

a soup cookbook
by Patrick M. Yore



It'll cure what ails ya.

for Gigi & Bubbles
and every other little kid.
Always eat
what your mommy
tells you to.

PMY 2.23.2009

Beautiful soup,
so rich and green
Waiting in a hot tureen!
Who for such dainties
would not stoop?
Soup of the evening,
beautiful soup!

Beautiful soup!
Who cares for fish Game,
or any other dish?
Who would not give all else
for two Pennyworth
of beautiful soup?

Lewis Carroll,
Alice in Wonderland

ice cream soup

step 1. get ice cream of
choclet, venele, peprment -
steck ice cream.

step 2. scoop ice cream
aout of the bins.

step 3. put ice cream
in bols of eny size.

step 4. mix ice cream
for as least
intel it is liquid.

step 5. eat.

Chicken Noodle Soup

whole chicken (giblets removed)

small onion

giant carrot

stalk celery

salt

pepper

1. Put whole chicken under water in big pot. Boil for 45 minutes to 1 hour.
2. Take out chicken, cool. Debone. Give some scraps to Barney (your dog).
3. Put shredded chicken back into broth.
4. Add chopped onion, carrot, celery, salt & pepper. Simmer until soft.
5. Eat.

The Sinn Family

Ma's Vegetable Beef Soup

pound stew meat, cut up in small pieces, browned, with 1/4 cup onion

2 cans tomato bits with juice

cup : lima beans, string beans, corn or peas

cup diced potatoes partially cooked

1/2 C, Celery, and 1/2 C. carrots, cooked to soften, cut up into small pieces

(the potatoes, celery and carrots can be put in the crock pot if you cook all day)

can beef bouillon

tsp. beef bouillon

salt, pepper or crazy mixed up salt to taste

note : noodles may be substituted for potatoes, but I like potatoes best

Cook at least 4 hours in crock pot

Connie Yore

Chili

pound mild italian sausage, casings removed

medium onion

green pepper

24oz can chopped tomatoes

8oz can chili beans in zesty sauce

cumin

chili powder

1. Brown sausage, add chopped onion & green pepper. Cook 'til soft.
2. Add cans.
3. Add cumin & chili powder to taste. Simmer.
4. Eat.

Bucko Sinn

Ham & Bean Soup

pound dry white navy beans, soaked overnight

3 quarts ham stock (see below)

2 onions, chopped

3 cloves garlic, minced

3 ribs celery, chopped

salt and pepper

ham from preparing the ham stock, in bite-size pieces

1. Prepare ham stock by simmering a meaty ham bone or two ham hocks in 12 cups of water for two hours, along with a chopped onion, a few peppercorns and two bay leaves.
2. Strain broth. Remove meat from bones and reserve for soup.
3. Drain the soaked beans and place in a large pot with the ham stock. Bring to a boil, then reduce heat and simmer for 2 hours.
4. Add the onions, garlic, celery and plenty of salt and pepper. Continue to cook over low heat for another hour, until the beans are almost dissolving. Check consistency. If too thick add another cup of water.
5. Add the ham and cook until heated though.

Note : This soup gets better with age in the fridge. When you take it out if the consistency is too thick, add some more water before reheating.

Potato & Cheese Soup

2 cups chicken broth

3 medium potatoes, peeled, cubed

2 green onions, trimmed, sliced

1/2 rib celery, minced

1/4 medium carrot, grated

2 tsp. distilled white vinegar

1 tsp. salt

1 1/2 cups milk mixed with 2 Tbls. all-purpose flour

1/4 cup shredded cheddar cheese

1/4 cup shredded Monterey Jack cheese

2-6 strips cooked bacon, crumbled

1. Bring first 7 ingredients to boil in a saucepan over medium-high heat.
2. Cover and simmer over medium-low heat for 20 minutes, stirring occasionally.
3. Whisk the milk/flour mixture into the soup, then stir in cheese and bacon. Simmer, uncovered, 5-8 minutes, or until thick, stirring constantly.

Robbie Rice via Patrick Yore

Lemony Rice Soup with Ham and Spring Vegetables

3 tablespoons butter

cup thinly sliced leeks (white and pale green parts only)

3 cups canned low-salt chicken broth

1/4 cup long-grain white rice

10 asparagus stalks, trimmed, cut into 1/2-inch pieces

cup diced smoked ham (such as Black Forest)

1 1/2 tablespoons (or more) fresh lemon juice

teaspoon grated lemon peel

1. Melt butter in heavy large saucepan over medium heat. Add leeks; sauté 3 minutes.
2. Add broth and rice; bring to boil. Reduce heat to low, cover and simmer until rice is almost tender, about 16 minutes.
3. Add asparagus; cover and simmer until rice and asparagus are tender, about 4 minutes.
4. Mix in ham, 1 1/2 tablespoons lemon juice and peel. Simmer 2 minutes to blend flavors. Season with salt, pepper and more lemon juice, if desired.

Bon Appetit via Kristen Sinn

Smoky Shrimp and Halibut Stew

8 ounces smoked bacon slices, coarsely chopped

2/3 cup chopped onion

red-skinned potato, unpeeled, cut into 1/2-inch pieces

medium fennel bulb, coarsely chopped; 2 tablespoons fronds chopped and reserved

1 1/4 cups dry white wine

cup canned low-salt chicken broth

8-ounce bottle clam juice

14 1/2-ounce can diced tomatoes in juice

teaspoon chopped fresh thyme

1 1/2 pounds halibut fillet, cut into 2 1/2-inch pieces

pound uncooked large shrimp, peeled

1/4 cup chopped fresh Italian parsley

1. Sauté bacon in large pot over medium-high heat until crisp, about 10 minutes.

Transfer 1/3 of bacon to bowl.

2. Add onion to remaining bacon and drippings in pot; sauté 5 minutes.

3. Add potato and fennel bulb; sauté 5 minutes.

4. Add wine; bring to boil.

5. Add broth, clam juice, tomatoes with juices, thyme, and reserved fennel fronds; bring to boil.

6. Reduce heat and simmer until potato is tender, about 5 minutes.

7. Add halibut and shrimp to pot; cover and cook until opaque in center, about 3 minutes.

Bon Appetit via Kristen Sinn

Tom Kha Gai

thumb-size piece galangal or ginger, grated

2 fresh lemongrass stalks

4 kaffir lime leaves or 2 Tbsp. lime juice

handful of fresh shiitake mushrooms, sliced

pinch of tamarind paste

1-3 fresh red chilies, according to taste (1=mild, 2=medium, 3=spicy hot)

6 cups good-quality chicken stock

1-2 chicken breasts, sliced into 2 inch pieces

13.5oz can coconut milk

2+ Tbsp. fish sauce

2+ Tbsp. thin Thai soy sauce

2 slices white onion

tsp. brown sugar

handful fresh coriander

handful fresh basil leaves

3 spring (green) onions, sliced

red pepper sliced at the tip crosswise to make red pepper stars

optional: more vegetables, like green or red bell pepper,

plus noodles (if serving as the main course)

1. Boil galangal, lemongrass, lime leaves, mushrooms, chiles and tamarind in 1 cup of water for 2-3 minutes to bring out the flavor. Add chicken stock.
2. Cut chicken (thighs or breast are good) into 2 inch pieces (best if you cut through the bone with a sharp cleaver, but also you can use boneless meat. Note: The bones give a richer flavor.)
3. Add chicken to the boiling stock and boil for another 8 minutes until cooked through.
4. Add 13.5oz can of coconut milk. Bring to the boil again and boil for another 3 minutes
5. Add 1 tablespoon of Thai fish sauce (“Nam Pla”), 1 tablespoon Thai thin soy sauce, 2 slices of white onion. Bring to the boil for one minute. Do a taste test. Look for a balance between spicy, sour, salty, and sweet flavors. Start with salty, adding more fish sauce if not salty enough (1 Tbsp. at a time). If too sour, add the sugar plus a little more if you need it. If too spicy (hot), add a little more coconut milk. If not spicy enough, add more fresh chili.
6. Ladle soup into serving bowls. Sprinkle a little fresh coriander, basil, and spring onion over each bowl. Float one red pepper star in the middle. For an extra kick of flavor, add a dollop of Chili Sauce or oil. Serve with stir-fry vegetables over jasmine rice and lettuce cups for a complete meal.

Temple of Thai via and enhanced by Patrick Yore

Mushroom, Barley, and Beef Soup

1/2 cup dried porcini mushrooms (about 1/4 ounce)

cup boiling water

Cooking spray

3 1/2 cups sliced cremini mushrooms (about 8 ounces)

1 1/2 cups chopped onion (about 1 medium)

1/2 cup finely chopped carrot (about 1 medium)

1/2 cup finely chopped celery

1/2 cup finely chopped parsnip (about 1 small)

2 garlic cloves, minced

tablespoon olive oil

12 ounces lean beef stew meat, cut into bite-sized pieces

6 cups less-sodium beef broth, divided

2 cups water

1/2 teaspoon salt

1/4 teaspoon freshly ground black pepper

2 thyme sprigs

cup uncooked barley

2 tablespoons chopped fresh parsley

1. Place the porcini mushrooms in a medium bowl; cover with boiling water. Cover and let stand 30 minutes or until tender.
2. Drain mushrooms in a colander over a bowl, reserving liquid. Chop mushrooms; set aside.
3. Heat a Dutch oven over medium-high heat. Coat pan with cooking spray. Add cremini mushrooms and chopped onion; sauté 10 minutes or until lightly browned.
3. Spoon onion mixture into a medium bowl. Recoat pan with cooking spray. Add chopped carrot, celery, parsnip, and minced garlic; sauté 4 minutes or until lightly browned. Add carrot mixture to onion mixture in a bowl.
4. Heat oil in pan over medium-high heat. Add beef; cook 3 minutes, browning on all sides.
5. Add 1 cup broth to pan, scraping pan to loosen browned bits. Add remaining 5 cups broth, chopped porcini, porcini liquid, onion mixture, 2 cups water, salt, pepper, and thyme. Bring to a boil; cover, reduce heat to medium-low, and simmer 1 hour or until beef is just tender.
6. Discard thyme sprigs. Stir in barley; cover and cook 30 minutes or until barley is al dente.
7. Uncover and cook an additional 15 minutes. Remove from heat; sprinkle with parsley.

Dana Jacobi via Pati Boyle

Lentil and Chestnut Soup

250g red lentils
225g cooked chestnuts or 240g tin of
Clement Faugier vacuum packed chestnuts
1.5 litres vegetable stock
stick celery
carrot
small onion
leek
2 tablespoons olive oil/goose fat/butter
fresh parsley, chopped
150ml double cream

1. Finely chop the onion, leek, carrot and celery.
2. Heat the oil in a pan, add the chopped vegetables and let sweat and soften in the fat.
3. Add the lentils and stir, then add the stock. Bring to the boil and simmer until lentils are very soft (about 30 minutes).
4. Add the chestnuts and simmer for a further 20 minutes or so. Liquidize until smooth adding as much water as you need. Whenever you want to serve it reheat, and sprinkle each full bowl of soup with parsley and lace with cream.

Nigella Lawson via Elizabeth Pfau

Crab Corn Chowder

tablespoon vegetable oil or extra-virgin olive oil
2 tablespoons butter
2 all-purpose potatoes, peeled and diced
2 ribs celery, chopped
medium yellow onion, chopped
small red bell pepper (I have also used a jarred roasted red bell pepper)
bay leaf, fresh or dried
Salt and freshly ground black pepper
tablespoon Old Bay seasoning blend
3 tablespoons all-purpose flour
2 cups vegetable or chicken stock or broth
quart half and half
3 cups corn kernels (frozen is fine)
16 ounces cooked lump crab meat

1. Heat a deep pot over moderate heat. Add oil and butter.
2. Chop potatoes, celery, onion, red bell pepper and add them all to the pot. Add bay leaf.
3. Season vegetables with salt and pepper and Old Bay seasoning. Saute veggies for about 5 minutes, then sprinkle in flour. Cook flour 2 minutes, stirring constantly.
4. Stir in broth and combine.
5. Stir in half and half and combine. Bring soup up to a bubble.
6. Add corn and crab meat and simmer soup 5 minutes.
7. Adjust the soup seasonings. Remove bay leaf.
8. Garnish with sliced scallions if you like.

Anne Wulff

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