

Menu

Spicy Black Bean Soup
Creamy Porcini Mushroom Soup
Tuscan Lamb Stew
Pumpkin Chili
Southern Style Chicken and Dumplings

Roasted Vegetable Stock

1 pound mushrooms, halved
3 large parsnips, peeled and cubed
3 onions, chopped
1 pound baby carrots, halved
3 stalks celery, chopped
1 head garlic, peeled
¼ cup vegetable oil
2 bay leaves
Sprig of thyme
Salt and pepper

1. Preheat oven to 425 degrees.
2. Toss vegetables with olive oil. Season with salt and pepper. Roast until nicely browned, tossing occasionally, about 40 minutes. Transfer to heavy stockpot. Deglaze roasting pan with water. Add to stock pot. Cover vegetables with cold water. Add bay leaves and thyme.
3. Place stockpot over medium heat and bring to a boil. Lower heat and simmer 1-1/2 to 2 hours. Strain and cool.

Turkey Stock

1 large turkey carcass
Cold water
2 large onions, coarsely chopped
4 stalks celery, coarsely chopped
3 medium carrots, coarsely chopped
3 plum tomatoes, chopped
3 dried bay leaves
6 sprigs fresh thyme
2 teaspoons black peppercorns

1. Add carcass to a large stockpot and cover with cold water. Bring to a simmer over medium high heat, skimming any scum that forms on the surface.
2. Add the remaining ingredients and bring back to a simmer. Gently cook, uncovered, for 3 hours. Strain and cool completely. Skim fat from surface.

Spicy Black Bean Soup

1 tablespoon olive oil
8 ounces hot Italian sausage
1 large onion, diced
2 ribs celery, diced
1 small red bell pepper, finely diced
1 chipotle in adobo, minced
2 cloves garlic, minced
1 teaspoon Southwest seasoning
4 cups chicken stock
2 cans black beans, drained and rinsed
1 can diced tomatoes with juice
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 chipotle, garlic and Southwest 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 salt and pepper. Serve with sour cream.

Creamy Porcini Mushroom Soup

- 1 ounce dried porcini mushrooms
- 2 tablespoons olive oil
- 1 large 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. Increase heat to high and add the white mushrooms and shitas. Cook until nicely browned. Add the reserved mushrooms, soaking liquid and chicken stock. Bring to a boil, reduce heat and simmer for 30 minutes.
3. 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

- 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. 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 diced smoked chicken
 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 chicken; season with salt and pepper.

Southern Style Chicken and Dumplings

2 tablespoons olive oil
 1-½ pounds boneless chicken breasts
 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 cup peas
 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 peas 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. Drop heaping tablespoons of the dumpling mixture into the pot. Cover and simmer for 12 to 15 minutes more.