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Avocado Bisque

- 2 tablespoons butter
- 1/4 cup minced onion
- 2 tablespoons flour
- 3 cups chicken broth
- 1 tablespoon fresh lemon juice
- 1 tablespoon tarragon vinegar
- 1 clove garlic, crushed
- 1 tablespoon horseradish, drained
- 1 teaspoon salt
- 1/4 teaspoon curry powder
- 1/4 teaspoon tarragon
- freshly ground black pepper
- 1 large ripe avocado
- 1 cup milk
- 1 cup light cream (half and half)

Melt the butter in heavy three-quart saucepan. Add the onion and sauté until it is just tender, but not browned. Blend in the flour. Stir in the chicken broth and heat, stirring, until it boils and thickens. Add the lemon juice, vinegar, garlic, horseradish and seasonings. Cover and simmer for 10 minutes. Peel the avocado, remove the pit and cut the avocado into chunks. Puree these pieces in the blender, adding one cup of the broth for better blending. Stir the puree into the soup, mixing well. Add the milk and the cream. Bring to a boil, then simmer for 5 minutes. Transfer to a bowl, cover, then refrigerate until thoroughly chilled. This can be served hot as well as cold.

Serves 8.

The first time I made this, my family thought I was nuts, but it has become one of their favorites. This soup can be served hot as well as cold. We like it better hot, but still like it cold. It goes exceptionally well with a main course that is fowl particularly if a little on the zippy side. This is very rich, with a pale green color and a small serving is generally plenty.

MEP

Avgolemono Soup

- 6 cups chicken broth
- 1/4 cup long grain rice
- 1 teaspoon salt
- 3 eggs
- 1/4 cup fresh lemon juice
- 1 lemon thinly sliced

Combine chicken broth, rice and salt in a large saucepan. Bring to a boil and then reduce the heat, cover and simmer until the rice is just tender. Long-grain rice should cook in 15 minutes, converted rice may need up to five more minutes. Remove pan from heat.

In a bowl, beat eggs until fluffy and pale yellow, then beat in lemon juice. Slowly stir about two cups of the hot broth into the egg-lemon mixture and whisk vigorously. Pour this mixture back into the rest of the soup. Whisk it until slightly thickened. Cool to room temperature, then refrigerate until icy cold. The soup will thicken and settle somewhat as it chills. Before serving, stir it. Garnish with lemon slices.

Serves 6.

This soup is usually a surprise to most people, but a very pleasant one. This is a Greek recipe and will go well with a Greek meal. I have discovered that it is an excellent first course to Chinese or other oriental meals. The last time I made this recipe, I served it after the main course, as I frequently will do with the soup course particularly if the soup is cold.

MEP

Black Bean Soup

- 1 pound dried black beans
- 2 tablespoons olive oil
- 1 3/4 cups chopped onions
- 3/4 cup finely chopped celery
- 1/2 cup finely chopped carrots
- 1/2 cup tomato paste
- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 1 1/2 cups dry red wine
- 4 14 1/2-ounce cans beef broth

Place beans in a large pot. Add enough cold water to cover beans by 3 inches. Bring to a boil. Remove from heat. Cover and let stand for 2 hours. Drain beans.

Heat oil in heavy large pot over medium-high heat. Add onions, celery, and carrots. Sauté until tender, about 8 minutes. Add tomato paste, cumin, and coriander. Reduce heat to medium, cook for 10 minutes stirring often. Add wine and simmer for 5 minutes. Add drained beans and broth. Cover and simmer until beans are tender (2 to 2 1/2 hours), stirring occasionally. Season soup to taste with salt and pepper.

Bon Appetit

Cauliflower Soup

- 2 tablespoons butter
- 1/2 cup minced onion
- 1 medium cauliflower, broken apart into small (about an inch) flowerets
- 1 1/2 cups chicken broth
- 1 cup whole milk (could use half and half or whipping cream and omit flour)
- 2 tablespoons flour
- 2 tablespoons white wine
- salt and white pepper to taste
- freshly grated nutmeg

Melt butter in 2-quart sauce pan over low heat. Add onion, cover and cook 10 minutes, stirring occasionally. Add cauliflower, cover and cook 5 minutes, stirring once. Add chicken stock, which should just cover the onion and cauliflower. Bring to a boil and let boil until cauliflower is tender, about 10 minutes.

Remove about 2/3rd cup of cauliflower flowerets and set aside. Place rest of cauliflower onion mixture in the food processor and puree until smooth. Return puree and cauliflower flowerets to the sauce pan. Whip flour into milk and add to the soup. When the soup is hot add salt and pepper to taste and stir in about a teaspoon of freshly grated nutmeg.

MEP – adapted from Bon Appetit Soups and Salads

Cheese Soup

- 6 tablespoons butter
- 3/4 cup finely minced onion
- 3/4 cup peeled and finely minced carrot
- 1/2 cup finely minced celery
- 4 tablespoons flour
- 1/2 teaspoon salt
- 1/8 teaspoon white pepper
- 1/2 teaspoon paprika
- pinch cayenne pepper
- 4 1/2 cups chicken broth
- 1 cup heavy cream (whipping cream)
- 2 tablespoons dry white wine
- 3 cups sharp cheddar cheese. grated and packed firmly when measured
- 1/2 cup chopped fresh parsley or minced fresh dill weed

(I like to use half of each when the dill is available)

In a 3-4 quart saucepan over moderate heat melt the butter and sauté the onion, carrot, and celery for 8-10 minutes, stirring often. Sprinkle in the flour and all the seasonings, blending well. Gradually add the chicken broth, stirring constantly, until the broth has thickened and is smooth. Reduce the heat to simmer and add the cream, wine and grated cheese. Stir constantly until the cheese has melted. Correct the seasonings if necessary. Serve at once garnished with parsley or dill as a nice contrast in color.

Serves 6-8.

I tried a variety of cheese soup recipes and settled on this one as the best.

Chicken Bisque

- 1 3 pound stewing hen
- 16 cups of water
- 3 tablespoons salt
- 1/2 cup butter
- 1 cup flour
- 1/2 cup chopped red pepper
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- 1/4 teaspoon white pepper
- 1/4 teaspoon black pepper
- 1 teaspoon Worcestershire sauce
- paprika
- fresh parsley or dill
- 2 cups of cream - optional

Boil chicken and salt in water until chicken is tender. Set aside 8 cups of strained stock.

Put butter and flour in large soup pot. Cook over medium heat until lightly browned to make a roux. Add peppers and onions to roux. Continue cooking until onions start to turn clear. Add stock, seasonings, and 1 to 2 cups of finely chopped chicken.

Serve garnished with parsley or dill and paprika.

For a richer version stir in 2 cups of cream five minutes before serving.

JPO

Chicken Stock

- 2 pounds chicken bones
- 3 stalks celery, tops and all chopped
- 2 carrots chopped
- 1 onion chopped
- 2 teaspoons salt
- 4 peppercorns
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary, crushed
- 1/2 teaspoon sage
- 1 bay leaf

Place all ingredients in crock pot or large soup kettle. Add water to cover. Cover and cook over very low heat 10-18 hours. Strain through dampened cheese cloth.

This makes about 2 quarts of stock.

I save the necks, wing ends, and bones from boning chicken breasts in the freezer until I have a pot full, then I simply make the stock. I freeze it in 1 cup portions and then use it in my soup recipes or other recipes that call for chicken stock.

MEP

Clam Consommé

- 24 chowder clams
- 1 quart water
- 1/2 teaspoon thyme
- 1/2 teaspoon marjoram
- 3 cups chicken broth
- 2 egg whites beaten
- 2 eggshells
- salt and pepper to taste
- 1/2 cup whipping cream (heavy cream)

Scrub clams and put them in a large pot with the water and herbs. Bring to a boil, reduce, heat, cover and simmer for 10 minutes or until all the clams open. Remove from the heat. Drain the clams thoroughly and measure the stock. There should be about six cups; if you have less, add water. Combine this with the chicken broth in a large saucepan and bring to a boil. Stir in egg whites and then put the empty eggshells in. The whites and shells clarify the soup. Boil gently for 5 minutes. Let settle for 10 minutes. Strain the broth through a fine sieve. Season to taste. Return to stove and heat thoroughly, but do not boil. Whip cream and top each serving with a spoonful.

Serves 6.

I usually don't bother to cook the clams and make my own broth, instead I use canned or bottled clam juice and simply add the thyme and marjoram to it.

MEP

Clear Japanese Soup

- 3 quarts chicken broth
- 1/2 cup dry sherry or any dry white wine
- 3 tablespoons soy sauce

Garnishes

- 12-14 fresh mushrooms, thinly sliced
- 2 lemons, thinly sliced
- 2 bunches green onions, sliced diagonally into 1/4 inch slivers
- 1 carrot sliced paper-thin
- 1/2 pound tiny shrimp (optional)

Bring broth to a simmer. Stir in wine and soy sauce. Simmer 5 minutes.

Arrange garnishes on a tray. Transfer soup to heated tureen. At table, ladle into small bowls or mugs and add a little of each garnish.

Serves 12-14.

This is a nice way to begin a dinner party, particularly if you have a fancy soup tureen and even more fun if you have oriental bowls and a tray. This recipe is quick and easy and the condiments can be prepared ahead of time. If you do, be sure to sprinkle a little lemon juice on the mushrooms to keep them from darkening.

To tell if a wine is dry, look at the sugar content on the label. If is 1.3% or less it is classified as a dry wine. Note: only American (domestic) wines are required to place this information on the label, so you will not find it on European wines.

MEP

Corn Chowder - No. 1

- 2 cups fresh raw corn kernels (about 4 ears) or two cups of frozen cut corn.
- 1/4 cup butter
- 1/4 cup minced onion
- 1 tablespoon lemon juice
- 1/2 teaspoon dry mustard
- 1 teaspoon sugar
- 1 teaspoon salt
- freshly ground black pepper
- 2 cups chicken stock
- 2 cups light cream (half and half)
- Tabasco sauce

Sauté onion in butter until translucent but not browned. Stir in lemon juice, mustard, sugar, salt and pepper. Add corn and chicken stock. Bring to a boil, cover, reduce heat and simmer for 10 minutes. Just before serving add cream and a dash of Tabasco, mix well and bring to serving temperature over low heat. Do not let chowder boil after the cream is added.

Serves 6.

I served this as the first course before a beef fondue dinner with frosted pineapple for desert. To frost the pineapple simply sprinkle with confectioner's sugar. If you want to cut the calories or do not have cream, then simply blend two tablespoons of flour into two cups of milk as a substitute. Be sure soup becomes good and hot so flour is cooked. Corn starch can also be used in place of the flour, but you will only need about 1 tablespoon.

MEP

Corn Chowder - No. 2

- 1 tablespoon unsalted butter
- 2 tablespoons olive oil
- 2 medium onions finely diced
- 1 teaspoon sweet paprika
- 4 cups chicken stock
- 2 large potatoes, peeled and finely diced (about 2 1/2 cups)
- 1 celery rib, very thinly sliced
- 1 bay leaf
- 1/2 teaspoon salt
- 1 teaspoon sugar
- freshly ground pepper to taste
- 4 cups frozen or canned corn
- 5 scallions, very thinly sliced
- 1 cup milk
- 1/4 teaspoon dried thyme
- few dashes cayenne pepper
- 1/4 cup sour cream

In a large stock pot, combine butter, olive oil, onions, and garlic. Sauté over medium heat until the onions are tender but not brown, about 10 minutes. Sprinkle on the paprika, toss, and cook 1 minute.

Add the stock, potatoes, celery, bay leaf, salt, sugar, and pepper. Cook, partially covered, until the potatoes are tender, about 15 minutes. Stir in the corn and the scallions, and cook 2 minutes more. Remove the bay leaf.

Take out 2 cups of chowder and set aside. Puree the remainder and return it to the pot. Stir in the reserved chowder, the milk, thyme, and cayenne pepper. Cook five more minutes.

Serve with a spoonful of sour cream on the top.

Serves four as a main course or 8 as a soup course.

This is a much thicker and heartier soup than the first recipe.

MEP

Corn Chowder - No. 3

- 5 ears fresh corn
- 3 slices bacon, chopped
- 1/2 onion, sliced
- 4 cups chicken stock
- 1/2 teaspoon thyme
- 1 bay leaf
- 2 tablespoons cornstarch, dissolved in 2 tablespoons of water
- 2 cups whipping cream
- 3/4 cup cooked wild rice

Cut the kernels from the cobs. Cook the bacon in a saucepan over medium-high heat until the fat is rendered. Add the onion and sauté until it is tender. Add the cobs and the next three ingredients. Cover and simmer 20 minutes, then remove the cobs.

Add the cornstarch to the soup. Add the corn and the remaining ingredients. Bring to a boil, stirring constantly. Reduce heat and simmer until the corn is tender (about five minutes). Season with salt and pepper.

Serves 4.

RGP

Crab Bisque

- 7 tablespoons butter
- 6 tablespoons chopped onions
- 4 tablespoons minced celery
- 2 tablespoons minced shallots
- 5 tablespoons flour
- 3 cups light cream (half and half)
- 2 cups chicken stock
- 1/2 cup dry white wine
- 1/2 teaspoon white pepper
- 1 1/2 teaspoons salt
- 3 drops Tabasco sauce
- 1 pound crab meat, minced (can also use shrimp or lobster)
- 1/2 cup brandy
- paprika
- 1/2 cup minced chives

In a heavy 5-quart saucepan with a cover, melt 5 tablespoons of the butter and sauté the onions, celery and shallots for 5 minutes over moderate heat. Sprinkle the flour over the vegetables and cook and stir for another three minutes. Gradually add the cream, chicken stock, and wine and stir the bisque until it is smooth and slightly thickened. Season with salt, pepper, and Tabasco sauce. Reduce heat to simmer.

In a medium-sized skillet melt the remaining two tablespoons butter, add the crab, and cook rapidly over medium-high heat until it is warmed through, about 5 minutes. In a small pan heat the brandy until very warm to the touch and pour it over the crab in the skillet. Ignite the brandy and continue cooking the crab over moderate heat until the fire burns out. Combine the crab and its juices with the cream sauce. Cover the saucepan and simmer the bisque for 10 minutes. Puree the soup in a food processor or blender on low speed until smooth. Return to the saucepan and heat to serving temperature.

Ladle the soup into individual soup bowls and garnish each serving with a sprinkle of paprika and 1 tablespoon of the minced chives. Both are a very pleasing contrast to the white soup and it really lacks something without the garnishes.

Serves 8.

If you want chunks of crab in your soup, skip the pureeing.

This is a rich soup and with a salad and some warm French bread or hot rolls makes an excellent entree.

MEP

Crab Soup

- 3 cups of half and half cream
- 2 cups Béchamel Sauce
- 1 10 1/2 ounce can of tomato soup
- 1/2 cup clam juice
- 1 pound Dungeness crab meat
- 6 tablespoons dry sherry
- 6 7"x 7" squares of puff pastry (I use the frozen puff pastry shells and simply roll them out to this size)
- 1 egg

Béchamel Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper

Béchamel Sauce: Melt butter in top of double boiler over boiling water. Stir in flour with wooden spoon until smooth. Gradually add milk, stirring constantly, and continue cooking until sauce is thick and smooth. Add salt and pepper. Remove from heat.

Soup: Combine half and half, Béchamel Sauce, tomato soup and clam juice in a heavy-bottomed saucepan over low heat. Cook, stirring constantly, until well blended. Add crab and heat through, stirring frequently. Cool, then refrigerate until well chilled.

Divide soup evenly among six deep 2-cup oven proof soup bowls that are about 4 to 6 inches in diameter. Transfer bowls to a baking sheet and refrigerate until well chilled.

Roll out pastry and gently lay over tops of bowls, leaving a 1 inch overhang. Seal by pressing firmly to sides of bowl but do not crimp to the rims of the bowls. Refrigerate until pastry is firm. Cover completely with plastic wrap. Chill overnight.

About 30 minutes before serving, position rack in lower third of oven and preheat to 400 degrees. Lightly beat egg and use to brush pastry for glaze. Bake until pastry is puffed and golden, about 15 to 20 minutes. Serve immediately.

Serves 6.

This is a fabulous soup that really shows off our Oregon crab. Remember, it needs to be prepared the day ahead and it takes time so it cannot be done at the last minute.

MEP

Crab Vichyssoise

- 1 cup sliced leeks (whites only)
- 1 onion, diced
- 1/2 cup chopped fresh parsley
- 3 tablespoons butter
- 1 1/2 pounds potatoes, peeled and cubed
- 2 cups chicken broth
- 1 bay leaf
- dash monosodium glutamate
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups flaked crab meat
- 2 cups light cream (half and half)
- chopped chives

In a 3-4 quart saucepan cook the leeks, onion, and parsley in butter over moderate heat for 5 minutes or until tender, stirring frequently. Add the potatoes, broth, bay leaf, and monosodium glutamate and simmer uncovered over low heat until the potatoes are tender, approximately 30-40 minutes. Press soup and the vegetables through sieve or puree in blender or food processor until smooth. Add salt and pepper and taste for seasoning.

Place soup in a 3-quart bowl and cool thoroughly. Carefully remove any shell or cartilage from the crab meat. Gently stir the crab and cream into the soup. Cover and chill thoroughly in the refrigerator for 4-6 hours. Serve in chilled soup bowls garnished with chives.

Serves 6-8.

The last time I served this I was unable to get fresh crab and used a can of smoked salmon instead. It was delicious.

MEP

Cream of Chestnut Soup

- 1 pound fresh chestnuts shelled *
- 2 tablespoons butter
- 1 large onion, chopped
- 1 large carrot, chopped
- 2 cups strong chicken or turkey broth
- 3/4 cup of light cream (half and half)
- 1/4 cup sherry or dry white wine
- salt and pepper to taste
- whipped cream
- paprika
- sherry or dry white wine

* To shell chestnuts, slit convex sides with a sharp knife. Bake in an oiled pan at 450 degrees for 5-6 minutes. When cool enough to handle, remove shells and skins with knife. If fresh chestnuts are not available, you may use a 8 or 10 ounce jar or can of vacuum-packed chestnuts. If not vacuumed packed be sure to rinse thoroughly.

In a heavy pan, melt butter and sauté onions until lightly browned. Add chestnuts, carrots and stock. If stock is not strong enough, add 1 chicken bouillon cube. Simmer until chestnuts are soft, about 20 minutes. If you have used canned chestnuts, add after about 10 minutes.

Puree cooked mixture in food processor, or in blender doing small batches, until smooth. Combine in a medium-sized sauce pan with cream and sherry and heat to simmer. Do not boil. Salt and pepper to taste.

Top each serving with a dollop of lightly salted whipped cream and a dash of paprika. Provide a cruet of sherry on the side for those who wish extra flavoring.

Serves 6-8.

This is a very rich soup. Goes well with roasted meats and poultry.

The canned chestnuts are often called by the French word "maroons." I have served this several times at dinner parties. Because it is so rich, I usually keep the servings small.

MEP

Cream of Chicken Soup

- 2 cups chicken stock
- 1 cup cooked chicken or turkey, cut into 1/2 inch cubes
- 1 cup cream
- 2 tablespoons flour
- salt and pepper to taste

Heat chicken in the chicken stock until to the boiling point. Whip flour into the cream. Remove the stock from the heat and gradually stir in the cream. Return to heat and reheat until hot. Do not boil. Add salt and pepper to taste.

Serves 4.

If you want only a cream soup without the chunks of chicken, put hot stock with chicken in the blender and puree before adding the cream. A quick and easy soup to make and a good way to use leftover chicken or turkey.

I like to add finely diced cooked carrots and celery for color and texture.

MEP

Cream of Leek and Chard Soup

- 1 pound chard or spinach
- 4 large leeks
- 2 1/2 tablespoons butter
- 6 tablespoons flour
- 4 1/2 cups chicken broth
- 4 1/2 cups water
- 1 teaspoon salt
- 1 pound cream cheese, at room temperature
- 2 cups yogurt
- 4 egg yolks
- 2 cups cooked ham, chopped
- 2 1/2 tablespoons butter
- salt and white pepper to taste
- 1/2 cup finely chopped chives

Wash chard and finely chop. Remove roots and green stems from leeks and rinse out any sand. Chop.

Melt butter in a heavy soup kettle and add chard and leeks. Cook gently until soft. Sprinkle in flour and cook for 2 minutes over medium-high heat, stirring constantly.

Remove from heat and add chicken broth, water, and salt. Return to low heat and continue to stir until mixture thickens slightly. Simmer for 15 minutes.

Mash cream cheese in a bowl and beat in yogurt and egg yolks until smooth. Sauté ham in remaining 2 1/2 tablespoons butter.

Carefully stir the cheese mixture into the soup and cook over low heat for 5 minutes stirring constantly. Add ham. Serve garnished with chopped chives.

Serves 8.

This is one of those versatile soups that can be served any time of the year as an entree or a first course. Piping hot it makes a great Sunday supper with French bread and a green salad. It is a great recipe for using leftover ham. On a warm, summer evening, omit the ham and serve chilled to begin your dinner party.

I often will serve the soup course at a dinner party after the entree. This gives me time to clear away the main course, get my kitchen in order and to prepare dessert.

MEP

Cream of Mushroom Soup

- 3/4 pound of fresh mushrooms. washed and sliced
- 2 tablespoons butter
- 2 tablespoons flour
- 4 cups chicken stock
- 1/2 cup light cream (half and half)
- 2 tablespoons fresh parsley, finely chopped

Heat chicken broth. While chicken broth is heating lightly sauté mushrooms in butter in a 2-3 quart sauce pan. Sprinkle with flour and cook until bubbly, about 2 minutes. Remove from heat and stir in one cup of stock. Add the remaining stock and simmer 10 minutes. Just before serving add cream and heat slowly. Do not boil. Serve piping hot, garnished with fresh parsley.

Serves 4.

This is one of my favorite soups and is quick and easy to make. If you use canned chicken broth, it is better if you use 3 1/2 cups of chicken broth and 1/2 cup of dry white wine. I have found that whenever I substitute canned broth for homemade in soup recipes the taste is far better when I replace about 1/8th of the liquid with dry white wine.

MEP

Cream of Rubeen Soup

- 1/2 cup beef broth
- 1/2 cup chicken broth
- 1/4 cup coarsely chopped celery
- 1/4 cup coarsely chopped onion
- 1/4 cup coarsely chopped green pepper
- 1 tablespoon corn starch dissolved in 2 tablespoons water
- 1 cup coarsely chopped corned beef (about 1/4 pound)
- 1 cup chopped Swiss cheese
- 3/4 cup sauerkraut, drained and rinsed
- 1/4 cup butter
- 2 cups half and half
- chopped fresh chives for garnish

Combine beef broth, chicken broth, celery, onion and green pepper in a large saucepan and bring to a boil over high heat. Reduce heat and simmer until vegetables are crisp-tender, about 5 minutes. add dissolved cornstarch and continue cooking until soup thickens.

Remove from heat and stir in corned beef, Swiss cheese and sauerkraut, blending well.

Melt butter in a large double boiler over medium heat. Stir in half and half. Add soup and blend until smooth. Heat through but do not boil.

Garnish with chopped fresh chives.

Serves 8 generously.

I served this after a cold, wet football game and it really hit the spot. Hearty and unique.

MEP

Cream of Spinach Soup

- 2 pounds fresh spinach, stemmed
- 3 tablespoons butter
- 2 tablespoons grated onion
- 3 tablespoons flour
- 2 1/2 cups milk, scalded
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- pinch cayenne pepper
- 2 egg yolks
- 3/4 cup heavy cream (whipping cream)
- 1 teaspoon finely chopped fresh parsley
- 1 tablespoon sweet butter

Wash the spinach thoroughly, drain, and place in a 3-4 quart saucepan without any extra water. Cook the spinach over low heat, covered, for 5 minutes. Turn the leaves over, again cover the pan, and cook the spinach for an additional 3-5 minutes or until wilted. Pour the spinach and its liquid into a blender and blend for about 10 seconds. Drain the spinach through a sieve, reserving the liquid.

Melt the 3 tablespoons of butter in the same saucepan that was used to cook the spinach, add the onion, and sauté over low heat until the onion colors slightly, about 3 minutes, stirring frequently. Sprinkle the flour over the onions, blend well, and cook for 2-3 minutes. Add the scalded milk, blending thoroughly, and continue stirring until slightly thickened.

Strain the soup through a fine sieve into a medium saucepan or puree in a blender or food processor. Add the reserved spinach liquid (add water if necessary to make 1/4 cup) and add the salt, pepper, nutmeg, and cayenne. Simmer the soup over low heat, 2-3 minutes, stirring occasionally. Beat the egg yolks with the cream in a small bowl and add very slowly to the soup, stirring constantly to keep the egg from curdling. Stir in the parsley and sweet butter, stirring until the butter melts, serve at once.

Serves 6.

This is a good cream of vegetable recipe and I have used it to make cream of asparagus, broccoli, or green pea soup.

MEP

Cream of Vegetable Soup

- 1 tablespoon finely chopped onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup pureed cooked vegetables (asparagus, peas, broccoli, cauliflower, celery, spinach or carrots, or a combination)
- 2 cups chicken stock
- 2 cups light cream (half and half)
- 1/4 cup cooked vegetables

Sauté the onion in butter. Blend in flour, salt and pepper. Stir over medium heat until smooth and bubbly. Stir in pureed vegetables. Bring to a boil and boil 1 minute, stirring constantly. Gradually stir in chicken broth and cream. Add cooked vegetables. Bring to serving temperature.

Serves 6.

This is a basic simple cream soup recipe. I like to add the 1/4 cup of uncured vegetables so everyone knows what they are getting and for the color that it adds to the soup, but it is not necessary. This is an excellent way to use up leftover vegetables.

English Cucumber Soup

- 1 3/4-2 pounds English cucumbers
- 3 cups chicken stock
- 3 cups sour cream
- 3 tablespoons white wine vinegar
- 1 clove garlic
- 2 teaspoons salt
- 1/8 teaspoon white pepper

Condiments

- 1 hard boiled egg, chopped
- 1 large tomato, diced
- 1 avocado, sliced
- 1 bunch green onions, chopped
- 1 cup croutons--See Gazpacho for a recipe

Wash but do not peel cucumbers. Cut them into 1 inch chunks. Puree all ingredients in the food processor. If you don't have a processor can be done into the blender, but will need to be done in batches.

Refrigerate 2-3 hours. Serve in chilled bowls with the condiments.

Serves 6.

This is one of several cold soup recipes I have found to be excellent when the weather is warm. I started making some of these soups when we lived in Georgia and we continue to enjoy them. I have also used these for dinner parties where the menu is mostly hot foods. I leave off the condiments and simply added a thin cucumber slice and a dash of fresh dill to each bowl.

MEP

Fish Chowder

- 1 1/2 pounds halibut, haddock, whiting or any firm-fleshed white fish
- 6 cups water
- 2 ounces salt pork, diced
- 1/2 cup butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 small leek, finely chopped (use some of the top)
- 1 teaspoon salt
- 1/4 teaspoon curry powder
- 3 tablespoons flour
- 2 cups raw potatoes, peeled, diced
- 1 cup light cream
- 1/2 cup milk
- 2 tablespoons chopped fresh parsley

Remove the skin and any bones you can from the fish; cut the fish into half-inch chunks. In a large pot, or soup kettle, combine the fish and the water. Include any large bones from the fish. If possible, try to get some extra ones from your fish store; they add a lot of flavor. Bring to a boil, lower heat and simmer for 15 minutes. Drain the fish and reserve one quart of the stock. Remove the large bones and very carefully pick over the fish for any smaller ones. If you use a small whole fish, or a piece that looks bony, cook it as above, but leave it in one piece. Then skin it, remove the bones, and cut it into pieces. The pieces themselves do not need to be uniform. Put the fish in a small covered bowl and set aside.

Rinse out the pot you have been using, and dry it. Put the diced salt pork in the pot, cook over moderate heat until it is crisp and golden brown. Drain on paper towels and set aside. Add the butter to the pork drippings, along with the onion, celery and leek. If you cannot get the leek, use three scallions or spring onions, instead. Sauté a few minutes until the vegetables are wilted, but do not let them brown. Add the salt and the curry powder. Stir the flour in until smooth. Stir in the reserved fish stock and the potatoes. Cook over moderate heat until the potatoes are tender, stirring occasionally, about 15 minutes. Remove from the heat and add cream, milk, fish and salt pork.

Cover and refrigerate several hours, or overnight to blend the flavors. To serve reheat it gently; it must not boil. If you are not able to watch it carefully, reheat the soup in the top of a large double boiler. Put into a tureen, add a large dot of butter, sprinkle with parsley and pass a pepper mill at the table.

Serves 6.

MEP

French Onion Soup

- 6 cups thinly sliced onions
- 1/2 cup butter
- 5 cups of strong beef stock--homemade is preferable, but if you don't have it use
- 4 1/2 cups canned stock and 1/2 cup white wine
- 1 teaspoon salt
- freshly ground pepper
- 6 one-inch thick slices French bread
- freshly grated Parmesan cheese

Sauté the onions in butter in a large saucepan over low heat for 30 minutes or until they are soft and golden. Don't short cut the cooking of the onions, as it is the long cooking that really gives this soup its good flavor. Stir often to prevent them from burning. The onions should be completely limp before you add the broth. Add the beef stock, salt and pepper and bring to a boil. Reduce heat, cover and simmer for 30 minutes. Taste and correct the seasoning.

Meanwhile, toast the bread slices on a cookie sheet in a 325 degree oven for 20 minutes. Just before serving sprinkle each slice with a teaspoon or so of the grated Parmesan cheese and put the toast back in the oven for five more minutes. To serve, float the toast, cheese side up, on the soup. Pass additional Parmesan cheese at the table for guests to help themselves.

Serves 6.

I have tried a number of recipes for French Onion Soup and this is by far the best one I have ever found. I like to simmer it longer than the 30 minutes, in fact as much as two hours, but must be done over very low heat or you will reduce your stock too much.

I have also discovered that if you make the soup a day or two ahead it improves with aging. If you do it is not necessary to simmer much beyond the 30 minutes given in the recipe. Also making it ahead, allows you to recover from slicing the volume of onions this calls for and getting the smell out of the kitchen.

Some restaurants indicate they bake their French Onion Soup. What they do is put the soup in oven-proof bowls and then put it back in the oven to melt the cheese on the toast instead of putting the toast back in the oven to melt it.

MEP

Fresh Tomato Soup

- 1 teaspoon finely chopped onion
- 2 tablespoons butter
- 3 tablespoons flour
- 2 teaspoons sugar
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups of ripe tomatoes mashed, juice and all
- 2 cups chicken broth

Sauté the onion in the butter. Stir in the flour, sugar, salt and pepper. Cook until smooth and bubbly, stirring constantly. Gradually stir in the tomatoes. Bring to a boil, stirring constantly. Boil about 1 minute. Remove from heat and gradually stir in the chicken broth. Return to heat and bring to serving temperature. Do not boil.

Serves 4.

If you don't have fresh tomatoes you can substitute tomato juice for the mashed tomatoes. If you prefer a cream soup simply replace the chicken broth with cold milk.

MEP

Gazpacho

- 1 large tomato, peeled and seeded
- 1/2 small onion
- 1/2 cucumber
- 1 large celery stalk
- 2 teaspoons finely chopped parsley
- 1 teaspoon finely chopped chives
- 1 small clove garlic, minced
- 2 cups tomato-vegetable juice (like V-8)
- 2-3 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon Tabasco sauce

Garnishes

(Can use any combination you prefer)

- 2 hard boiled eggs
- 1/2 cup finely chopped green onion or chives
- 1 avocado chopped
- 1/2 cup bacon bits
- Garlic Croutons

Soup: Finely chop all vegetables. (A food processor is ideal for this). Combine with remaining ingredients and refrigerate until very cold, at least two hours.

Serve in chilled bowls and pass the garnishes.

Serves 6.

I have tried a number of recipes for Gazpacho, but this is my favorite.

Garlic Croutons

- 6 slices white bread lightly toasted
- 1/2 cup clarified butter
- 2 cloves garlic, minced

Garlic Croutons: Remove crusts from bread and cut into 1/2 inch cubes. Clarify the butter by melting it in a sauce pan, then separating the clear butter from the milky residue. Discard the residue. Transfer the clarified butter to a skillet, and place over medium heat. Stir in the garlic. Add the cubes of bread and sauté, stirring until crisp and golden. Drain on a paper towel.

MEP

Grandmother's Clam Chowder

- 4 slices of thick bacon, cut into 1/2 inch pieces
 - 1/2 medium onion, finely chopped
 - 2 carrots chopped
 - 2 potatoes, cut into 1/2 inch cubes
 - 2 stalks of celery, chopped
 - 2 cans minced clams
- clam juice
- 1 cups milk
 - 1 cup cream
- salt and freshly ground pepper to taste

Put bacon in a heavy 2-quart sauce pan and cook stirring constantly until browned. Add the chopped onion, carrots, and potatoes. Add the juice from the clams and just enough clam juice to cover the vegetables and simmer gently until carrots are tender (about 25 minutes). Add the clams, juice and all. Gradually stir in the milk and the cream. Heat just until hot, do not boil. Serve immediately with a pat of butter in the center. Sprinkle with a little fresh parsley for color.

Serves 4-6.

This is a recipe I received from my mother. It was originally from my grandmother. I prefer it with a little more seasoning and I usually add about 1/2 teaspoon of celery salt and garlic salt to the vegetables while they are cooking. This is not a typical chowder, it is more like a soup, in that it is not very thick. If you prefer your soups thicker, then beat two tablespoons flour into the milk before adding it to the soup.

MEP

Hamburger and Barley Vegetable Soup

- 1 1/2 pounds lean ground beef
- 6 cups water
- 3 beef-flavored bouillon cubes or 3 teaspoons instant beef bouillon
- 2 cups thinly sliced carrots
- 1 1/2 cups coarsely chopped onions
- 1 1/2 cups coarsely chopped celery
- 1/2 cup coarsely chopped green pepper
- 1/3 cup barley
- 1 teaspoon salt
- pepper to taste
- 2 bay leaves
- 1/4 cup ketchup
- 3 cups tomatoes, undrained and cut up (28 ounces)
- 2 cans tomato sauce

Brown ground beef in a 5 quart Dutch oven. Drain off fat. Stir in remaining ingredients. Bring to a boil. Reduce heat, cover and simmer for 1 hour or until vegetables and barley are tender. Remove bay leaves.

Makes ten 1 1/2 cup servings.

MEP - Helen Slaton -- Yummy and hearty

Hot and Sour Soup

4 ounces lean pork (butterfly chop, loin, or tenderloin)

Marinade

- 1 teaspoon cornstarch
- 1 teaspoon dry sherry
- 2 teaspoons soy sauce

- 4 dried Chinese mushrooms
- 2 tablespoons dried black cloud ears
- 1 square fresh, firm tofu (bean curd)

Thickening Mixture

- 3 tablespoons cornstarch
 - 3 tablespoons water
 - 2 teaspoons sesame oil
 - 3 tablespoons white vinegar
 - 1 tablespoon soy sauce
 - 1/2 teaspoon white pepper
-
- 4 cups Oriental Chicken Broth
 - 1/2 cup shredded bamboo shoots
 - 1 egg, lightly beaten
 - 1 tablespoon chopped green onion

To prepare ahead: Shred the pork by slicing it thinly across the grain, then cutting the slices into tiny strips (1/8 x 1/8 x 2 inches). Add the marinade ingredients to the meat and combine thoroughly. Let stand for 30 minutes.

Soak the mushrooms and cloud ears each in two cups of hot water for 20 minutes. Rinse until the water is clear. Cut off and discard the stems. Shred the caps into thin strips.

Drain the bean curd and cut into 1/4 x 1/4 x 3 inch strips. Combine the thickening mixture ingredients in a small bowl.

To cook: In a 4-quart saucepan, bring the broth to a boil over high heat. Add the pork, mushrooms, black cloud ears, and bamboo shoots. Bring back to a boil; then reduce the heat to low. Cover and simmer for three minutes.

Return heat to high. Add the bean curd and the thickening mixture. Stir gently until it boils. Slowly add the beaten egg, stirring gently once. Immediately remove from heat. Add the green onion, mix well, and serve. Add more vinegar and white pepper if needed.

Serves 4.

RGP - Dorothy Huang Cooking Class

Lobster Bisque

- 2 9-ounce packages of frozen lobster tails thawed
- 2 3/4 cups chicken broth
- 1 tablespoon Madeira
- 1/4 cup chopped carrot
- 1/4 cup chopped onion
- 1/2 bay leaf
- 1/8 teaspoon marjoram
- 1/4 cup dry white wine
- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- 1 teaspoon tomato paste
- 1/4 cup heavy cream (whipping cream)

Parboil lobster tails by dropping them into boiling chicken broth and cooking them for two minutes. Remove from the broth, set the broth aside and douse the tails with cold water to prevent further cooking. With kitchen shears, cut the membrane away from the underside of the lobster and remove the meat. Put the shells back into the pot with the broth. Cut the meat into bite-size pieces, put them in a small bowl and sprinkle them with Madeira. Set aside.

Add the carrot, onion, bay leaf, marjoram and white wine to the broth and shell. Bring to a boil, cover and simmer for 30 minutes. Line a colander with several layers of cheesecloth, place it over a bowl and strain the broth mixture through it. Let it stand a few minutes to be sure you get all the liquid out of the shells. If you have a food processor, you can simply remove the shells and the bay leaf and whir in the processor until smooth.

Melt butter in a large saucepan. Stir in the flour, mixing until smooth, then add the lobster broth, milk and tomato paste. Simmer, stirring until smooth and thickened, about 10 minutes. Remove from the heat, add the lobster meat with the Madeira, and the heavy cream. Taste for seasoning, adding salt and a dash of pepper if it seems necessary.

Serves 6.

My family really likes this soup. It is rich and with fresh rolls and a salad makes a wonderful meal. One time, I only had one lobster tail and I used crab in place of one of the tails. Another time, I simply substituted a Dungeness crab for the lobster. Because the crab is already cooked it is not necessary to parboil it. However do put the crab shells in the broth. This soup makes an excellent first course for a roast fowl dinner.

MEP

Lucia's Chicken Soup

- 3 tablespoons olive oil
- 1 shallot, chopped
- 1 large yellow onion, chopped
- 10 green onions, chopped
- 6 cloves garlic
- 2 pounds canned low sodium chicken broth, or 2 cans
- 6 pounds water, or 6 cans
- 2 tablespoons Better than Bouillon
- 3 carrots, chopped
- 3 stalks celery, chopped
- 4 skinless boneless chicken breasts
- fresh thyme
- fresh savory
- fresh rosemary
- 2 yellow squash
- 2 zucchini
- fresh basil, to taste (or basil pesto)
- salt, to taste
- pepper, to taste

Heat 1 tablespoon olive oil in a skillet on medium heat. Add the shallot, onion, green onions, and garlic to the skillet. Cook until the onions are transparent.

Mix chicken broth, water, Better than Bouillon, carrots, celery, and sautéed vegetables in a large stock pot.

Heat 2 tablespoons olive oil in a clean skillet over medium heat. Add the chicken breasts, plus a pinch each of the thyme, savory, and rosemary. Sauté until sealed and slightly browned. Cube the chicken roughly (don't cut it too neatly -- it makes the soup too mechanical looking) and add to the stock pot. Continue to cook until the flavors blend, about 15 minutes.

Add the zucchini and squash about 5 minutes before you are done cooking. Adjust the seasoning with thyme, savory, rosemary, salt, pepper, and basil or basil pesto. Turn off the heat, cover, and let sit for 15 minutes before serving.

Serves 4.

RGP - Lucia's Garden Cooking Class

Mexican Vegetable Stew

- 1/4 cup olive oil
- 4 cloves of garlic, minced
- 2 large onions, diced
- 1 pound lean ground beef (optional)
- 1 teaspoon ground cumin
- 1 28-ounce can imported plum tomatoes (about three cups) roughly chopped with their juice
- 8 cups homemade vegetable stock or chicken broth or 7 cups of canned chicken broth with 1 cup of dry white wine)
- 1/2 teaspoon salt
- freshly ground black pepper to taste
- 2 carrots, thinly sliced
- 3 medium zucchini, cut lengthwise into sixths, then into 1 inch chunks
- 2 cups freshly cooked kidney beans or 1 15-ounce can kidney beans, rinsed and drained
- 2 cups fresh or frozen corn kernels (I use 2 cans Niblets)
- grated cheddar cheese (optional)
- corn chips (optional)

In a 6 to 8 quart pot, heat the olive oil over medium heat. Sauté the garlic, onions, and cumin 10 minutes stirring often. Add the hamburger and stir until browned.

Add the tomatoes with their juice, the stock, salt, and pepper and bring to a boil.

Add the carrots and cook 15 minutes, then add the zucchini and cook 5 to 10 minutes, or until the zucchini is tender, not mushy.

Add the kidney beans and corn and cook 2 minutes. Remove 2 cups of the stew, puree it in the blender or food processor, then return it to the pot. This will nicely thicken the stew. Taste to adjust the seasoning. If desired, sprinkle on grated cheese and break a few corn chips over each serving.

Serves 6.

The original recipe didn't have the hamburger. I have served this with a Caesar Salad, a fruit salad, and freshly baked French bread for several luncheons including 30 Board Members of Sitka. This recipe is always a hit. It is very similar to a Taco Soup recipe.

MEP - Quick Vegetarian Pleasures

Minestrina di Cubetti

- 1/2 pound ricotta cheese, at room temperature
- 1 whole egg
- 1 egg yolk
- 1 teaspoon salt
- 1/2 teaspoon freshly grated nutmeg
- 3/4 cup freshly grated Parmesan cheese
- 2-2.5 quarts chicken broth
- minced parsley

Preheat oven to 300 degrees.

Beat the ricotta for several minutes for a more refined texture. Add the egg, egg yolk, salt, nutmeg, and Parmesan cheese. Blend well with a rubber spatula and spread in a buttered, 8 x 8 inch, glass baking dish.

Place the baking dish, uncovered, in a larger pan filled with 1 inch of hot water. Bake until firm, about 45 minutes.

Cool the ricotta completely, then cut into very small cubes; the smaller the cube, the more elegant the soup. This may be prepared several days in advance, keeping the cubes covered and refrigerated. When ready to use, the cubes should be a room temperature.

To serve, fill a warmed tureen with piping-hot chicken broth and add the cheese cubes. Sprinkle with a little minced parsley on top.

Serves 8 to 10.

A beautiful soup. I have served this at a formal dinner party as one of many courses or at the beginning of an elegant luncheon. An excellent recipe as almost all of the work can be done ahead and all that has to be done at the last minute is to heat the chicken broth. I prefer this with homemade chicken broth, but Campbell's double strength works almost as well.

MEP-Junior League of Palo Alto-#1

Mushroom Soup

This a very unusual soup. Before tasting it your guests may assume, from the looks, that it is a rich beef broth. They will be startled by its intense mushroom flavor.

If you have a food grinder or processor it is worth getting it out to make this dish, for you can put the mushrooms through it, stems and all, in very short order. The next simplest procedure is to put them in the blender, and use a slow speed to chop them. But you will have to do them a handful at a time.

- 2 tablespoons butter
- 2-3 minced shallots or onions
- 1 1/2 pounds mushrooms, ground or chopped fine
- 6 cups chicken broth
- 1/2 teaspoon salt
- 1 teaspoon lemon juice
- 1 lemon, thinly sliced

Heat the butter in a large saucepan. Add the shallots and cook until they are translucent, about three minutes. Add the mushrooms and cook five minutes longer, stirring occasionally. Add the chicken broth and bring to a boil. Reduce heat and simmer, uncovered, for 30 minutes. Cool. Place in food processor or blender and whip. Be sure to do in batches. Return to pan and bring just to a boil. Season with salt and lemon juice. Garnish with the lemon slices.

Serves 6.

If you like the bits of mushroom in the soup, you can omit the blending.

MEP

Oriental Chicken Broth

- 1 4 pound whole chicken
- 2 green onions, cut into 3" pieces
- 8 cups water
- 1 slice fresh ginger root
- salt, to taste

Rinse the chicken and remove any fat from the cavity. In a 6-quart heavy saucepan, combine all ingredients except salt and bring to a boil over high heat. Reduce heat to medium low; simmer for 1 1/2 hours.

Add salt to taste. Remove chicken, skim off fat and strain through a fine sieve. The broth is ready to be used in soup or other cooking.

Tips

You can also use a crock pot.

To remove the fat easily, chill the broth and lift off the congealed fat.

Fresh broth can only be stored in the refrigerator for one day. To keep it longer, freeze it.

The leftover chicken can be shredded and used in a number of ways -- in a salad, in fried rice, etc.

Makes 8 cups of broth

RGP - Dorothy Huang Cooking Class

Oxtail Soup

- 1 oxtail
- 1 1/2 quarts of water
- 1 tablespoon salt
- 1/2 cup diced onion
- 3/4 cup diced carrots
- 1/2 cup diced celery
- 1/2 cup barley

Brown oxtail in a little butter in soup kettle. Add water and salt. Cover and simmer for about 4 hours. Cool. Remove bones from soup. Pick off meat and return to soup. Refrigerate until cold. Skim off any fat that has congealed on the top. Return to heat and add onion, carrot, celery and barley. Cover and simmer for about 45 minutes or until vegetables are tender and barley is cooked.

Serves 6.

This is an old-fashioned hearty soup, that my mother made. She had a tendency to use very little in the way of seasoning other than salt and pepper. I find I like to add about 6 peppercorns, 1 bay leaf, and a little thyme and marjoram to my stock. Be sure to remove the bay leaf and peppercorns before serving.

You can also add a can of chopped tomatoes to this soup if you like tomatoes in you vegetable beef soup.

MEP

Oyster Stew

- 1 pint light cream (half and half)
- 1 cup milk
- 4 tablespoons butter
- 1/2 teaspoon celery salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon monosodium glutamate
- salt and pepper to taste
- 1 pint oysters, drained and cut into bite-sized pieces
- 4 pats of butter

Heat cream and milk in a double boiler until piping hot. Stirring constantly, add butter and seasonings. Drop oysters into pot and simmer for five minutes. Do not overcook or oysters will be tough and stew is apt to curdle. Stir again and serve with a pat of butter on the top of each bowl.

Serves 4.

This is as close as I can come to the oyster stew that is served at Dan & Louis Oyster Bar in Portland.

MEP

Potato Soup

- 2 small onions, chopped
- 2 cloves garlic, minced
- 1 stalk celery, finely chopped
- 3 tablespoons butter
- 3 medium potatoes, cut into 1/2 inch cubes
- 2 cups chicken stock
- 1/4 cup dry white wine
- 3/4 cup cream
- 2 tablespoons flour
- 3 tablespoons chopped parsley
- salt and pepper to taste

Sauté onions, garlic, and celery in butter in a 2-3 quart saucepan for about five minutes. Add potatoes and chicken stock. Simmer uncovered for about 30 minutes or until vegetables are tender. Remove from heat and stir in wine. Whip flour into the cream and stir slowly into the soup. Return to heat and cook until piping hot. Do not boil. Add parsley and salt and pepper to taste.

Serves 4-6.

This is a good hearty soup and very tasty. Don't forget the parsley as it adds needed color. If you want a main dish soup simply add about 1 1/2 cups diced ham before reheating. If you want a cream soup, put into food processor or blender and puree before adding the wine.

MEP

Sherried Consommé with Mushrooms

- 2 pounds beef chuck
- 2 large beef marrow bones, cracked
- 2 large onions quartered
- 3 celery stalks, cut up
- 2 carrots, cut up
- 1 bay leaf
- 1 large clove garlic, split
- 4 whole cloves
- 1 tablespoon salt
- 15 peppercorns
- 4 quarts cold water
- 2 egg whites lightly beaten
- 1 cup very thinly sliced raw mushrooms
- 2 tablespoons dry sherry or dry white wine

Roast marrow bones and onions in 450 degree oven for 45 minutes, turning once or twice, until they are browned. The browning give soup a richer flavor and better color. Remove from oven and place in a large soup kettle with beef, celery, carrots, bay leaf, garlic, cloves, salt, and peppercorns. Discard any fat in the pan in which the bones and onions were browned, and then deglaze pan by putting one or two cups of water into it, and bringing the water to a boil, stirring and scraping to remove browned bits from the pan. Add this to the soup kettle along with the rest of the four quarts of water. Bring to a boil, skimming off scum as it rises. When the scum ceases to rise, reduce heat, cover and simmer for two hours. Strain soup and put beef aside for other uses.

Chill at least six hours, or overnight. This recipe should make about three quarts of stock. Remove congealed fat from chilled stock. Return to soup kettle, stir in egg whites and bring to a boil stirring constantly. Reduce heat and simmer uncovered for one hour, reducing consommé to about two quarts. Strain through cheesecloth.

Just before serving put mushrooms and two cups of consommé into a large saucepan. Boil for about two minutes. Add the remaining consommé and heat slowly to serving temperature. Stir in sherry.

Serve 6 to 8 When you have time, homemade consommé is superb. I generally make hash out of the beef, which has a tremendous flavor. If you are short of time simply use 1 3/4 cups canned consommé, and 1/4 cup of white wine in place of the homemade consommé.

MEP

Split Pea Soup

- 2 1/2 cups dried split peas (one pound)
- 5-6 cups water
- 1 ham bone
- 1 large onion, finely chopped
- 3 stalks of celery tops and all, finely chopped
- 2 carrots, finely chopped
- 1 cup milk or cream
- 2 cups diced ham (optional)

After rinsing, soak dried split peas over night in water in a large kettle. Add ham bone, onion, celery and carrots. Heat to boiling. Cover and simmer 4 to 5 hours until peas are tender and liquid is partially cooked down. Remove from heat and put through food processor or blender. Return to heat and add cream and ham. Bring to serving temperature. Add salt and pepper to taste.

This is a very hearty main dish type of soup. It is an excellent recipe for using up the rest of a ham. You can vary the thickness of the soup by the amount of cream you add to it. We like it very thick so I only add about a cup, but if you like it thinner you can add up to one cup more.

After soaking, you can pour off the water and use 5 cups of chicken broth in place of the water.

MEP

Spring Tonic with Cheese Croutons

- 3 one-pound cans tomatoes
- 2 stalks celery, with leaves
- 2 carrots scraped
- 1 green pepper, seeded
- 1 large onion
- 3 peppercorns
- 2 whole cloves
- 1 teaspoon salt
- 1/2 teaspoon basil
- 1/2 teaspoon sugar
- 1/2 cup port
- 1 tablespoon fresh lemon juice
- cheese croutons

Put the contents of the cans of tomatoes, juice and all, in a large saucepan, breaking the solid chunks up with a fork. Cut the vegetables into chunks and add them to the pot. Stir in peppercorns, cloves, salt, basil, and sugar. Cover the saucepan tightly and bring it to a boil, then lower the heat and simmer for one hour, stirring once or twice. Cool.

Strain the soup through a fine sieve or through several thicknesses of cheesecloth, squeezing all the juices out the vegetables. If you have a food processor, after removing the peppercorns and cloves, simply whirl until smooth and all the vegetable chunks are gone. Return the soup to the saucepan and add the port and lemon juice. Add more salt and pepper, if desired. Bring to a boil and serve, adding a few cheese croutons to each serving.

Serves 6.

This vegetable bouillon, which is good served hot or cold, is very easy to make, with no fussing, since the vegetables are simply cut into chunks. The result is a bright clear red soup, which is made extra rich both in taste and appearance by a splash of port.

Cheese Croutons

- 2 slices day-old white bread
- 3 tablespoons butter
- 1 tablespoon freshly grated Parmesan cheese

Use a firm rather than spongy type of bread. Trim the crusts and cut the bread into 1/4 - 1/2 inch cubes. Heat the butter in a skillet until it is hot and bubbly; add the bread crumbs. Cook and toss over low heat until the croutons are crisp and well browned. Drain them on paper towels, then place them in a small bowl and sprinkle with the cheese while still warm.

MEP

Trianon Dill Pickle Soup

- 3 tablespoons butter
- 3 ounces onion, cut julienne
- 1/2 cup dry white wine
- 1/3 cup plus 1 tablespoon flour
- 5 cups water
- 1 1/2 cups marinade from pickles
- 4 large dill pickles cut julienne
- 2 teaspoons dried dill weed
- whipping cream (usually takes about a pint)
- poultry seasoning
- salt and ground white pepper
- diced pickles for garnish

Melt butter in a large pot over medium heat. Add onion and sauté until soft. Add wine and continue cooking until almost all the liquid evaporates. Reduce heat and stir in flour, but do not brown.

Combine water and pickle marinade and whisk into onion mixture all at once. Increase heat and bring to a boil, stirring constantly until soup thickens.

Add pickles and dill. Stir in cream. Season with poultry seasoning and salt and pepper to taste.

Garnish each serving with diced pickles.

Serves 8.

This is as close as I can come to the pickle soup that was served at D'Alessio's in Salem.

MEP

Turkey Noodle Soup

Stock

- 1 turkey carcass, with skin removed and some meat still on the bones
- 1 medium onion, cut in quarters
- 3 carrots, cut in 1 inch pieces
- 4 stalks celery, cut into 1-inch pieces
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 1/2 teaspoon sage
- 2 teaspoons salt
- 1/2 teaspoon pepper

Soup

- 1 cup noodles
- 1 cup carrots, diced
- 1 cup celery, diced
- 1 cup onions, diced

Place all of the stock ingredients in a large soup kettle. Only break carcass as much as is necessary to get it to fit into your soup kettle. Cover with water and bring to a boil. Cover and let simmer for 6-8 hours or overnight. Cool. Remove bones, picking off any turkey meat and saving it. Put stock through a sieve or a food processor. Cut turkey meat into bite-sized pieces and return to stock. Refrigerate until cold. Skim off any fat that has congealed on the surface.

Return to heat and add soup ingredients. Bring to a boil and then reduce heat to simmer. Simmer about 45 minutes or until the vegetables and noodles are tender. Taste and add more salt and pepper if needed.

Serves 8.

This is a recipe I created as a way to use the last of the Thanksgiving turkey. My family contends it is more like stew than soup, but they never complain when I serve it. This freezes well for use another day. Sometimes I simply freeze the stock and make the soup later.

MEP

Watercress Soup

- 3 bunches watercress
- 1 tablespoon butter
- 1/4 cup minced onion
- 1 1/2 cups water
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- 2 tablespoons butter
- 2 tablespoons flour
- 2 13-ounce cans clear chicken broth
- 2 cups milk
- 2 egg yolks
- 1 cup whipping cream (heavy cream)

Rinse and drain watercress and remove the coarsest stems. Melt one tablespoon butter in a large sauce pan, add onion and cook until golden. Add watercress, water, salt and pepper, and cook over high heat for five minutes. Put mixture into a blender at high speed for a few seconds.

Melt the two tablespoons of butter in a saucepan, stir in flour. Add the chicken broth and the milk; bring to a boil. Stir in the watercress mixture. Beat egg yolks and heavy cream together. Stir one cup of the hot soup into the egg-cream mixture, then add this combination to the soup, stirring constantly. Heat thoroughly, but do not boil.

Serves 8.

This soup is shamrock green and sure to have everyone guessing what it is before they taste it. Some of your guests may go on wondering even after they have tasted it, for its slightly bitter flavor is hard to place. If you like the taste, it is easy to make.

This soup can be served either hot or cold. It makes an excellent first course for a baked ham dinner.

I have used this same recipe for spinach, broccoli, lettuce or asparagus soup just by substituting one of those vegetables for the watercress.

MEP

Wine Consommé

- 1/3 cup coarsely chopped parsley
- 1/2 cup coarsely chopped celery
- 3/4 cup coarsely chopped carrot
- 3/4 cup coarsely chopped onion
- 1 pound ground beef
- 4 egg whites
- 1 tablespoon black peppercorns
- 2 bay leaves
- 1/2 teaspoon thyme
- salt and pepper to taste
- 8 cups beef broth
- 1 cup water
- 2 cups dry red wine

Combine all vegetables, meat, egg whites, and seasoning in a large, heavy sauce pan or Dutch oven. Add broth and water and mix with a wooden spoon. Bring to a boil over high heat, stirring to avoid sticking. The stock will become cloudy and a white foam will form. When the mixture comes to a boil, stop stirring and reduce heat to simmer. As the soup simmers, a crust will form on the surface with one or two holes through which the liquid will boil gently. Do not disturb the crust in any way, to maintain the clarity of the soup.

After one hour, strain through a sieve lined with 4 layers of cheese cloth that has been wrung out in cold water, taking care not to disturb crust.

Let consommé come to room temperature and refrigerate. When chilled, remove any fat that has formed on the top.

When ready to serve, add red wine and reheat.

Serves 8.

As a prelude to a rich meal, it is nice to serve this in mugs in the living room.

MEP

Winter Squash Soup

- 1 1/4 pounds butternut squash
- 2 stalks celery, chopped (1 cup)
- 1 medium onion, chopped (1/2 cup)
- 1 tablespoon butter
- 1 tart medium apple such as Granny Smith or McIntosh, peeled, cored, and chopped (1 cup)
- 1 1/4 cups water
- 1 1/4 cups tomato juice
- 1/4 teaspoon cinnamon
- 1/4 teaspoon freshly ground nutmeg
- 1/4 teaspoon salt
- 3/4 cup orange juice
- poached apple slices (optional)
- snipped chives (optional)

Peel, seed, and cube squash (should have about 3 cups); set aside. In a 3-quart saucepan cook celery and onion in butter about 5 minutes or until nearly tender. Add the cubed squash, apple, water, tomato juice, cinnamon, nutmeg, and salt. Bring to a boil, reduce heat. Cover and simmer about 20 minutes or until squash is tender. Cool the mixture slightly.

Place mixture, half at a time, in a blender or food process, and blend until smooth. Return mixture to saucepan. Stir in orange juice; heat through. Season to taste with pepper. Garnish each serving with poached apple slices and snipped chives.

Serves 4 - 6 - makes about five cups of soup.

A surprising blend of tomato and orange juice adds snap to this soup. Soup can be chilled over night and reheated to serve.

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Yogurt Soup with Mint

- 1/4 cup pearl barley
- 6 cups chicken broth
- 2 tablespoons minced onion
- 1/2 cup finely chopped fresh mint--must be fresh
- 3 cups unflavored yogurt
- 3/4 teaspoon salt
- freshly ground black pepper

Place the pearl barley in a small bowl; add water to cover and soak overnight. The next day drain the barley in a strainer and rinse well. Then put it into a medium-sized saucepan with the chicken broth and minced onion. Bring it to a boil, lower heat and simmer for 15 minutes or until the barley is tender. While the barley is cooking, chop the mint, using only the tender leaves. When the barley is tender, remove it from the heat. Add the mint leaves. Let the mixture cool to room temperature. Add the yogurt, and stir until the soup is smooth. Add the salt and pepper to taste. Serve the soup icy cold.

Serves 8.

I served this as a first course before a barbecued spareribs dinner and also before a barbecued chicken dinner. All I used to complete the menu was fresh rolls and a green salad to go with the entree and a fresh fruit and melon compote for desert. Beer makes an excellent beverage for this meal, especially with the spareribs.

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