




Soup for the Masses

by

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For ten years I prepared gallons of soups and mountains of cookies for the annual Thanksgiving Craft Fair at the Provincetown Art Association. Here are some of the favorite soups. Mostly I chose for preparation soups with inexpensive ingredients which could also be frozen at some point in their preparation.

Some General Comments:

Recipes, like menus, often strike me as having far too much verbiage. The instructions in this book have been cut to a minimum, on the assumption that you will use common sense. For instance:

- Unless otherwise indicated, of course you peel things like potatoes and carrots if they are then to be pureed; if they are for a chunky soup, use your own discretion.

- How many servings? Your guess is as good as mine, and what is "a serving" anyway? If you add 6 cups of stock and various amounts of vegetables, you can assume we are talking about 8 or more cups of soup. But -- are you having a ladle of soup as a first course, or are you having a big bowl each, with maybe seconds, as a whole meal?

- In almost all cases, anything can be substituted. Don't have raspberry vinegar? Use red wine vinegar, or lemon juice if that is all you have. It is the middle of winter and tomatoes are over \$3 a pound for anything with any taste? Use canned. No chicken stock? Use vegetable stock. No shallots? Use onions -- red, yellow, green -- or leeks. Ran out of oregano? Use thyme. Anything that works with pumpkin will probably taste good with butternut or acorn squash.

- All these soups were chosen for preparation at the Craft Fair because they could be frozen -- cooking that much soup took about 6 weeks. The general rule is: Freeze them before adding milk or cream. Defrost and add the milk or cream as they are warming up. There is little sense in freezing extra water -- use concentrated stock to cook with and add water after defrosting. For instance, if you are going to freeze a lot of the Kale Soup, use just enough water or stock to permit stirring and not burning. Then add water when defrosting.

- Many of these soups require a food processor. Buy yourself the gift of a hand-held wand-type processor -- the first time you just puree in the pot without all those ladles and shuffling of pots will make you love it.

- I know, I know. Home made broth (chicken, beef or vegetable) is best. Or perhaps it is one of those "no pain, no gain" myths. Bouillon cubes are great. Even better are the restaurant supplies bases (get a jar from a restaurant friend or at bulk supply store). I don't know of any of these soups where it makes a lot of difference if you use chicken base, beef base or vegetable. Different taste with each? Sure.

Provençal Tomato

1/3 cup olive oil	12 large tomatoes
4 leeks, minced	seeded and diced
3 carrots, minced	3 large cans plum tomatoes
1 chopped red onion	2 quarts chicken stock
3 cloves garlic, minced	1 cup orange juice
Grated zest 1 orange	salt and pepper
1 tbl dried thyme	1 cup chopped basil
1 tsp fennel seeds	Goat cheese garnish
1 tsp saffron	

Cook leeks, carrots, onion and garlic in oil 15 mins, stirring. Add zest, thyme, fennel, saffron. Cook 3 mins. Add both tomatoes, stock, juice. Simmer 30 mins. Puree. Add salt and pepper. Return to heat, just to simmer. Stir in basil just before serving. Garnish with crumbled goat cheese. This is also a good base to use with fish and shellfish, added for five minutes at the end. I usually forget the goat cheese by mistake. It is fine without.

Dilled Tomato

1 cup chopped onion	3 tbl butter
4 cups peeled, seeded tomatoes	2 cup chicken stock
1 cup sour cream	1/4 cup snipped dill
3/4 tsp sugar	salt and pepper

Sweat onion in butter, 15 mins. Add tomato and cook 15 mins. Pure. Add chicken stock, sour cream, dill, sugar, salt and pepper. Heat just to boiling.

Basil Tomato

1.5 cups chopped scallions	1.5 cups peeled seeded
2 garlic cloves, minced	chopped tomatoes
1/4 cup butter	1/2 cup rice
6 cups chicken stock	5 cups chopped fresh basil

Saute scallion and garlic in butter 5 minutes. Add stock, tomatoes and rice. Cover, cook 20 minutes. Add basil and simmer 10 mins. Note: I have also made this without the rice - which adds a distinct texture that I think takes away from the taste. Use small dice or grated potato instead. More garlic and a spoon or two of tomato paste is good.

Tomato Star Anise

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| 2 tbl vegetable oil | 3 lbs chopped tomatoes |
| 1 chopped onion | 4 c beef stock |
| 2 celery stalks, chopped | 12 whole star anise |
| 1 chopped carrot | 2 parsley sprigs |

Saute onion in oil until translucent, about 10 mins. Add celery and carrot and cook until beginning to brown, about 5 mins. Add tomatoes, stock, star anise and parsley. Cover and simmer 40 mins. Strain soup through fine sieve, pressing on solids. Degrease and bring to simmer.

Green Tomato Gazpacho

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| 1 clove garlic | 3/4 c tomato juice |
| 5 green tomatoes | 1/2 tsp salt |
| 2 eggs | 1/4 tsp cayenne |
| 1/4 bunch watercress | 2 springs tarragon |
| 3 sprigs parsley | 1/4 cup olive oil |
| 1/4 c wine vinegar | |

Puree all except oil. Strain and chill. Mix in oil.

Peanut Pumpkin

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| 4 chopped onions | 2 cups beef broth |
| 6 shallots, chopped | 29 oz canned pumpkin |
| 4 cloves garlic, minced | 1 cup creamy peanut butter |
| 1 tsp leaf majoram | 2 cups milk |
| 1/2 tsp thyme | 2 cups half and half |
| 1/4 tsp nutmeg | 1 tsp liquid red pepper |
| 2 cups chicken broth | 1/2 cup chopped peanuts |

Saute onion, shallot, garlic, spices in oil for 5 mins. Reduce to low, cover and cook 25 mins. Add broths, simmer 20 mins. Puree. Return to heat. Stir in pumpkin, peanut butter, milk, cream and seasoning. Simmer. Garnish with chopped peanuts. If you use crunchy peanut butter, the garnish is not necessary.

West African Peanut

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| 1/2 c peanut oil | 1 tsp chill powder |
| 1 chopped onion | |
| 4 lbs stewing lamb cubed | 1 tsp anchovy paste |
| 1 can tomato paste | 1/2 cup chunky peanut butter |
| 4 cups beef stock | 1 package frozen okra |

Saute onion and lamb in peanut oil, browning lightly. Mix tomato paste with stock and add to meat. Stir in chili powder, anchovy paste and peanut butter. Simmer about 2 hours and then add okra. Cook 10 mins. Serve with following in small separate bowls: 1 cup cooked crumbled bacon; 2 sliced bananas; 1 cup toasted peanuts; 4 quartered hard boiled eggs; toasted coconut; orange segments; 1/2 diced red pepper. I am not an okra lover and have made this quite successfully without it.

Another West African Peanut

2.5 c chopped onions	salt
1 tbl vegetable oil	4 c vegetable stock
1/2 tsp cayenne	1.5 c tomato juice
2 tsp grated ginger root	1 c peanut butter
1 c chopped carrots	1 tbl sugar
1 lb sweet potatoes	

Saute onions in oil until translucent. Stir in cayenne, ginger and carrots; saute 5 mins. Add chopped sweet potatoes, salt and stock. Boil, simmer until vegetables tender. Puree with tomato juice, sugar and peanut butter. Reheat. Garnish with scallions or chives.

Virginia Peanut

1 chopped onion	4 cups chicken broth
2 chopped ribs celery	1/2 tsp celery salt
4 tbl butter	1 tbl lemon juice
2 tbl flour	4 tbl chopped peanuts
1 c peanut butter	

Saute onion and celery in butter until limp, not brown. Sprinkle with flour, stir. Add peanut butter, stir to blend. Add broth, celery salt and lemon juice. Heat. Garnish with peanuts. If you make it with half creamy and half crunchy peanut butter you can omit the garnish. This can also be made with vegetable stock. Do not make with just water -- it needs the kick of the stock. I once made it with celery seed instead of salt by mistake; it didn't work.

Potage Parmentier

(Basic leek/onion and potato soup. Served cold with additional heavy cream it is vichyssoise. It is also the basis for most other creamed vegetable soups)

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| 1 lb peeled diced potatoes | 1 tbl salt |
| 3 c sliced leeks or onions | 1/4 c heavy cream |
| 8 c chicken stock | 3 tbl minced parsley/chives |

Simmer vegetables in stock with salt for 50 minutes. Puree. Stir in cream. Heat, don't boil. Garnish with herbs.

Creamed Vegetable

Add to potatoes and leeks/onions at about the 30 min mark:

- 1 lb Broccoli (including thin sliced stalks) or
- 1 lb cauliflower (including thin sliced stalks) or
- 1 lb seeded peeled tomatoes or
- 1 lb spinach or
- 1 lb carrot or
- 1 lb parsnip or
- 1 lb mushrooms or
- 1 lb asparagus or any other vegetable or any combination

Stilton

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| 1/4 cup butter | 2 cups milk |
| 1 lb thin sliced onions | 2 cups water |
| 1 minced clove garlic | salt and pepper |
| 3/4 lb peeled, cubed potatoes | 4 oz stilton, crumbled |

Cook onions and garlic over medium heat, stirring, 15 mins. Do not brown. Add potatoes and water. Simmer 1 hour. Add milk and pepper and salt. Puree. Add crumbled stilton and stir.

Another Stilton

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| 2 oz butter | 2 c milk |
| 1 onion | 4 oz stilton |
| 2 chopped stalks celery | 2 oz grated cheddar |
| 1.5 oz plain flour | salt |
| 3 tbl white wine | white pepper |
| 4 c chicken stock | 4 tbl cream |

Sweat vegetables in butter 5 min. Stir in flour. Take off heat and stir in wine and stock. Return to heat. Simmer 30 mins. Add milk and cheese. Heat to just below boil. Add salt and pepper. Puree. Reheat. Add cream just before serving.

Roquefort

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| 3 tbl butter | 4 cups chicken stock |
| 2 chopped onions | 1 cup whipping cream |
| 3 medium potatoes
peeled and chopped | 1/2 cup crumbled roquefort |

Saute onions and garlic in butter 10 mins. Add potatoes and stock; simmer about 30 mins. Add cream and cheese and stir until cheese melts. Puree. Thin with more stock if necessary.

Potato and Cheddar

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| 2 c peeled cubed potatoes | 3 c milk |
| 3 tbl butter | 1/2 tsp salt |
| 1 small chopped onion | 1 c cubed cooked ham |
| 3 tbl flour | 1 c shredded cheddar |
| ground red and black pepper | |

Simmer potatoes in 2 cups water until tender. Drain, reserve liquid. Measure 1 cup liquid, add water if necessary. Saute onion in butter; cook until tender, not brown. Stir in flour; season with peppers. Cook 4 mins. Gradually add in potatoes, liquid, milk and salt, stirring. Add ham. Simmer 5 mins, stirring. Remove from heat. Stir in cheese until melted.

Parsnip Cheddar

- 2.5 c chopped onion
- 1 qt water
- 2 tbl vegetable oil
- 1 tsp ground fennel seed
- 1 tsp salt
- 12 oz grated cheddar
- 2 tsp caraway seeds
- 1 c milk
- 1 lb parsnips
- black pepper
- 1 lb potatoes

Saute onions and salt in oil until translucent. Stir in caraway seeds and peeled chopped parsnips; saute 2 mins. Add peeled chopped potatoes and water; boil; reduce to simmer; cook covered until potatoes are soft. Add in remaining ingredients. Puree. Reheat gently. Do not boil.

Cheese soups generally: In looking at the above cheese soups, you will see that what you have is a basic creamed soup with some cheese. Other varieties could incorporate brie or camambert, smoked gouda, feta; any flavorful cheese.

Spinach and Sambuca

20 oz spinach leaves	1/2 tsp nutmeg
2 cups half and half	white pepper
2 cups chicken stock	1 egg yolk
1/4 cup sambuca	1/2 cup heavy cream
1 tbl grated lemon rind	2 tbl butter

Simmer spinach, stock, sambuca, rind, nutmeg, pepper and salt 5 minutes. Puree. Add half and half. Beat egg yolk with cream; add 1/2 cup of the soup and stir all into soup. Simmer, stirring, 5 mins. Swirl in butter.

Pear and Leek

3 cups chopped leek	6 cups chicken stock
6 tbl butter	1 tbl summer savory
4 pears, peeled and diced	salt and pepper

Cook leek in butter 10 mins. Add pears; cook, stirring, 5 mins. Add stock and summer savory, boil, simmer 20 mins. Puree. Return to heat. Add salt and pepper to taste. I wouldn't go out and buy a jar of summer savory just for this. I have used sage, oregano, thyme. I have also been known to add a little half and half.

Finnish Golden Split Pea

1 lb yellow split peas	1 c chopped parsnips
4 c vegetable stock	2 tsp dried mustard
3 c chopped potatoes	1/2 tsp allspice
1 c chopped carrots	1 tsp cumin
1.5 c chopped celery	1 tsp majoram
2 c chopped onions	1 tsp thyme
1 c chopped turnips	salt and pepper

Rinse split peas. Boil peas in stock; add chopped vegetables; simmer 45 mins to 1 hour until peas are almost mush. Puree. Add herbs, spices, salt and pepper and reheat gently. This can be, with adding water, as thick or thin as you like. Really depends on what else you are eating.

North African Split Pea

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| 1 lb green split peas | 1/2 tsp cinnamon |
| 1 qt water | 1/4 tsp cayenne |
| 1/2 lb chopped onions | 1 tsp ground cardamon |
| 3 cloves minced garlic | 4 c vegetable stock |
| 2 tbl vegetable oil | 2 tbl lemon juice |
| 2 bay leaves | 2 c cooked brown rice |
| 2 tsp cumin | salt and pepper |

Boil rinsed split peas, simmer covered for 1 hour. Saute onion and garlic in oil until translucent. Mix in spices, saute 5 mins, stirring. Add to split peas with remaining ingredients. Remove bay leaves. Reheat gently.

Potage Saint-Germain

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| 1/2 c butter | 2 tsp salt |
| Boston lettuce, chopped | 1 tbl sugar |
| 12 oz peas | 3 c chicken broth |
| | 3 sprigs watercress |

Cook lettuce and peas briefly in butter. Puree with salt, sugar, watercress and 1 cup broth. Reheat with rest of broth. Simmer 15 mins. Other lettuce works too -- a good use for those tougher outer romaine leaves. 3 sprigs of watercress is a little precious. 10 sprigs, or none, are both fine, just different.

Medieval Pea

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| 3 c chicken broth | 2 tbl brown sugar |
| 2 lb peas | 1/2 tsp salt |
| 1 minced onion | 1/2 tsp saffron or tumeric |

Combine all and cook covered 15 mins, until peas soft. Puree. Reheat, garnish with grind of pepper.

Curried Pea

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| 2 tbl vegetable oil | 1 tbl curry powder |
| 2.5 c chopped onions | 4 c vegetable stock |
| 2 cloves minced garlic | 1 lb frozen green peas |
| 2 c diced potatoes | 2 c half and half |
| 1.5 c chopped carrots | |

Saute onions and garlic in oil until golden. Add all except peas and milk. Boil, simmer 20 mins. Add peas and simmer 10 mins. Puree with half and half. Add salt and pepper to taste. Reheat. I think this is a revision of the Medieval Pea above. It is interesting to make both and taste test: I think the simpler ingredient list of the earlier soup produces, stangely, a more complex taste. Less can sometimes be more.

Green Pea and Watercress

4 cups green peas	1/4 cup minced fresh mint
5.5 cups chicken stock	1 tsp chervil
4 cups watercress leaves	1.25 cups light cream
1 cup chopped scallion, including green	salt and pepper
	3/4 cups butter

Boil all but cream, butter and salt and pepper, simmer 30 mins. Puree. Stir in cream, salt and pepper and bring to boil. Swirl in butter.

Cold Watercress

1.5 c chopped onion	1/2 lb potato
2 minced cloves garlic	1/4 tsp nutmeg
1 tbl vegetable oil	2 c watercress leaves
1/4 c white wine	1 c half and half
1 c chicken broth	2 tbl lemon juice

Cook onion and garlic in oil until soft. Add wine, cook 2 mins. Add broth, 3 cups water, potato in 1/2" dice, nutmeg, salt and pepper to taste. Boil, simmer 10 mins. Add the watercress, cook 1 min; add half and half. Cool. Puree; add lemon juice and salt and pepper to taste. Chill at least 1 hour.

Shrimp and Watercress

8 cups chicken broth	1/2 lb mushrooms, sliced
1.5 c tomato juice	2.5 c minced watercress
3 tbl minced scallion	2 c cooked rice
1/2 lb bean sprouts	2 tbl minced dill
1 lb small shrimp, shelled	lemon juice, salt, pepper

Simmer broth, juice and scallion 3 minutes. Add bean sprouts, shrimp, mushrooms; simmer 5 mins. Add watercress, rice; simmer 3 mins. Remove from heat and stir in dill, lemon juice, salt and pepper.

Cream of Lettuce

1 head Boston lettuce	1/4 c butter
5 c chicken stock	2 tbl flour
1 small sliced onion	1/2 c heavy cream
1 stalk chopped celery	salt and pepper

Boil shredded lettuce in 1 c stock 5 mins. Saute onion and celery in butter until soft, not brown. Mix in flour; add remaining stock; simmer 15 mins. Strain. Add lettuce mixture. Reheat. Mix in cream.

Thai Rice with Shrimp

2 tbl oil	6 cloves sliced garlic
2 sliced stalks celery	3/4 lb small peeled shrimp
4 c water	8 slices ginger
1.5 c cooked rice	2 scallions, chopped green part
2 tbl Thai fish sauce	
1 tbl white pepper	

Saute celery in 1 tbl oil 5 mins. Add water and boil. Simmer 1 min. Add rice, fish sauce and pepper. Simmer. Cook garlic in remaining oil until brown. Add shrimp, stir fry 5 mins. Add to soup. Simmer 2 mins. Add ginger slices and scallions and serve.

Hot and Sour

6 dried black mushrooms	2 tbl white vinegar
4 c vegetable stock	1.5 tsp soy sauce
1 tbl sherry	1/2 tsp white pepper
1/2 c sliced water chestnuts	2 tbl cornstarch
4 oz firm tofu, diced	1 large egg
1 scallion, minced	1/2 tsp sesame oil

Soak mushrooms in water 1 hour. Thin slice. Add mushrooms and soaking water to stock with sherry and water chestnuts. Simmer 10 mins. Add tofu, vinegar, soy and pepper. Blend cornstarch and 1/4 cup water and add. Cook until slightly thickened. Beat egg and slowly add to soup. Heat 1 min. Sprinkle with scallion and oil.

Mushroom Barley

1 chopped onion	1 cup medium barley
3/4 lb sliced mushrooms	2 cups milk
1/2 cup butter	1 cup half and half
2 tbl flour	white pepper
8 cups chicken stock	

Saute onion and mushrooms in butter until onion softened. Add flour and cook, stirring, 3 minutes. Stir in stock and barley. Boil, then simmer 45 minutes. Stir in milk and half and half. Boil, simmer 30 mins. Add pepper.

Chestnut

1 lb chestnuts	1/2 c Madeira
1 slice bacon, chopped	salt and pepper
1 ox butter	1/4 tsp mace
2 ox onions	pinch sugar
1 stalk celery	2 tbl heavy cream
3 oz carrots	
2 oz potatoes	
6 c chicken stock	

Slit chestnuts, drop in boiling water, 10 mins. Remove outer and inner skins. Fry bacon in butter until crisp. Add chopped onion, chopped celery, carrot and potato. Cook 5 mins. Add chestnuts, cover with stock. Cover, simmer 1.5 hours. Puree. Add Madeira. Add salt and pepper and sugar. Reheat, stir in cream.

Corn and Tofu

1/2 cup sliced white scallion	4 cups chicken stock
1 tbl olive oil	1 lb firm tofu, 1/2" cubes
4 cups corn kernels	1/4 cup sliced scallion greens

Saute white scallion in oil until soft. Add corn and stock, boil, simmer 5 mins. Puree. Strain through fine sieve, pressing hard on solids. Stir together the puree, tofu, scallion greens and hat for 2 mins. Crab meat is good in this too. I don't usually bother to strain.

Mushroom and Sour Cream Chowder

1/2 lb chopped mushrooms	Dash Tobasco
1/2 c chopped onion	1/4 tsp thyme
4 tbl butter	2 c milk
1 c diced potato	2 egg yolks
salt and pepper	1/4 c sherry
pinch mace	2 c sour cream
pinch of cloves	chopped parsley

Saute mushrooms and onion in butter 7 mins. Stir in potato; cook 15 mins. Add salt, pepper, mace, cloves, Tobasco, thyme and milk. Bring to boil. Remove from heat and slowly add egg yolks beaten with sherry and sour cream. Reheat. Do not boil. Sprinkle with parsley.

Fartes of Portingale

(Elizabethan Mutton Ball)

6 c beef broth	1/4 tsp pepper
1 lb lamb (or mutton)	1.5 tbl currants
1/4 tsp cloves	1.5 tbl minced parsley
1/4 tsp mace	
1/2 tsp salt	

Simmer stock. Combine remaining thoroughly and roll into about 12 balls. Put in stock. Cover and simmer 10 mins. Skim excess fat. Serve with parsley garnish.

Cold Beet, Red Onion and Carrot

2 lbs beets	1 carrot, julienne
6 cups chicken broth	1 red onion, julienne
1 cup red wine	2 tbl snipped dill
1 tsp sugar	1 tbl red wine vinegar

Combine washed whole beets with broth, wine and sugar. Simmer, covered 40 mins. Transfer beets to bowl; cool; peel. Strain liquid through cheesecloth lined sieve. Chill up to overnight. Cut beets into julienne. In boiling salted water blanch carrot for 1 min and onion for 30 seconds. Drain, refresh. Chill all vegetables. Skim fat from chilled liquid. Add vegetables, dill, vinegar and salt and pepper to taste. Combine well and serve with sour cream.

Beet and Beaujolais

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| 8 medium beets, 1/2" dice | 1 tbl sugar |
| 1 small chopped red onion | 3 tbl raspberry vinegar |
| 1 peeled 1/2" diced pear | 2 cups Beaujolais |
| 3 tbl rice | salt and pepper |
| 4.5 cups water | 2 tsp grated lemon zest |

Simmer beets, onion, pear, rice, water 30 mins, until beets tender. Add sugar, vinegar (I wouldn't sweat it if you don't have raspberry) and wine. Puree. Add salt and pepper. Stir in lemon zest. Serve hot or chilled. Garnish with crème fraîche or sour cream.

Sweet and Sour Beet and Caraway

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| 2 cups chopped onion | 1.5 lb beets, peeled, grated |
| 2 tbl butter | 1/4 c + 2 tbl balsamic vinegar |
| 1 minced clove garlic | 4 cups chicken broth |
| 2 tsp caraway seeds | 1/4 c plain yogurt |
| 3 tbl dark brown sugar | parsley sprigs |

Cook onion in butter until soft; add garlic, caraway seeds, brown sugar. Cook and stir 3 mins. Add beets, vinegar, broth and 2 cups water and boil. Simmer, 20 mins until beets tender. Add salt and pepper to taste. Garnish with yoghurt and parsley.

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| 1 lb beets | 1/4 cup chopped dill |
| 1 lb beet greens | 3 tbl chopped chives |
| 1/2 lb cooked shrimp | 4 c sour cream |
| 3 diced hard cooked eggs | 2 c beer |
| 1 cucumber | salt and pepper |
| 1 thin sliced lemon | |

Cook chopped beets and chopped beet greens in water until beets tender. Cool. Add chopped shrimp, diced eggs, chopped cucumber, lemon, dill and chives. Stir in sour cream and beer, salt and pepper. Blend well. Chill.

Ukrainian Borscht

2 lbs meaty soup bones	1/2 chopped green cabbage
1 lb fresh pork	2 tomatoes, peeled, quartered
1/2 lb smoked pork	2 onions, quartered
1 bay leaf	2 tbl vinegar
10 peppercorns	2 tsp sugar
1 crushed clove garlic	1/2 cup cooked navy beans
sprigs parsley	1 kielbasa, sliced
1 sliced carrot	salt
1 sliced stalk celery	
1 leek sliced	
8 medium beets	

Simmer soup bones in 2.5 quarts of water, 1 hour. Add pork, bay leaf, peppercorns, garlic, parsley, carrot, celery and leek. Boil. Simmer 2 hours. Remove meat and reserve. Strain broth and discard solids. Skim off fat. Reheat, adding grated beets, cook 10 mins. Add sausage, cabbage, tomatoes, onions, vinegar and sugar; cook 30 mins. Add beans, cook 10 mins. Season with salt.

Carrot

3 tbl butter	1 lb peeled chopped potatoes
2 lbs chopped carrots	1 bay leaf
2 sliced onions	6 c chicken stock
salt and pepper	

Sauce carrot and onion in butter, sweat 8 mins. Add potatoes, bay, stock. Simmer 40 mins. Remove bay leaf. Puree. Return to heat. Add salt and pepper. Bring to boil. Of course, adding cream to this would make it cream of carrot.

Potage Crecy

2 c sliced carrots	salt and pepper
1/2 c chopped onion	1/2 c raw rice
1 tbl sugar	4 c chicken stock
1/4 cup melted butter	chopped parsley
1 tbl lemon juice	

Process carrots, onion, sugar, butter, lemon juice, salt and pepper until coarsely chopped. Cook 20 mins, stirring. Add rice and stock. Simmer until rice tender.

Persian Carrot

2 tbl oil	8 peeled chopped carrots
4 chopped onions	2 potatoes peeled & chopped
3 cloves minced garlic	1.5 tsp salt
1 eggplant, peeled & diced	2 tsp pepper
2 tbl chopped parsley	2 c cooked kidney beans
1 rip chopped celery	chopped mint

Saute onion and garlic in oil 5 mins. Add eggplant and parsley, cook 10 mins. Add 8 cups water, celery, carrots and potatoes. Simmer 15 mins. Add salt and pepper and beans; cook 30 mins. Cool. Puree. Chill. Garnish with mint.

Squash

4 lb butternut squash	2 tbl brown sugar
2 carrots, 1/2" lengths	1/2 tsp mace
1 onion, thin slice	1/2 tsp ginger
4 tbl butter	pinch cayenne
5 c chicken broth	salt
	2 tbl lemon juice

Saute diced squash, carrots and onion in butter. Sprinkle with sugar and add half the broth. Cover and simmer until tender. Add rest of stock and spices; simmer 10 mins. Add juice. Puree. Acorn squash? sure. Or Turban.

Moroccan Bisque

2 c cubed carrots	1/4 c butter
1 c cubed onion	1 lb beef bones
1 c cubed turnips	1/2 tsp black pepper
1 c cubed potatoes	1 tsp cinnamon
1/2 c chopped parsley	1 tbl salt
	1.5 c milk

Simmer all but milk with barely enough water to cover until vegetables tender. Remove bones. Puree. Reheat, add milk. Do not boil. Garnish with minced parsley and paprika. No bones? cheat with some beef broth.

Smoky Turnip

2 lbs white turnips	2 tbl chopped parsley
1 chopped onion	1 c brown rice
1 chopped carrot	2 tbl liquid smoke
3 tbl butter	salt and pepper
8 c vegetable stock	1/2 c parmesan

Saute turnips, onions and carrot in butter. Add stock and parsley, simmer 15 mins. Add rice and liquid smoke. Simmer 20 mins. Add salt and pepper. Sprinkle with cheese.

Curried Parsnip

2 parsnips	8 c beef stock
3 oz butter	salt and pepper
4 oz onion	1 c half and half
clove garlic	parsley or chives
1 tbl flour	
1.5 tsp curry powder	

Saute chopped peeled parsnips with chopped onion and minced garlic in butter, 10 min, covered. Remove from heat, blend in flour and curry. Return to heat; add in stock. Cook until vegetables done. Puree. Slowly reheat, add salt and pepper. Serve with swirls of cream and parsley.

Butternut and Apple Bisque

1 lb squash, cubed	2 slices trimmed cubed bread
2 green apples	1.5 tsp salt
1 chopped onion	1/4 tsp pepper
pinch majoram	2 egg yolks
4 c chick stock	1/4 c heavy cream

Simmer squash, peeled and chopped apples, onion, herbs, stock, bread, salt and pepper 45 mins. Puree. Return to heat. Beat egg yolks and cream; beat in a little soup then add all to soup. Heat, don't boil.

Pumpkin Apple

2 Granny Smith applies	1/2 tsp nutmeg
1 tsp lemon juice	3/4 c milk
2 tbl butter	1/4 c heavy cream
2.5 c chicken stock	pinch mace
2/3 c chopped onion	pinch cinnamon
1.5 c pumpkin puree	2 tbl brandy
1 tsp salt	pepper
1 tsp brown sugar	

Toss pared, cored chopped apples in lemon juice. Saute onion in butter until soft and caramel colored, 10 mins. Add stock,

apples, puree, salt, sugar, nutmeg. Simmer, covered, about 30 mins. Puree. Stir in milk, cream, mace, cinnamon, brandy and pepper. Simmer 10 mins.

Pear and Pumpkin

1/2 cup chopped onion	2.5 cups half and half
1/2 cup water	1.75 cups pear nectar
2 tsp chicken bouillon granules	1/4 tsp ground ginger
16 oz canned pumpkin	1/4 tsp white pepper

Boil onion, water, granules. Simmer 10 minutes. Puree with pumpkin. Return to heat. Stir in half and half, nectar, ginger and pepper. Serve hot, garnished with pear slices.

Apple

2 tbl vegetable oil	1/2 tsp ground cloves
1 c chopped onions	1/4 tsp nutmeg
2 lb peel diced apples	1 c half and half
4 c apple juice	2 tbl maple syrup
1/2 tsp cinnamon	salt and pepper

Saute onions in oil until soft. Add apples and juice and simmer until tender. Puree with remaining ingredients. Serve warm or chilled.

Four Onion

1/4 c butter	1 tbl flour
3 sliced onions	8 c chicken stock
3 leeks, sliced	1 c white wine
6 green onions, sliced	3 tbl brandy
1/4 c minced shallots	1 tsp lemon juice
2 tsp minced ginger	1 tsp salt
2 crushed garlic cloves	pepper
Pinch cayenne	

Saute onions, leeks, green onions, shallots, ginger and garlic in butter about 20 minutes. Add cayenne and flour and stir until brown. Add broth and wine; simmer 20 mins. Blend in brandy, juice, salt and pepper; simmer 15 mins.

Persian Onion

4 sliced onion	1/2 c lime juice
5 tbl oil	2 eggs
3 tbl flour	1 tbl dried mint
1.5 tsp salt	1/4 tsp cinnamon
1/2 tsp pepper	1/4 tsp pepper
1/2 tsp tumeric	
1/3 c sugar	

Saute onion in oil 10 mins. Mix flour with a cup of water and add to onion. Add 5 cups more water, salt, pepper and tumeric. Simmer 40 mins. Add sugar and juice, simmer 15 mins. Add mint, cinnamon and pepper. Remove from heat. Beat eggs, add lade of soup to them, beat and add to soup.

Garlic

1 head garlic	3 tbl olive oil
2 tsp salt	3 c peeled diced potatoes
pinch of pepper	pinch of saffron
2 cloves	Toasted French bread slices
1/4 tsp sage	1 c grated Swiss cheese
small bay leaf	
4 sprigs parsley	

Boil separated garlic cloves in water 1 min. Cool and peel. Boil garlic, seasonings and olive oil in 2 quarts water, 35 mins. Strain liquid into another pan and add potatoes and saffron, simmer 20 mins. Ladle into bowls with 2 toasts sprinkled with cheese.

Senegalese

2 chopped onions	1 bay leaf
3 stalks chopped celery	2 peeled chopped apples
4 tbl butter	1 c light cream
1 tbl curry powder	1 c julienne cooked chicken
6 c chicken broth	

Saute onion and celery in butter until limp. Add curry power, cook, stirring, for 5 min. Add broth, bay leaf and apples. Simmer 40 mins. Puree. Chill. Add cream and chicken.

Potato Black Bean

6 c vegetable/chicken broth 16 oz can tomatoes, diced
1/2 lb mushrooms, quartered 2 tbl chopped cilantro
1/2 cup chopped onion 1 tbl cajun seasoning
4 potatoes, 1" cubes 1/2 cup sour cream
15 oz can black beans, drained

Boil mushrooms, onion and potatoes in broth. Simmer 12 minutes. Add remaining except sour cream. Cook 5 mins. Garnish with sour cream.

Black Bean Chili

1 tbl olive oil 1/2 tsp allspice
1 onion chopped 16 oz can stewed tomatoes
1 green pepper, diced 1 cup water
1 clove chopped garlic 3 cups diced zucchini
1/2 lb ground turkey 19 oz can black beans
1/4 cup chili powder 4 oz chopped green chilies
1 tbl ground cumin 1/4 cup shredded cheddar
1/4 tsp salt 1/4 chopped green onion

Saute onion, green pepper and garlic in oil 8 mins. Add turkey; saute 4 minutes, stirring. Add chili, cumin, salt and allspice. Saute 1 min. Add tomatoes and water, simmer 7 mins. Stir in zucchini, beans and chilies. Simmer 10 mins. Garnish with green onion and cheese.

Cioppino

1/4 c olive oil 4 peeled, seeded
2 chopped onions chopped tomatoes
2 chopped green peppers 2 tbl Italian seasoning
6 chopped celery ribs 4 bay leaves
5 crushed cloves garlic 4 dried red chillies
1 c minced parsley 2 tsp sugar
46 oz V-8 juice Hot pepper sauce
1.5 c white wine salt and pepper
1.5 c red wine 2.5 lb shrimp, shelled
8 oz clam juice 4 lbs clams & mussels
6 oz tomato paste

Saute onion, peppers, celery, garlic and 3/4 c parsley in oil until limp. Add juices, wines, paste, tomatoes, bay, chillies, sugar, hot pepper sauce, salt and pepper; simmer 30 minutes, stirring. (If you freeze in small portions here you have the ideal

stock for fish and shellfish.) Add fish, 5 mins; shrimp, 3 mins; clams and mussels, 2 mins. Garnish with remaining parsley.

Kale

A small amount of Kale Soup is difficult to make. I am used to making it 20 quarts at a time. Reduce amounts as you think appropriate -- but it does freeze well and seems to make a good gift!

5 lbs onions, chopped	1 large can chopped tomatoes
5 lbs red potatoes, chopped	1/2 c fresh chopped mint or
5 lbs dried beans, soaked	2 tbl dried
5 lbs linguica, chopped	1/4 cup vinegar
3 lbs kale	salt and pepper
water or beef stock	

Sweat sausage over low heat until slightly rendered. Add onion and cook slowly 30 mins. Add beans (soaked overnight, cooked in water 1 hour, drained), potatoes, tomatoes and mint. Add water or beef stock to cover. Simmer as long as you can -- 2-3 hours is good on a very low simmer. Add vinegar, de-ribbed and chopped kale and salt and pepper; simmer 15 mins at least.

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