



FALL for SOUPS...

Country Style Potato Leek Soup

NOTE: Leeks differ. If yours have large desirable white and light green sections, use 4 pounds of leeks; if they're short on these parts, go with 5 pounds.

6 tablespoons unsalted butter

4 - 5 pounds leeks

1 tablespoon unbleached all-purpose flour

5 1/4 cups chicken stock or canned low-sodium chicken broth

1 bay leaf

1 3/4 pounds medium red potatoes (about 5), peeled and cut into 3/4-inch dice

Table salt

Ground black pepper

Cut off roots and tough dark green portion of leeks, leaving white portion and about 3 inches of light green. Slice in half lengthwise and chop into 1-inch sections. (You should have about 11 cups).

Heat butter in Dutch oven over medium-low heat until foaming; stir in leeks, increase heat to medium, cover and cook, stirring occasionally, until leeks are tender but not mushy, 15 to 20 minutes; do not brown. Sprinkle flour over leeks and stir to coat evenly; cook until flour dissolves, about 2 minutes. Increase heat to high; whisking constantly, gradually add stock.

Add bay leaf and potatoes; cover and bring to boil. Reduce heat to medium-low and simmer, covered, until the potatoes are almost tender, 5 to 7 minutes.

Remove pot from heat and let stand until potatoes are tender and flavors meld, 10 to 15 minutes. Discard bay leaf, season with salt and pepper; serve immediately.



Turkey Meatball and Escarole Soup

OK so they are not as Mama used to make: These succulent meatballs are formed from lean ground turkey instead of beef, and they are served in a light broth with escarole, not perched on top of spaghetti.

NOTE: If you really miss that pasta, boil about a quarter pound of your favorite kind and stir it into the soup before serving...my FAV is to add the tiny stars or tiny tubes or for kids alphabet pasta but as always, have fun with this and YOU experiment.

This always turns out great and gets that wonderfully healthful escarole into your tummies.

However, IF... you are really not a fan though, go ahead and substitute a bag of baby spinach leaves, and sometimes (CRAZY Me) I have been known to add both.

- 1 pound ground turkey
- 2 eggs, beaten to mix
- 1 clove garlic, minced
- 1 small onion, minced
- 1/2 cup dry bread crumbs
- 1/2 cup grated Parmesan
- 1/2 cup chopped fresh parsley
- 1 1/2 teaspoons salt
- 1/4 teaspoon fresh-ground black pepper
- 3 tablespoons olive oil
- 1/2 head escarole (about 1/2 pound), leaves washed well and chopped (about 1 quart)
- 1 1/2 quarts boxed (I use pacific organic from COSTCO) low-sodium chicken broth or homemade stock
- 2 cups water
- 2 tablespoons red wine vinegar or white wine vinegar
- 1/4 teaspoon red pepper flakes

In a medium bowl, mix together the turkey, eggs, garlic, onion, breadcrumbs, Parmesan, parsley, 1/2 tsp. of the salt, and the black pepper until thoroughly combined. Shape the mixture into twenty meatballs.

In a large frying pan, heat 1 1/2 tablespoons of the oil over moderate heat. Add half the meatballs to the pan and cook, turning, until browned on all sides, about 3 minutes. Remove the meatballs from the pan and drain on paper towels. Repeat with the remaining 1 1/2 tablespoons oil and the rest of the meatballs.

Put all of the meatballs, the escarole, broth, water, vinegar, red-pepper flakes, and the remaining 1 tsp. of salt in a large pot. Cover and bring to a simmer over moderate heat, stirring occasionally. **NOTE:** The meatballs should be cooked through by the time the broth comes to a simmer.



Potato and Cheddar-Cheese Soup

A few simple ingredients make a sumptuous soup. Be sure to use a high-quality cheddar and **REMEMBER**, that it is crucial to the dish's flavor and also choose a yellow cheese for the richest color. **NOTE:** For a chunkier soup, skip the pureeing and just break up some of the potato into chunk like pieces with a spoon.

- 1/4 pound sliced bacon, cut crosswise into thin strips
- 1 large onion, chopped
- 3 pounds baking potatoes (about 6), peeled and cut into 1-inch cubes
- 4-1/2 cups water
- 1 teaspoon salt
- 6 ounces cheddar, grated (about 1-1/2 cups)
- 1/4 cup chopped chives or scallion tops

In a large saucepan, cook the bacon over moderate heat until crisp. Remove the bacon with a slotted spoon and drain on paper towels. Pour off all but 2 tablespoons of the bacon fat or, if you don't have 2 tablespoons, add enough cooking oil to make up the amount.

Reduce the heat to moderately low. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Stir in the potatoes, water, and salt and bring to a boil. Reduce the heat and simmer, covered, stirring occasionally, until the potatoes are tender, 15 to 20 minutes.

Remove half the soup from the pan and puree in a food processor. Alternatively, mash some of the potatoes with a potato masher. Return the puree to the pan. Over low heat, add the cheese and stir until melted. Remove the pan from the heat. Taste the soup and add more salt if needed. Serve the soup topped with the bacon and chives.

VEGETABLE TIP: Boiling potatoes have less starch than baking, or Idaho, potatoes and consequentially hold together better when boiled. This is why they're often used in soups and for potato salads. Not in this soup, though. Since we want some of the potato to break down into smaller pieces and thicken the soup, baking potatoes are the perfect choice.



Potato-and-Broccoli Soup

Bright green broccoli florets float prettily in this hearty soup, **but, it is REALLY the Broccoli Stems that do the real work.** They are cooked with the potatoes and then pureed to form a wonderfully creamy base. **FYI:** A final touch of Shredded Parmesan gives the soup an Italian feel. **NOTE:** I was always a bit bothered by not using what typically is a lot of wasted stem left over and thrown away when you buy whole heads of broccoli, so coming up with this idea was a great way to be less wasteful ...

Of course as a Chef I typically do use them cut up for adding to stocks... then freeze the stock in ziplock bags or ice cube trays then pop the cubes into ziplocks and freeze for when I need to add bits of stock to gravies and sauces.

So, I encourage you all to do the same as well and use ALL your leftover bits of vegetables, cherry tomatoes are great, herbs & stems, roasted (cooked) chicken carcass and fresh trimmed fish, beef bones, lobster, shrimp shells, chicken bits and bones etc... Just pop whatever you have on hand into a pot filled with water and bring to a boil, then simmer for an hour, then take off the heat and let cool in the pot for an hour, with the lid on. Then finally, strain the broth bits out in a colander and freeze the stock in individual ziplocks or as frozen cubes as mentioned here above.

2 tablespoons butter
1 onion, chopped
2 cloves garlic, minced
1 3/4 pounds broccoli, thick stems peeled and diced (about 2 cups), tops cut into small florets (about 1 quart)
1 1/2 pounds boiling potatoes (about 5), peeled and cut into 1/2-inch cubes
3 cups canned low-sodium chicken broth or homemade stock
3 cups water
1 3/4 teaspoons salt
1/4 teaspoon fresh-ground black pepper
1/2 cup grated Parmesan cheese

In a large pot, melt the butter over moderately low heat. Add the onion; cook, stirring occasionally, until translucent, about 5 minutes. Add the garlic, broccoli stems, potatoes, broth, water, salt, and pepper.

Bring to a boil. Reduce the heat and simmer until the vegetables are almost tender, about 10 minutes. In a food processor or blender, pulse the soup to a coarse puree. Return the soup to the pot and bring to a simmer. Add the broccoli florets and simmer until they are tender, about 5 minutes. Stir 1/4 cup of the grated Parmesan into the soup, and serve the soup topped with the remaining cheese. **VARIATION:** If you would prefer a completely smooth soup, add the broccoli florets to the pot after the potatoes have cooked for five minutes, and continue simmering until all of the vegetables are tender, about five minutes more. Puree the soup until smooth. This would also make a great first course for six people. **NOTE:** in a pinch, frozen broccoli florets, cauliflower, or both can be used.



Smoked-Sausage, Cabbage, and Potato Soup

Smoked sausage is one of my favorite soup ingredients, but I am less fond of the grease slick it can leave floating on the surface. **My solution:** Brown the sausage while the soup is simmering, and then combine the two just before serving. No cooking time added, and much fat subtracted.

2 tablespoons cooking oil
1 onion, chopped
1 3/4 pounds green cabbage (about 1/2 head), shredded (about 13/4 quarts)

1 lb. baking potatoes (about 2), peeled, halved lengthwise, and cut crosswise into ½ inch slices
1 quart water
2 cups canned low-sodium chicken broth or homemade stock
1 bay leaf
1 1/2 teaspoons dried thyme
1 1/2 teaspoons salt
3/4 pound smoked sausage, such as kielbasa, quartered lengthwise, thinly sliced crosswise

In a large pot, heat the oil over moderately low heat. Add the onion; cook, stirring occasionally, until translucent, about 5 minutes. Add the cabbage, potatoes, water, broth, bay leaf, thyme, and salt to the pot. Bring to a boil. Reduce the heat and simmer, partially covered, stirring occasionally, until the cabbage and potatoes are tender, about 20 minutes.



Chicken Meatball and Orzo Soup

I am lucky enough during the winter to have a wonderful Green market here every Saturday by the intra-coastal where I can get fresh made sausage so I cleverly (haha) use the delicately flavored chicken meat inside the sausage by removing the casings, shaping the meat into balls, then browning them and simmering them in chicken broth.

NOTE: You can also use the turkey meatball recipe above and substitute ground chicken. I add just use a few shakes of nutmeg as an additional flavor note...

and If you have leftover cooked (brown or white) rice on hand, like the night after take out Chinese (haha) go ahead feel free to substitute it for the orzo, just add right before serving..

1 cup orzo
1 tablespoon extra-virgin olive oil
1 pound fresh chicken sausage, such as sweet Italian casings discarded and meat rolled into twenty 1-inch meatballs
1 large garlic clove very finely chopped
6 cups low-sodium chicken broth

Kosher salt and freshly ground black pepper

1 5 ounce bag baby spinach (5 cups)

In a large saucepan of boiling salted water, cook the orzo until it is al dente, about 8 minutes. Drain and rinse the orzo under cold water until cool. Meanwhile, in a medium soup pot, heat the olive oil until shimmering.

Add the chicken meatballs and cook over moderately high heat until they are lightly browned, about 4 minutes. Using a slotted spoon, transfer the meatballs to a plate. Add the garlic to the pot and cook over moderate heat until lightly golden, about 1 minute.

Add the chicken broth, bring to a simmer, and season with salt and pepper. Add the meatballs to the broth and simmer until they are cooked through, about 3 minutes.

Add the baby spinach and cooled orzo to the simmering broth and cook, stirring, until the spinach is wilted and the soup is piping hot, about 1 minute. Ladle the meatball-and-orzo soup into shallow bowls and serve.



Wonton Noodle Soup

Although this ubiquitous Chinese soup is served in every conceivable venue from food stalls to fancy restaurants, the best versions are generally found in the simplest settings.... Ah, Like MY Galley (haha) I fact it is raining today here and I have a pot on the stove now.

For Noodles:

1/2 pound fresh Chinese egg noodles

1 tablespoon peanut oil

For Wontons:

1/2 pound shrimp, peeled and deveined

1 1/2 teaspoons coarse salt

3/4 pound medium-grind pork butt

1 tablespoon Chinese rice wine or dry sherry

2 teaspoons light soy sauce
1 green onion, minced
2 tablespoons drained, minced canned bamboo shoots
1/4 teaspoon sugar
Big pinch of white pepper
1 teaspoon Asian sesame oil
1 teaspoon cornstarch
60 wonton wrappers
1 egg white, lightly beaten

For the Soup:

6 cups chicken stock (see above)
1/4 teaspoon sugar
Light soy sauce to taste
1 tablespoon Asian sesame oil
1 pound bok choy, cut into 2 inch lengths
1 green onion, chopped

FOR NOODLES: Bring a large pot three-fourths full of water to a boil and salt it lightly. Gently pull the strands of noodles apart, then drop them into the boiling water, stirring to separate the strands. Bring to a second boil and cook for 1 minute longer.

Pour the noodles into a colander and rinse thoroughly with cold running water. Drain well and transfer to a large bowl. Toss with the oil to keep the strands from sticking together.

FOR WONTONS: Rinse the shrimp with cold water. Drain. Place in a bowl, add 1 teaspoon of the salt and toss well; set aside for 10 minutes. Rinse the shrimp in cold water again; drain thoroughly, pat dry and chop coarsely. In a bowl, mix together the remaining 1/2 teaspoon salt, the shrimp, pork, wine or sherry, soy sauce, green onion, bamboo shoots, sugar, white pepper, sesame oil and cornstarch.

To wrap the dumplings, work with 1 wrapper at a time, keeping unused wrappers covered with a kitchen towel. Place 1 heaping teaspoon of filling in the center of a wrapper. Moisten the wrapper edges with water and fold in half to form a triangle, enclosing the filling.

Bring the two long ends up and over to meet and slightly overlap over the top of the filling. Moisten where the edges overlap with egg white and press together to seal. Set on a baking sheet and cover with another kitchen towel.

Continue to form dumplings until all the filling has been used. Set aside 3 dozen dumplings for this dish; wrap the remainder and any unused wrappers in plastic wrap and freeze for up to 2 months.

TO ASSEMBLE: In a saucepan, heat the chicken stock and season with the sugar, soy sauce and sesame oil. At the same time, bring a large pot three-fourths full of water to a boil, salt lightly and add the bok choy.

Boil for 1 minute; then, using a slotted spoon or tongs, transfer to a bowl and set aside. When the stock is hot, drop in the noodles for a few seconds to reheat. Using the spoon or tongs, scoop out the noodles and divide them among 6 warmed deep soup bowls; keep warm.

Drop 3 dozen wonton dumplings into the boiling water. Cook until they float to the top, about 3 minutes. Using the spoon, scoop out the dumplings and place approximately 6 dumplings in each bowl. Top with the bok choy and ladle over the hot stock. Garnish with the green onion and serve hot.



“Gillie's” (Hampton’s) Matzo Ball Soup

Chicken soup is a universal panacea--invoked by many cultures as a cure for colds and broken hearts alike. With matzo balls added, it becomes a meal--and a must for any traditional Jewish American Passover Seder. This recipe comes from Gillie Feuer of the Hampton's, New York.

For the Soup:

- 1 (3-4) pound, chicken
- 3 carrots halved
- 2 medium yellow onions, peeled and halved
- 5 stalks celery, with leaves, halved
- 3 parsnips, halved
- 2 leeks, well cleaned, white parts only
- 1 head garlic, unpeeled, split
- 4 stalks fresh dill
- 1 bunch parsley, washed

For the Matzo Balls:

- 1 medium yellow onion, peeled and halved
- 8 eggs
- 8 tablespoons margarine, melted and slightly cooled
- 2 1/2 cups matzo meal
- 2 tablespoons finely chopped parsley

Salt and freshly ground black pepper

Small dill sprigs

FOR THE SOUP: Combine chicken, carrots, onions, celery, parsnips, leeks, garlic, dill, parsley in a large stockpot with water to cover. Bring just to a boil over medium-high heat. Skim foam.

Reduce heat to low and simmer for 2 1/2 hours. Strain and discard solids (chicken may be reserved for another use), then cool to room temperature. Refrigerate for at least 3 hours, then remove any solidified fat from the surface.

FOR THE MATZO BALLS:

Grate enough onion to yield about 2 tbsp. and set aside the rest. In a large bowl, combine grated onion, eggs, margarine, matzo meal, parsley, and 1/4 cup water or chicken soup. Mix well, season with salt and pepper and set aside to rest for at least 30 minutes.

Wet hands and roll dough in your palms into 23, 2-inch balls (they will expand as they cook). Meanwhile, bring a large pot of water to a boil. Add 2 tbsp. salt and remaining onion. Drop matzo balls into water one at a time. (NOTE: They won't stick together if the pot is large enough.)

Reduce heat, cover, and simmer 30-40 minutes. Drain, remove to a plate and cover, until ready to use. (Matzo balls will keep up to 3 days in the refrigerator.) **TO SERVE:** Heat soup over medium heat and season to taste with salt and pepper. Add matzo balls and heat through. Garnish with dill sprigs.

NOTE: Sorry No picture available on this NEXT one, it just gets gobbled up too FAST!!!

Black Bean Soup with Ham Hock Dumplings:

Combine the ham hocks, onions, carrots, celery, and water in a large pot and bring to a boil. Reduce the heat to medium-low and simmer until the meat starts to fall from the bones, in about 1 1/2 hours. Strain the stock through a colander into a clean pot. Set the ham hocks aside.

Add the black beans, chiles, cumin, and chili powder to the stock and bring to a boil. Reduce the heat to medium and cook at a brisk simmer until the beans are tender, about 1 1/2 hours. Add 1/2 teaspoon of the salt during the last 5 minutes of cooking.

While the beans are cooking, remove the meat from the ham hocks and coarsely chop. Reserve about a 1/2 cup of the meat in a bowl and then add the rest to the black beans. When the beans are nearly done, combine the 1/2 cup reserved meat with the flour, egg, beer, baking powder, and the remaining 1/2 teaspoon salt in a bowl. Mix to make a dough.

To form the dumplings, drop the dough by the tablespoonful on top of the soup. You should have 10 dumplings. Cover and cook until the dumplings are set, 2 to 3 minutes. To serve, spoon 1 dumpling into each soup bowl and ladle about 1 cup of soup over it.

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Anyway...

I just thought with the Fall season approaching and temps everywhere expected to be dipping soon... that these soups might be fun for you all to TRY sometime.

ENJOY!!!

NOTE: See more at

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