

Cioppino

Base

2 T. butter
1 T. chopped garlic
1/2 cup diced onion
One leek, cleaned and chopped
1 pound roma tomato diced
1/4 cup chopped basil
1/2 tsp. red pepper flakes
1 cup white wine
3 cups fish stock (can substitute chicken or vegetable stock)

1 cup tomato sauce
20 clams
20 shrimp
20 calamari rings
10 mussels
1/2 pound crab

Sweat onion, leek and garlic in butter, then add wine and reduce by 1/3.
Add remaining base ingredients & simmer for 15 minutes, then add tomato sauce and all seafood, except for the crab. Simmer for 10 more minutes.
Garnish with crab.
Serve with homemade crouton

Yields 8-10 bowls. .

Panecotto (Bread soup)

2 cloves garlic, minced
2 onions, finely chopped
½ pound cannelloni beans (white beans), soaked overnight, or 2 cans
1 gallon chicken stock
1 head escarole, chopped
1 cup diced celery, diced
1/3 cup chopped parsley
½ pound carrots diced
1 pound of tomatoes
1 cup diced green beans
2 T. chopped basil or 1 tsp. dry basil
salt and pepper, to taste
¾ cup extra-virgin olive oil
1 pound stale Italian bread
grated parmesan

Sauté onions, carrots and celery in 2 cups of olive oil until translucent. Add garlic and sauté for another minute.

Add stock, beans, escarole, herbs and spices. Simmer. Add tomatoes and beans.

Grind bread with olive oil (poppi) and mix into soup.

Serve garnished with parmigiano cheese.

Jambalaya

1 pound butter
3 medium onions, chopped
3 medium peppers, chopped
½ stalk celery, chopped
6 cloves garlic, chopped
3 qts. chicken stock
2 cups flour
2 pounds chicken, cooked & diced
2 pounds andouille or chorizo sausage, diced
1 pound scallops
½ pound crab
salt & pepper, to taste
2 T. Cajun seasoning
1 tsp. thyme
2 cups diced tomato

Sweat chopped onion, peppers and celery in butter, add garlic until fragrant, then add flour and cook until roux is brown. Add chicken stock and bring to a boil, stirring to combine evenly. Add cooked diced chicken, diced sausage, scallops, crab, & seasonings, then simmer for one 1 hour, stirring occasionally. Add tomatoes and in last 10 minutes

Cream of Mushroom Soup

1# mushrooms
Small onion finely diced
3 cloves chopped garlic
¼ cup butter
¼ cup flour
¼ cup white wine
1 quart chicken stock
2 cups heavy cream
fresh pepper
Salt
½ tsp dry thyme

Chop 2/3 of mushrooms. Sweat with onions and add garlic half way.
Add flour and cook, add white wine reduce and add 2 quarts of the stock.
Put in food processor or blender. You can use all or strain out just liquid..
Add cream, thyme, salt and pepper and stock. Bring to temp and add cream. Simmer 30 min
Saute rest of mushrooms sliced in butter or oil. Put in soup.

Riviera Beef

1 pound beef diced
1 carrot
1 celery
1 pepper
1 medium onion
2 clove minced garlic
2 tbsp cup olive oil
½ cup tomato paste
quarts beef stock
tsp thyme or choice of herb.

Brown beef in pan-set aside
Dice all vegetables, sweat in olive oil, add garlic
Add paste and cook a minute
Whisk in beef stock
Add beef and simmer 30 minutes

Seafood Gumbo

¼ cup oil
1/4 cup flour
Trinity(1 onion, 1 green pepper, stk celery diced fine)
3 cloves garlic, minced
4 roma tomatoes
1 cup tomato sauce
Bag frozen okra, chopped, 1 lb fresh-chopped
1 ½ quarts fish or chicken stock
Cajun Seasoning your choice-tsp to a couple of tablespoons
1 lb medium shrimp, peeled and deveined
2 6 oz cans chopped clams in juice
½ pound crab meat
½ pound any other seafood you would like(fish, calamari, lobster, whole clams etc.)

Quart Cooked Rice

In a cast iron skillet, heat the oil and the flour. Stir constantly until a light brown roux(dark caramel color) is formed, then add the onions, bell pepper, celery and garlic. Sweat until vegetables are soft(onions will be translucent) add tomatoes(diced) and cook a few more minutes. Transfer to small stock pot. Add tomato sauce, stock, Cajun seasoning let simmer 20 minutes add seafood and rice. Simmer until seafood is just cooked.

Tip: if you have shrimp shells left over. Sauté in oil and add stock and let simmer a while then strain for richer stock.

Chicken Dumpling soup

1 lb chicken cooked and diced
3 carrots
2 stk celery
1 onion
¼ cup butter
2 T. flour
Clove garlic
2 quart chicken stock
¼ cup parsley chopped
Cup heavy cream(optional)
Salt and pepper.

Dice carrots, celery and onion. Sweat in butter until soft. Whisk in flour, cook a minute. Add, chicken, garlic bring to a boil. Add dumpling dough and cook covered for 15 minutes. Add cream if desired. Season with salt and pepper.

Dumplings

2 c flour
2t. baking powder
t. sugar
salt
½ t. garlic powder
2T. parsley
2T. butter cold-chicken fat if have it
Cup milk

Sift all dry ingredients together. Cut in butter or fat.

Fold in milk and mix until just incorporated.

Drop teaspoon size dollops into boiling broth or finished soup(make sure soup can be boiled).

Cover and cook for 10-15 minutes on high.

Cream of asparagus soup

2# of asparagus
medium onion or ¾ c. diced
¼ c. butter
1/3 c. diced celery
3 c. water or chicken stock
c. heavy cream
3T. flour

cut tips off of asparagus. And remove ½ inch from the bottom. Set tips aside and throw away bottoms. Chop rest of asparagus and place in sauce pot with onions, celery and butter. Saute until onion translucent. Add flour and sauté for 2 minutes. Whisk in 2 c. of water or stock. Bring to boil and simmer 10 minutes. Process carefully(let cool if unsure) Strain back into pot add rest of water and heavy cream and season. Add light herb such as dill for garnish.

Berry soup

c. white wine
1/3 c. sugar
1 ½ c. strawberries
c. mulberries
½ cup oj
1/3 c. sour cream or yogurt
¼ t. nutmeg
Puree all together. Garnish with fresh strawberries

Crab Soup

Medium onion

¼ cup olive oil
carrots
celery
2t. chopped garlic
1 # cleaned crab meat
2 t. Old bay
3 medium tomatoes
4 qts clam or fish stock
T. Chopped cilantro
½ cup corn starch
c. cold water.

Small dice(matignon) onion and sauté in olive oil until translucent. Matignon carrots and celery. Add garlic, celery and carrot to onions and sauté 2 more minutes. Add stock and old bay and boil 6-8 minutes or until vegetables are al dente. Chop tomatoes and add. Add cilantro, and crab. Make slurry of cornstarch and water. Whisk in soup. Bring to a boil again for 30 seconds.

Black Bean Soup

Medium onion diced
c. Bacon chopped
t. liquid smoke
2 qt. Chicken stock
4-15oz cans of black beans, drained

¼ c. ketchup
T. Garlic Powder

Sweat onion in ¼ c. oil until translucent. Add bacon, smoke, stock, ketchup, beans and garlic. Bring to a boil. Puree ½ the soup and combine with other ½. Garnish with green onions and sour cream.

Lobster Bisque

2 medium onions small dice
¾ c butter
1 ½ # lobster tails or whole lobster
6 celery ribs small dice
3 carrots small dice
T chopped garlic
¾ cup sherry
1/3 c. tomato paste
½ cup flour
Qt lobster stock
3 bay leaves
½ t. peppercorns
t. worchestershire
2 t. sugar
2 qt cream
½ t. paprika

Saute onions in butter add celery and carrots along with lobster.
Add garlic and pull lobster when meat is 80 % done.
Remove meat from tail or body and chop up shells.
Put meat aside and turn shells back in pot and sauté a little longer.
Deglaze with sherry.
Pince tomato paste(heat until incorporated)
Add flour and stir in
Add peppercorns, sugar, worchestershire, bay leaves
Add stock and reduce by ½
Let sit 20 minutes.
Pull bay leaves and strain.
Then strain through cheesecloth
Throw out shells, mirepoix etc.
Add cream and bay leaves to soup.
Simmer til lightly coats back of spoon.
Add paprika
Chop lobster finely and add to soup.

Turtle soup

2 # turtle meat
2 cup diced onion

4 st. diced celery
6 carrots peeled and diced
T garlic
3 bay leaves
6oz tomato paste
t. thyme
½ t. basil
fresh pepper
2T. lemon juice
quart cup beef stock

¾ butter
⅔ cup flour
sherry

Saute turtle meat with onions and ¼ cup butter
Add carrots, garlic and celery and sauté for another minute.
Add tomato paste and pince.
Add stock
Add herbs and pepper.
Simmer for 1 hour
Make brown roux with flour and butter.
Whisk into stock and simmer til soup is thickened.
Add lemon juice and green onions.

Low country beef

½ # beef tenderloin or other beef
1 medium onion
Tbs minced garlic
3Tbs butter
2 celery stalks
3 carrots
3Tbs tomato paste
¼ c. cup dry red wine
1 ½ qt. Beef stock
T. cilantro
Can peas
Large tomato diced
Cup rice

Saute beef dredged in flour, onion and butter. Add garlic, diced celery and diced carrots after 2 minutes. Saute until beef is browned. Add paste and pince. Deglaze with redwine and add stock. And tomatoes. Simmer for 55 minutes. Adding the peas and cilantro last. Serve over rice

Borscht

Dice 8 beets and 4 potatoes. Saute 4 carrots, 4 stalks of celery, and one onion in buter add red wine. Add the diced ingredients to the sauted mixture and then add 4 garlic cloves, 4 qt. Stock.

Last add ¼ vinegar and 3t. dill. Garnish with sour cream. (this is the way I used to write down my recipes) my favorite soup!! Had it first time in russia.

Cucumber bisque

6 cukes
1 stick of celery
½ onion
¼ c butter
3 cup chicken broth
2T. Dill fresh
½ cup sour cream
salt and pepper

Peel and chop cucumber.
Dice onion, celery and squash
Sauté all with butter including cucumber skin
Add broth and simmer until soft
Process and strain.
Add dill and sour cream.
Adjust with salt and pepper.
Serve warm or cold

Chili

1 tablespoon olive oil
2 medium onions, finely chopped
2 cloves garlic, minced
2 pounds beef chopped fine
4 cups water
1 tablespoon, plus 1 teaspoon beef base
2 cups our tomato sauce
1 teaspoon ground allspice
1/4 cup chili powder
1/4 teaspoon cayenne pepper
1 teaspoon ground cumin
1 bay leaf
2 tablespoons red wine vinegar
1 T. Balsamic vinegar
1 1/2 tablespoons baking cocoa
1/2 tablespoon vegetable oil
1 teaspoon salt, or to taste

In large cooking pot, saute onions and garlic in olive oil until onion has softened. Remove onion mixture from pot and set aside.

In same cooking pot add the ground beef, cook and drain. Return onion and garlic to cooking pot and add 4 cups water, beef base, tomato sauce and allspice. Cook over low heat 30 minutes.

Add chili powder, cayenne pepper, and cumin to the beef mixture and stir well. Add bay leaf, ground cloves, vinegar, cocoa mixed with the 1/2 tablespoon oil, salt and pepper. Bring to a boil. Reduce heat, cover and simmer for at least 1 hour, stirring occasionally.

Chicken jambalaya

2 # cubed chicken breast
2# sausage
1# diced ham
1 onion, diced
2 peppers diced
1/2 cup diced celery
2 tablespoons chopped garlic
1/4 teaspoon cayenne pepper
3 cups uncooked white rice
6 cups chicken stock
3 bay leaves
2 teaspoons Worcestershire sauce
1 teaspoon hot pepper sauce
Salt and Pepper

Brown chicken and sausage with ham, add vegetables, sauté, add rice and simmer adding stock and rest of ingredients. as you go until all is absorbed.

Consomme

medium onion diced
large carrot diced
2 celery diced
1 ½ lb beef finely chopped or ground beef
10 egg whites
12 oz chopped tomatoes
5qt cold beef stock
sachet d'espices-bay leaf, parsley, a couple of pepper corns and thyme wrapped in cheesecloth and hung in soup. If you don't have cheesecloth, just throw them in, they may be in broth after skim.
2t. salt
oignon brulee-burnt onion

mix beef with finely diced vegetables, tomatoes then with egg whites
cut medium onion in ½ and heat up stock pot and place cut side down until dark brown. Add cold stock along with meat and veg mix. Stir in meat and veg mix and then let settle on top(called a raft). **Do not disturb** as this will capture the impurities, but add flavor. Simmer for 1 ½ hours. With ladle carefully break through raft and pull out clear soup, keep working out of same hole. Strain through cheese cloth, adjust flavor with salt. Add julliended vegetable, green onions etc. when serving.

Pork Soup

1 lb diced pork loin
Cup chopped ham
6 slices bacon chopped
2 carrots diced
1 med Onion diced
2 celery stalks diced
3 garlic cloves minced
T olive oil

3 bay leaves
1 gallon pork stock or ½ beef, ½ chicken stock
2t dry sage
2t fresh thyme
salt and pepper
1 lb mushrooms diced
1 lb diced potatoes

Render bacon with olive oil, carrots, celery and onion. Add garlic, ham and mushrooms.
When mushrooms are cooked add rest of ingredients and simmer for 35 minutes.

Roasted pumpkin soup

½ # carrots
½ # celery
Large onion
Medium size pumpkin
¼ cup butter softened
3 cups chicken stock
salt and pepper

Clean pumpkin and cut into about 4 pieces. Brush with butter and place on sheet pan in oven. Roast for about 1-1 ½ hour. Sauté onion, celery and carrots. Process pumpkin with other vegetables and a little of the stock. Place in pot with rest of stock and simmer for 20 minutes. Adjust the seasonings and adjust the thickness with more stock if desired. Replace pumpkin with squash. Options: herbs, cream, toasted pumpkin seeds for garnish.

Manhattan Clam Chowder

3 carrots
2 celery stalks
medium onion
3 russet potatoes diced
2 Tbs. butter
4 clove garlic minced
4 cups chopped clams in juice
Quart clam, fish or chicken stock
salt and pepper
2Tbs. chopped parsley
2 tsp thyme
2 tomatoes
½ cup tomato paste
3 bay leaves
2 tsp old bay seasoning

Sweat onions, carrots, celery in butter. Add garlic, tomatoes and potatoes. Beat in tomato paste. Wet with stock, add bay leaves, and simmer for 20 minutes add chopped clams, herbs and seasonings. Adjust with salt and pepper

New England Clam Chowder

3 carrots med. Diced
1 large onion med diced
4 celery stalk diced

8oz bacon
2 Tbs. minced garlic
3 Tbs. flour
4 cans chopped clams
salt and pepper
1 qt clam stock
2qt heavy cream

Chop bacon and sauté with carrots, celery and onions and garlic. Add flour and cook down.
Whisk in clam stock and add clams, parsley salt and pepper. Reduce and serve.

Roasted Mushroom with Beet Soup

5 c. roast mushrooms
1 # carrots
1 onion
1 cup demi
3 gal. Beef stock
2 # beet tips cut small
t curry powder
t garlic powder
t cayenne
2 sweet potatoes
1 c. green peppers

Roast mushrooms, carrots, and onions then put in pot with stock and demi, cook until mush.
Blend to puree. Put back on stove, brown meat with flour add puree. Bring up to simmer.

Tomato Seafood Soup

½ c butter
½ c scallops
½ c. crab
5 oz salmon chopped
3 qts. Lobster stock from bisq
t tarroagon
T. basil
T. cilantro
1 c. onion
1 c. roasted pepper
½ carrots
½ c. celery
2 c. tomato chopped
T. garlic
2 c. potatoes

Saute veg add stock simmer add potato for 15 min. Add herb,S&P, add fish.

Shittake Beef

1 medium onion diced
½ # carrots diced
½ # celery diced
½ # pepper diced(green or red)
½# shitake mushrooms
1# beef chopped
¼# butter

½ c. flour
T. fresh thyme
¼ c. dry red wine
T. fresh ground pepper
2qt. Beef stock
salt to taste.

Pumpkin and apple soup

1 # pumpkin diced
2 tart apples
1 spanish onion medium
6 cups vegetable or chicken stock
tsp salt
pepper
allspice
t. tarragon

sauté onion. Add diced apples and pumpkin add water boullion and spices Simmer for 30 minutes. Split in half and puree.