper

In a large pot, heat oil over medium heat; add onions and pepper and cook, stirring occasionally, for about 7 minutes. Stir in the garlic; cook for 1 more minute. Stir in the tomatoes with juice, wine, tomato paste, bay leaf, thyme and ¼ teaspoon salt. Bring to a simmer and cook, partially covered, for 10-12 minutes.

Stir in the clams with juice. Add chunks of fish. Cover and simmer for 5 minutes. Stir in scallop and shrimp, cover and simmer 4 to 8 minutes longer or until the scallops are opaque throughout and the shrimp are pink. Season with salt and pepper, as needed and serve.

Recipe courtesy 5-a-day, the better health cookbook by Dr. Pivonka and Barbara Berry

CHUNKY VEGETABLE STEW

3 Tablespoons olive oil
2 Each large onions, sliced thick
4 Cloves garlic, crushed
2 14oz. cans diced tomatoes, **undrained**
10 oz. Sweet potatoes, peeled and diced (about 2 large potatoes)
2 14 oz. cans Chick Peas, **drained**
1 Teaspoon dried rosemary, crushed
2 Small Zucchini, diced
Salt and pepper to taste
½ cup Parmesan Cheese, grated as garnish

Heat olive oil in heavy large saucepan or Dutch oven over medium heat. Add onions and cook for 10 minutes, then add garlic and cook 1 minute longer. Add tomatoes, chickpeas, diced sweet potatoes and rosemary and simmer for 10 to 14 minutes, or until the potatoes are cooked. Cut zucchini in half lengthwise, then into quarters, then dice into ¼ inch slices; add to cooking vegetables. Continue cooking, uncovered, stirring occasionally until the zucchini is

tender about 6 to 8 minutes. Serve in large bowls and garnish with fresh grated Parmesan cheese.

Note: you can cool the stew down and freeze. Defrost overnight in the refrigerator and reheat in a saucepan over medium heat to a low simmer, about 10 minutes. Serve and garnish with fresh cheese. This is a great dish for leftover turkey or chicken, especially the dark meat. Just add the meat when you add the zucchini.