

**Menu**

Tuscan Seafood Stew

Jerked Chicken and Corn Chowder

English Onion Soup with Sage and Cheddar

Beef and Butternut Squash Stew

Curried Chicken and White Bean Stew

**Tuscan Seafood Stew**

¼ cup olive oil  
1 teaspoon dried oregano  
½ teaspoon red pepper flakes  
5 cloves garlic, chopped  
1 tablespoon tomato paste  
1 cup dry white wine  
1 14-ounce can chopped tomatoes  
1 cup fish stock  
1 pound monkfish, cubed  
1 pound red snapper, cubed  
¾ pound shrimp  
¾ pound mussels  
Toasted Bread  
Salt and pepper

1. Heat oil in a large pot over medium heat. Add the oregano, red pepper and garlic; cook until fragrant. Stir in tomato paste; cook until lightly darkened, about 1 minute. Add wine and cook, stirring, until reduced. Add tomatoes and fish stock; bring to a simmer and cook until flavors combine.
2. Add monkfish and cook until just firm, about 5 minutes. Add snapper and shrimp; scatter the mussels over the top. Cover and cook until the snapper is just cooked through and the mussels have just opened, about 10 minutes. Season stew with salt and pepper. Serve with bread.

**Jerked Chicken and Corn Chowder**

4 ounces bacon, diced  
2 tablespoons unsalted butter  
1 large onion, diced  
1 stalk celery, finely diced  
1 small bag frozen corn  
2 pounds potatoes, diced  
4 cups chicken stock, or more if needed  
2 cups heavy cream  
2 cups shredded jerk or roasted chicken  
Salt and pepper

1. Add bacon to heavy soup pot. Cook over medium-low heat until fat is completely rendered and bacon is crisp. Strain and add back 1 tablespoon of fat (discard remaining). Reserve bacon.
2. Add butter, onions and celery to pot. Increase heat to medium and cook until nicely tender and just beginning to brown. Add the corn, potatoes and chicken stock. Cook until potatoes are tender. Gently mash some of the potatoes (to thicken the soup).
3. Add the heavy cream and bring to a gentle simmer. Cook until flavors combine. Stir in the chicken; season with salt and pepper.

**English Onion Soup with Sage and Cheddar**

2 tablespoons butter  
2 tablespoons olive oil  
5 red onions, diced  
5 large white onions, diced  
4 leeks, white and pale green part only, diced and rinsed  
6 cloves of garlic, crushed  
2 quarts roasted chicken stock  
Worcestershire sauce  
Fresh sage  
Salt and pepper

Cheddar Cheese  
Toasted bread

1. Add butter and oil to bottom of a heavy Dutch oven. Place onions, leeks and garlic in pot; cover with parchment and bring to medium-low heat. Cook, stirring occasionally, until deep golden brown, about 1 hour.
2. Preheat broiler. Add stock to onions and bring to a simmer; cook until flavors combine. Season soup with Worcestershire, sage, salt and pepper. Ladle into soup crocks, place bread on soup, cover with cheese. Broil until cheese is melted and bubbling.

**Beef and Butternut Squash Stew**

3 tablespoon olive oil  
2 pounds stew beef, cut into 2-inch cubes  
All-purpose flour  
1 onion, chopped  
2 cloves garlic, minced  
1 cup Marsala wine  
1 pound butternut squash, peeled and cut into 1-inch cubes  
¼ cup chopped sun-dried tomatoes  
3 to 4 cups beef stock  
Fresh rosemary  
Fresh thyme  
Salt and pepper

1. Add oil to a heavy Dutch oven and bring to medium-high heat. Dredge the beef in flour; cook, turning, until nicely browned. Set aside.
2. Reduce heat to medium-low and add the onions and garlic; saute until tender. Add the wine and cook until reduced by half. Add the squash, tomatoes and the reserved meat. Cover with stock, bring to a simmer and transfer to oven. Cook until beef is tender, about two hours. Season with rosemary, thyme, salt and pepper.

**Curried Chicken and White Bean Stew**

1 tablespoon olive oil  
2 pounds boneless chicken thighs  
2 onions, sliced  
1 tablespoon curry powder  
½ cup white wine  
1 cup rich chicken stock  
1 can small white beans, rinsed and drained  
Honey, to taste  
Salt and pepper

1. Bring a sauté pan to medium-high heat and add the oil. Season chicken with salt and pepper. Cook chicken, turning once until nicely browned. Remove from pan; keep warm.
2. Reduce heat to medium; cook the onions until nicely softened and beginning to brown. Add the white wine and bring to boil. Reduce heat and simmer until reduced by half, scrapping up brown bits on bottom of pan. Add the stock and bring back to a simmer. Stir in the beans and reserved chicken. Cover and cook until chicken is completely done. Season with honey, salt and pepper.

**Chicken Stock**

6 pounds chicken bones  
Cold water  
2 large onions, coarsely chopped  
4 stalks celery, coarsely chopped  
3 medium carrots, coarsely chopped  
3 dried bay leaves  
6 sprigs fresh thyme  
2 teaspoons black peppercorns

3. Add bones 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.
4. Add the remaining ingredients and bring back to a simmer. Gently cook, uncovered, for 3 hours. Strain and cool completely. Skim fat from surface.

**Fish Stock**

1 tablespoon butter  
1 tablespoon oil  
8 ounces shrimp shells  
2 onions, chopped  
2 stalks celery, chopped  
2 medium carrots, chopped  
¼ cup brandy  
Head and bones of 1 red snapper  
Cold water  
3 dried bay leaves  
6 sprigs fresh thyme  
2 teaspoons black peppercorns  
½ teaspoon salt

1. Add butter and oil to a heavy saucepan and bring to medium heat. Cook the shrimp shells, onions, celery and carrots until nicely softened and golden.
2. Deglaze with the brandy; cook until completely evaporated.
3. Add fish bones and cover with cold water. Bring to a simmer over medium high heat, skimming any scum that forms on the surface.
4. Add the remaining ingredients and bring back to a simmer. Gently cook, uncovered, for 1 hour. Strain and cool completely.