

Soups and Chowders

French Onion Soup

Potato and Wild Mushroom Soup

Hearty Ham and Black Eyed Pea Soup

Chesapeake Bay Crab Chowder

Smoked Salmon Chowder

Corn Bread

Chicken Stock

French Onion Soup

6 large onions (about 5 pounds), thinly sliced
½ stick unsalted butter
1 tablespoon all-purpose flour
1-½ quarts beef stock
Fresh thyme
Salt and pepper
4 cups cubed crusty French bread, toasted
¾ pound coarsely grated Gruyere

1. In a large kettle cook the onions in the butter over medium-low heat, covered with parchment paper and stirring occasionally, for 40 minutes, or until they are golden brown.
2. Sprinkle the onions with the flour and cook the mixture, stirring, for 3 minutes.
3. Add the broth slowly, stir the soup constantly until it comes to a boil, and simmer it, covered, for 20 minutes. Season the soup with salt and pepper.
4. Serve soup with croutons and tuiles.

Potato and Wild Mushroom Soup

2 garlic heads
3 tablespoons extra-virgin olive oil
2 cups chopped leeks
2 cups chopped onions
1/3 cup chopped celery
3-¼ pounds russet potatoes, peeled, cut into ¾-inch pieces
8 cups (or more) vegetable stock or chicken stock
2 tablespoons butter
12 ounces mixed wild mushroom, thinly sliced
½ cup heavy cream
Salt and pepper, to taste

1. Preheat oven to 350°F. Cut tops of garlic heads and rub with oil. Place in small baking dish; cover with foil. Bake until garlic is tender, about 1 hour. Squeeze out roasted garlic and reserve.
2. Heat oil in heavy large pot over medium-low heat. Add leeks, onions and celery; sauté until tender but not brown, about 20 minutes.
3. Add potatoes; stir 2 minutes. Add roasted garlic and 8 cups stock; bring to boil.
4. Reduce heat; simmer until potatoes are very tender, about 20 minutes. Cool slightly and puree.
5. Heat butter in large skillet over medium-high heat. Add mushrooms; sauté until golden.

6. Bring soup to simmer, and cream and mushrooms; season with salt and pepper.

Hearty Ham and Black Eyed Pea Soup

- 1 pound dried black eyed peas (or two 15-ounce cans, drained and rinsed)
- 4 ounces bacon, diced
- 2 cups chopped onion
- 2 tablespoons minced garlic
- ½ large can whole peeled tomatoes
- 4 fresh thyme sprigs
- 8 ounces diced ham
- 4 cups shredded spinach (optional)
- 12 cups chicken or ham stock

1. Soak beans in enough cold water to cover overnight (8 hours). Drain and rinse well.
2. Bring a large, heavy Dutch oven to medium heat and add the bacon. Cook until browned. With a slotted spoon, remove bacon from pan and set aside.
3. Add onion to pan and cook until translucent. Add garlic and cook 1 minute more.
4. Add tomatoes and thyme; season with salt and pepper.
5. Add soaked beans and broth, bring to boil, reduce to a simmer and cover. Cook until beans are tender, about 1 hour.
6. Add ham and season with salt and pepper.

Chesapeake Bay Crab Chowder

- 4 ounces bacon
- 1-½ cups finely chopped onion
- 1-½ cups finely chopped leeks (white and pale green parts only)
- ¾ cup finely chopped celery
- 2 tablespoons flour
- 1 teaspoon Old Bay seasoning
- 4 cups low-salt chicken broth
- 3 cups whipping cream
- 1-¾ pounds red skinned potatoes, cut into 1/2-inch cubes
- 3 cups frozen corn
- 2 tablespoons butter
- 6 ounces fresh shitake mushrooms, stems removed and thinly sliced
- 2 tablespoons Marsala wine
- 1 teaspoon fresh thyme
- 1 pound fresh crabmeat
- 2 tablespoons chopped fresh parsley

1. Bring a large, heavy pot to medium heat. Add bacon and sauté until crisp, about 8 minutes.
2. Transfer bacon to paper towels to drain. Pour off all but 3 tablespoons pan drippings; add onion, leeks and celery to pot. Sauté until vegetables are crisp-tender, about 4 minutes.
3. Add the old bay and the potatoes. Add stock and cream, bring to boil, reduce heat and simmer until potatoes are almost tender, stirring occasionally, about 10 minutes.
4. Stir in corn kernels. Simmer chowder until potatoes are tender, about 5 minutes longer.
5. Meanwhile, melt butter in heavy large skillet over medium heat. Add mushrooms and sauté until tender, about 5 minutes. Stir in Sherry and thyme. Add mushroom mixture to chowder. Season to taste with salt and pepper.
6. Add mushrooms, crab and reserved bacon to soup. Garnish with parsley and season with salt and pepper.

Smoked Salmon Chowder

1 tablespoon olive oil
3 medium leeks (white and light green parts only), thinly sliced
1 garlic clove, minced
1 large russet potato, peeled and cubed
1 large stalk celery, chopped
4 cups vegetable broth
4 tablespoons tomato paste
2 cups whole milk
½ cup heavy cream
8 ounces smoked salmon, flaked
2 tablespoons chives, chopped
Salt and pepper

1. Heat the olive oil in a large, heavy-bottomed pot over low heat. Add the leeks and garlic and sauté them for 2 minutes.
2. Add the potato and celery; salt and pepper and cook over medium heat for about 1 minute, stirring constantly.
3. Add the broth and simmer until the potato is tender, about 15 minutes. Puree until smooth.
4. Add the tomato paste and milk; bring the mixture just back to a simmer for a few minutes. Stir in the cream and the smoked salmon.
5. Remove from heat, garnish with the chives, season with salt and pepper.

Corn Bread

- 3 cups yellow cornmeal
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons kosher salt
- 2 large eggs, lightly beaten
- 3 cups well-shaken buttermilk
- 3 sticks unsalted butter, melted

1. Heat dry skillet in upper and lower thirds of oven while preheating oven to 450°F.
2. Whisk together cornmeal, flour, baking powder and soda, and salt.
3. Add eggs, buttermilk, and 1 cup melted butter; quickly stir together.
4. Remove hot skillet from oven. Divide remaining 1/2 cup melted butter between them, then divide batter between pans.
5. Bake in upper and lower thirds of oven, switching position of pans halfway through baking, until golden and a tester inserted in center comes out clean, 15 to 20 minutes total.

Chicken Stock

- 4 pounds or more chicken bones
- Cold Water
- 2 large onions
- 2 carrots, peeled and cut in large pieces
- 2 celery stalks, peeled and cut into large pieces
- 5 or 6 black peppercorns
- 2 bay leaves
- Thyme sprigs
- Parsley sprigs

1. Place chicken bones in a large stockpot.
2. Add just enough cold water to cover the bones by 1/2 inch.
3. Turn heat on medium and slowly bring to a simmer. Using a ladle, carefully skim and scum that comes to the surface. Continue simmering and skimming (Do not allow stock to boil or it will be cloudy) for about 15 to 20 minutes or until amount of scum decreases significantly.
4. Add remaining ingredients (you may need to add a little more water to cover), bring a simmer and cook uncovered, skimming occasionally, for 3 to 4 hours.
5. Remove from heat and let stand until cool enough to handle. Strain into a clean container and let cool. Divide among smaller containers and refrigerate.

Note: Make sure to get the stock mixture cooled as quickly as possible to avoid any chance of spoilage.