

Menu

Spicy Black Bean Soup

Creamy Porcini Mushroom Soup

Tuscan Lamb Stew with White Beans

Pumpkin Chili

Southern Style Chicken and Dumplings

Irish Brown Bread

- 1 -³/₄ cups all purpose flour
- 1 -³/₄ cups whole wheat flour
- 2 tablespoons old-fashioned oats
- 2 tablespoons packed dark brown sugar
- 2 tablespoons molasses
- 1 teaspoon baking soda
- ¹/₂ teaspoon salt
- 2 tablespoons chilled unsalted butter, cut into pieces
- 2 cups buttermilk (approx.)

1. Preheat oven to 425 degrees F. Combine first 7 ingredients in large bowl; mix well. Add butter; rub in with fingertips until mixture resembles fine meal. Stir in enough buttermilk to form soft dough. Transfer dough to a sheet pan lined with parchment paper or silpat.
2. Bake until bread is dark brown and tester inserted into center comes out clean, about 40 minutes (the bread should sound hollow when tapped on bottom). Turn bread out of pan and cool right side up on rack.

Spicy Black Bean Soup

- 1 tablespoon olive oil
- 12 ounces Andouille sausage, casing removed
- 1 large onion, diced
- 2 ribs celery, diced
- 1 small red bell pepper, finely diced
- 2 tablespoons minced jalapeno peppers
- 2 cloves garlic, minced
- 1 teaspoon Cajun seasoning
- 4 cups chicken stock
- 2 cans black beans, drained and rinsed
- 1 can diced tomatoes with juice
- Cilantro
- Sour cream
- Salt and pepper

1. Add the oil to a heavy soup pot and bring to medium heat. Add the sausage and cook, breaking up into pieces, until nicely browned. Remove sausage from pot with a slotted spoon; reserve.
2. Add onion, celery, peppers and cook until nicely softened. Add the garlic and Cajun seasoning; cook 1 minute more.
3. Add the chicken stock, black beans and tomatoes and bring to a boil; reduce to a gentle simmer and cook, covered, for 30 minutes. Season with cilantro, salt and pepper. Serve with sour cream.

Creamy Porcini Mushroom Soup

1 ounce dried porcini mushrooms
½ cup olive oil
1 large yellow onion, peeled and thinly sliced
3 garlic cloves, peeled and thinly sliced
1 pound white button mushrooms, thinly sliced
1 pound shitake mushrooms, stemmed and thinly sliced
8 cups chicken stock or water
1 cup heavy cream
1-½ teaspoons salt
Fresh tarragon
Freshly ground pepper

1. Soak the dry mushrooms in 1 cup of warm water until plump. Remove the mushrooms with a slotted spoon. Strain the liquid through a strainer lined with cheesecloth. Finely chop the dried mushrooms. Reserve both.
2. Heat the olive oil in a heavy Dutch oven over a medium heat. Add the onion and cook until the onion is nicely softened but not browned. Add garlic and cook 1 minute more.
3. Increase heat to high and add the white mushrooms and shitakes. Cook until nicely browned.
4. Add the reserved mushrooms, soaking liquid and chicken stock. Bring to a boil, reduce heat and simmer for 30 minutes.
5. Add the cream. Working in batches, puree the soup in a blender until smooth. Add the fresh tarragon. Adjust seasoning and serve.

Tuscan Lamb Stew with White Beans

3 tablespoons olive oil
1-½ pounds lamb stew meat, cubed
1 onion, diced
3 leeks, white and pale green part only, diced
½ head fennel, diced
4 cloves garlic, sliced
½ cup red wine
2 cups lamb or chicken stock
2 pound russet potatoes, peeled and chunked
Fresh rosemary
Salt and pepper

1. Bring a heavy Dutch oven to medium-high heat; add the oil.
2. Season the meat with salt and pepper. Cook in batches until browned. Set aside.
3. Add the onion, leeks and fennel; cook until nicely softened. Add the garlic and cook 1 minute more.
4. Add the wine and cook until reduced by half. Add the reserved meat and the potatoes. Bring to a simmer; transfer to the oven. Cook about 2 hours or until meat is tender.
5. Add the rosemary; adjust seasoning and serve.

Pumpkin Chili

2 tablespoons olive oil
 1 medium onion, diced
 1 red pepper, diced
 3 garlic cloves, minced
 2 teaspoons chili powder
 2 teaspoons oregano
 2 teaspoons cumin
 3 cups chicken stock
 2 15-ounce cans beans, rinsed and drained
 1 15-ounce can of pumpkin puree
 1 15-ounce can of diced tomatoes
 2 cups cooked diced pork
 Salt and pepper

3. Bring a large Dutch oven to medium heat and add the oil. Cook the onion and pepper until completely softened. Add the garlic and cook 1 minute more. Stir in the spices; season with salt and pepper.
4. Add the chicken stock, beans, pumpkin and tomatoes and bring to a boil; reduce heat and simmer until flavors combine, about 30 minutes. Stir in pork; season with salt and pepper.

Southern Style Chicken and Dumplings

2 tablespoons olive oil
 1-½ pounds boneless chicken thighs
 ¼ cup flour, seasoned with salt and pepper to taste
 1 medium onion, diced
 2 carrots, diced
 2 stalks celery, diced
 4 cups chicken stock
 1 cups fresh corn (optional)
 Fresh thyme
 Salt and pepper

1-½ cups flour
 2 teaspoons baking powder
 ½ cup coarsely ground cornmeal
 1 tablespoon sugar
 1 teaspoon kosher salt
 1-¾ cups heavy cream

1. Add the oil to a wide, heavy pot and bring to medium heat. Dredge the chicken in the flour; brown in the oil, about 2 minutes a side. Remove and set aside.
2. Add the onion to the pot and cook until softened. Stir in the carrots and celery; cook for 1 minute more. Add corn and chicken stock, bring to a boil, reduce heat and simmer. Add the chicken, cover, and simmer for 15 minutes. Season with thyme, salt and pepper.
3. Meanwhile, in a large bowl, combine the first five dumpling ingredients. Add the cream and mix until just combined.
4. Drop heaping tablespoons of the dumpling mixture into the pot. Cover and simmer for 12 to 15 minutes more.