

Class Menu

White Bean and Vegetable Soup

Moroccan Lamb and Vegetable Soup

Spanish Shrimp, Mussel, Chorizo, and Rice Soup

French Pork and Cabbage Soup

Chicken Tagine with Apricots, Raisins and Almonds

Soup

Soups have held an important place in the cuisine of every culture since the dawn of humanity. It took almost a century to bring soups to the perfection of today. Modern cooking has replaced the sturdy dishes of the past with simple, savory preparations.

Two Main Types of Soups:

Clear Soups: Prepared in the same manner whether made from meat, poultry, game or fish. Consommés are an example of clear soups.

Thick Soups: Unlike clear soups, thick soups are opaque rather than transparent. They are thickened by adding some kind of thickening agent such as roux. Cream soups, pureed soups, bisques and chowders are example of thick soups.

How to make a good vegetable soup:

- Start with a clear, flavorful stock.
- Select vegetables and other ingredients whose flavors go well together.
- Cut the vegetables uniformly.
- Cook vegetables slowly in a little butter before combining with liquid.
- Cook starches such as grains and pasta separately and add to soup later.
- Observe differences in vegetable cooking times.
- Don't overcook.

A word or two about cream soups

- Cream soups should...
 - be the consistency of heavy cream, not too thick.
 - smooth, without graininess or lumps.
 - have the distinct flavor of the main ingredient and not taste of uncooked roux.
- To prevent curdling a cream soup
 - Do not combine milk and stock without the presence of a roux or other thickener.
 - Do not add cold milk or cream to simmering soup.
 - Do not boil soups after milk has been added.

Freezing Soups

- If you are planning on freezing the soup undercook it slightly.
- Before freezing let the soup come to room temperature.
- Do not fill containers all the way to the top as the soup will expand when freezing.
- Freeze homemade stock in ice cube trays for easy to use portions.

Chicken Stock

Chicken stock, the most versatile stock of all, is the base of a great variety of soups and sauces. Its wonderful home-cooked flavor makes it a standby in both Oriental and Western cuisines.

- 4 pounds chicken bones
- 1 pound onion, coarsely chopped
- ½ pound celery, coarsely chopped
- ½ pound carrot, coarsely chopped
- 4 leeks, cleaned and sliced
- 6 quarts cold water
- Sprigs of parsley
- Sprigs of thyme
- 1 bay leaf
- 8 black peppercorns

Place the chicken in large stockpot, add the 6 quarts of water and place over medium heat. For a clear stock, heat to simmering without stirring (this should take about 40-50 minutes). While the water is heating skim off any scum that rises to the surface.

Add the onions, celery, carrots, leeks and seasoning. Simmer, partially covered, without stirring, for about 4 hours, skimming occasionally.

Ladle the stock carefully through a colander lined with cheesecloth. Let cool to room temperature; cover and refrigerate. Remove the congealed fat from the top.

Makes about 3 quarts.

Fish Stock

Fish stock is the basis for many fish and shellfish soups and sauces. Since this stock does not cook as long as beef or chicken the vegetables are sweated to obtain a more flavorful stock.

- 1 ounce butter
- 4 ounces onions, finely chopped
- 2 ounces celery, finely chopped
- 2 ounces carrots, finely chopped
- 2 ounces mushrooms, sliced
- 4 pounds fish bones
- 8 ounces dry white wine
- 4 quarts cold water
- Sprigs of parsley
- Sprigs of thyme
- 1 bay leaf
- 8 black peppercorns
- 2 whole cloves

Add butter to bottom of a heavy stockpot. Place the onions, celery, carrots and mushrooms in the bottom of the pot and fish bones over top. Cover the pot. Set the pot over low heat and cook for 5 minutes or until the bones are opaque and begin to exude some juices. Add the wine, bring to a simmer, then add the water to cover and the seasonings. Bring to a simmer again, skim and let simmer for 30 to 45 minutes. Strain through a china cap lined with cheesecloth. Cool and refrigerate.

Makes about 3 quarts.

Vegetable Stock

A good vegetable stock should be clear and light colored, free of any animal product. A vegetable stock can be substituted in any recipe that calls for a meat-based stock.

- 2 ounces vegetable oil
- 1 pound onions, small dice
- 8 ounces celery, small dice
- 8 ounces carrots, small dice
- 8 ounces leeks, chopped
- ½ ounce garlic, chopped
- 4 ounces fennel, small dice
- 2 ounces turnip, small dice
- 2 ounces tomato, small dice
- 8 ounces white wine
- 4 quarts water
- 1 bay leaf
- 2 sprigs thyme
- 6 sprigs parsley
- 6 black peppercorns

Heat the oil. Add the vegetables and sweat for 10 minutes. Add the white wine, water and seasonings. Bring the mixture up to a boil, reduce the heat and simmer for 45 minutes. Strain, cool and refrigerate.

Make about 1 gallon.

White Bean and Vegetable Soup

- ¼ pound salt pork, rind discarded and the meat cut into ¼ inch dice
- 2 cups finely chopped onion
- 2 large garlic cloves, minced
- 1 bay leaf
- 1 tablespoon dried rosemary, crumbled
- 4 ribs of celery, cut crosswise into ¼ inch slices (about 2 cups)
- 4 large carrots, cut crosswise into ¼ inch slices (about 2 cups)
- 1 pound turnips, peeled and cut into ¾ inch pieces
- 1 pound small red potatoes, cut into ½ inch pieces
- 2 15-½ ounce cans white beans, drained and rinsed
- 5 cups vegetable stock plus, if desired, additional for thinning the soup
- 6 cups packed fresh spinach leaves, washed well, spun dry, and shredded coarse
- freshly grated Parmesan to taste

In a heavy Dutch oven cook the salt pork over moderately low heat, stirring, until it is crisp, transfer the cracklings with a slotted spoon to paper towels, and reserve them. In the fat remaining in the pan cook the onion, the garlic, the bay leaf, and the rosemary, stirring, until the onion is softened, add the celery, carrots, turnips, potatoes and vegetable stock, and simmer the mixture, covered, stirring occasionally, for 20 minutes. Stir in the beans and the spinach. When the spinach is cooked stir in the additional broth or water to thin the soup to the desired consistency, and salt and pepper to taste. Discard the bay leaf, simmer the soup, stirring, for 5 minutes, and serve it sprinkled with the Parmesan and the cracklings if desired.

Serves 6.

Note: If you want to keep this vegetarian, leave salt pork out and substitute 2 tablespoons olive oil.

Moroccan Lamb and Vegetable Soup

- 2 pounds lamb stew meat, cut into ½ inch dice
- 1 medium sized onion, coarsely chopped
- 1 medium sized carrot, coarsely chopped
- 1 15.5 ounce can chick peas
- 2 medium sized onions, finely chopped
- ¼ cup olive oil
- 4 medium sized tomatoes, seeded and chopped
- 4 garlic cloves, peeled
- 2 medium sized waxy potatoes, peeled and cut into ½ inch dice
- 2 medium-size carrots, halved lengthwise and sliced
- 2 zucchini, halved lengthwise and sliced
- 6 ounces fresh mushrooms
- ¼ teaspoon each ground turmeric, ground ginger, saffron threads, ground cinnamon, cayenne pepper
- 3 tablespoons finely chopped cilantro

In a large pot, brown the lamb in ¼ cup of olive oil over high heat. Remove the meat and bones with a slotted spoon and pour out the burned fat. Add the chopped vegetables to the pot and return the meat. Add enough water to cover, about 1 quart. Bring to a slow simmer and simmer the broth for about 3 hours, skimming off fat and scum as needed. If necessary, add water from time to time to make up for evaporation. Strain the broth and discard the vegetables. Reserve the meat and the broth.

Cook the chopped onions in the remaining ¼ cup of olive oil in a 4 quart pot over medium heat until the onions turn translucent, about 10 minutes. Add the garlic and spices and cook one minute. Add the potatoes and carrots and cook 5 minutes to soften. Add the tomatoes, zucchini, mushrooms, lamb broth, and reserved meat. Simmer until the potatoes and carrots have softened, about 20 minutes. Add the chick peas and simmer 5 minutes. Add the cilantro; season with salt and pepper.

Spanish Shrimp, Mussel, Chorizo, and Rice Soup

- 1 pound large shrimp
- 2 pounds mussels
- ½ pound chorizo
- 6 cups fish stock
- 2 tablespoons olive oil
- 2 medium sized onions, finely chopped
- 1 dried ancho chili, soaked for 30 minutes in hot water, drained
- 2 garlic cloves peeled and finely chopped
- 4 medium sized tomatoes, peeled, seeded and finely chopped
- 1 cup short grain rice (such as Arborio)
- 1 large pinch of saffron
- 2 teaspoons smoked Spanish paprika
- Salt and pepper, to taste

Peel and devein the shrimp. Scrub and rinse the mussels, pull off any beards sticking to the sides, and reserve with the shrimp in the refrigerator. Slice the chorizo into 1/8 inch rounds. Heat the oil over medium heat in a heavy-bottomed pot and stir in the onions. Stir the onions until they soften and begin to caramelize. If the onions brown too quickly, turn down the heat. Chop the chili very fine, almost to a paste. Stir in the chili and garlic into the onions and stir over medium heat for 3 or 4 minutes more. Stir in the tomatoes and the reserved broth.

Bring the mixture to a simmer and pour in the rice. Let the rice cook without too much stirring. Stir in the saffron and paprika and return to a simmer. Cook covered for about 15 minutes. When the rice is almost done add the mussels. Simmered, covered, until the mussels open, about 5 minutes, then add the shrimp and chorizo. Simmer two minutes more. Adjust the seasoning with salt and pepper.

French Pork and Cabbage Soup

- 1 pork shoulder (3 pounds trimmed boneless meat)
- ½ pound bacon
- 2 medium sized onions, finely chopped
- 5 garlic cloves, peeled
- 2 cups dry white wine
- 2 quarts chicken stock
- 1 large bouquet garni
- 1 head of cabbage, preferably Savoy
- 1 pound thick raw sausage
- thick slices of country French bread
- 2 garlic cloves, peeled

Trim off and discard the rind and any large piece of fat from the pork shoulder. Cut the meat away from the bone. Save the bone. Cut the shoulder meat into 1 inch cubes. Cut the bacon in 1 inch strips.

Put the bacon in a 2 quart saucepan half filled with cold water. Simmer the bacon for 10 minutes, drain it, and rinse under cold water. Cook the bacon in a 6 quart pot over medium heat. When it just begins to turn crisp, take it out with a slotted spoon and reserve.

Turn the heat to high and brown the pieces of pork in the bacon fat. Don't add all the pieces at once, or they won't brown properly. Remove the pork with a slotted spoon and add the onion and garlic. Stir over medium to high heat for about 10 minutes, until the onions have softened slightly.

Pour the wine into the pot and boil it down for about five minutes to evaporate the alcohol. Put the pork back into the pot – including any juices that have run out – and pour in the broth. Add the bouquet garni, reserved bacon, and reserved bone from the pork shoulder.

Bring the broth to a very slow simmer, cover the pot, and cook on top of the stove or in a 275 degree oven for about 1-½ hours. Check the pork every 30 minutes. If the liquid is nearly boiling, turn down the heat. While the pork is cooking, prepare the cabbage. Cut into wedges and slice as finely as possible. Add the shredded cabbage to the pork, cover the pot, and simmer for 30 minutes more.

Poke 4 or 5 holes in the sausage with a paring knife and add it to the pork. Simmer for 30 minutes to cook the sausage. The pork will have cooked for a total of 2-½ hours. When the pork is done, discard the bone and the bouquet garni and skim off the fat. Let the sausage cool slightly and peel off the skin. Slice it into 1 inch chunks. Heat the pieces of sausage in the simmering broth. Season with salt and pepper.

Rub each slice of toast with the garlic cloves. Place a toast in the center of each of the soup bowls and ladle the soup over.

Chicken Tagine with Apricots, Raisins and Almonds

- 1 four pound chicken, quartered
- Salt and pepper
- 2 tablespoons olive oil
- 1 medium sized onion
- 1 teaspoon ground turmeric
- 2 tablespoons finely grated ginger
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 5 cups chicken broth
- 1 cup dried apricots, cut into ¼ inch dice
- ½ cup raisins
- 1 teaspoon saffron threads
- ½ cup sliced almonds, toasted
- harisa (optional)

Season the chicken parts with salt and pepper and brown them on both sides, over high heat, in olive oil, in a heavy-bottomed pot just large enough to hold them in a single layer. Transfer to a plate and reserve.

Pour all but 1 tablespoon of fat out of the pan and stir in the onion and garlic. Cook over medium heat, stirring every couple of minutes, until the onion turns translucent but doesn't brown, about 10 minutes. Stir in the turmeric, ginger, cinnamon, and cloves and stir over medium heat for 1 minute more. Pour in the broth and scrape the bits off the bottom of the pan. Sprinkle in the apricots, raisins, and saffron and put the chicken back in the pan. Cover the pot and bring to a simmer over medium heat. Simmer the chicken for 15 minutes. Take the chicken out of the broth. Remove meat from bones and return to the pot. Serve over couscous and top with harisa.

Harissa

- 6 ancho chilies
- 2 garlic cloves, crushed to a paste
- 1 teaspoons salt
- 1 tablespoon tabil (recipe follows)
- 1 ripe tomato, peeled, seeded and coarsely chopped
- ¼ cup pure olive oil
- ¼ cup extra virgin olive oil

Cut the stems off the chilies and then cut the chilies lengthwise in half. Brush out the seeds and put the chilies in a bowl and pour over 2 cups of boiling water. Let the chilies soak until they become pliable, about 30 minutes. Drain, squeeze out the excess water, and discard the soaking liquid. Coarsely chop.

Combine the chilies and the rest of the ingredients except the extra virgin olive oil in a blender and puree until smooth. Spoon the mixture into a bowl and work in the extra virgin olive oil.

Tabil

- 2 tablespoons caraway seeds
- 2 tablespoons coriander seeds
- 1-½ teaspoons curry powder

Combine ingredients in a spice grinder and puree to a powder.