

## Tomato Soup

Serves 6

*Saved by Soup*

2 teaspoons olive oil

1 medium onion, finely chopped

2 medium carrots, finely chopped

¼ pound fresh fennel bulb (about half a small bulb), finely chopped

1 rib celery, trimmed and finely chopped

3 cups S&W tomatoes diced with puree, pureed in food processor

5 cups chicken broth

salt

freshly ground black pepper

2 tablespoons chopped fresh parsley

2 tablespoons chopped fresh basil

garnish: sour cream and milk

Sauté onion, carrots, fennel and celery in oil over medium-high heat, 2 to 3 minutes. Stir in tomato puree and broth. Bring to boil. Simmer 20 minutes partially covered. Season with salt and pepper to taste. Serve in individual bowls. Thin sour cream to pouring consistency with milk. Swirl about 1 tablespoon into each soup bowl. Garnish with herbs.

## \*Mexican Roasted Tomato Soup

Serves 6

Diana Gough

2 teaspoons olive oil  
1 medium onion, finely chopped  
1 carrot, finely chopped  
¼ pound fresh fennel bulb, finely chopped  
1 rib celery, peeled and finely chopped  
1 jalapeno chili, seeds and ribs removed, minced  
1 clove garlic, unpeeled

1 28-ounce can S&W diced tomatoes in puree, pureed in food processor  
4 cups chicken broth  
¼ teaspoon chipotle chili seasoning  
salt to taste  
Optional: ¼ teaspoon liquid smoke  
Garnish: fresh cilantro leaves, coarsely chopped and sour cream

Line a large baking sheet with foil. Toss onion, carrot, fennel, celery, jalapeno and garlic in oil; salt lightly. Spread out the vegetables on the baking sheet. Roast in preheated 400-degree oven for 30 minutes or until the edges of

the vegetables are slightly browned. Do not let the vegetables burn.

Peel and mash the garlic. Pour vegetables, garlic, tomato puree, chicken broth and chipotle seasoning into a large saucepan. Simmer 20 minutes partially covered. Puree half the soup in blender and return to saucepan. Season to taste with salt, pepper, liquid smoke and/or more chipotle seasonings. Serve in individual bowls garnished with cilantro and a dollop of sour cream.

## **\*Cream of Asparagus Soup**

Makes 7-9 cups

Gourmet, 2001

Notes: Great for the Christmas, 1T cream per cup

2 pounds thick green asparagus, discard tough, snap off fibrous ends; unpeeled

1 large onion, chopped

2 tablespoons unsalted butter

5 cups low-salt Swanson's chicken broth

1/2 cup crème fraîche or heavy cream

1/4 teaspoon fresh lemon juice, or to taste

salt

Garnish: 2 hard-boiled eggs, chopped; paprika

Cut tips from 12 asparagus stocks into 1/2-inch pieces. Reserve for garnish.

Cut stalks and all remaining asparagus into 1-inch pieces. Sauté onion in 2 tablespoons butter in a 4-quart heavy pot over moderately low heat, stirring, until softened, about 5 minutes. Add asparagus stalks and sauté for 5 more

minutes. Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.

While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes, drain and set aside.

Purée soup in batches in a blender until smooth (use caution when blending hot liquids). Gently whisk in cream and lemon juice. If stringy asparagus is clinging to whisk, use food mill remove. Season with salt and pepper to taste and return to pot to heat or refrigerate. Garnish each bowl with asparagus tips, chopped egg and a sprinkling of paprika.

## **\*Gourmet Gazpacho**

Serves 8

8 large ripe tomatoes or 2 28-ounce cans

S&W Ready-Cut Tomatoes

1 teaspoon orange peel, grated

1/2 cup orange juice

1 large cucumber, peeled and diced

1/4 cup green onion, finely chopped

1/4 cup green pepper, finely chopped

1 7-ounce can whole kernel corn with  
peppers

3 tablespoons olive oil

2 1/2 tablespoons lime juice

3/4 tablespoon salt

1/2 tablespoon chili powder

1/4 teaspoon pepper

jalapeno sauce to taste

Garnish: 1 large avocado, peeled  
and diced and sour cream

Peel all the tomatoes: Bring water to a boil in large saucepan. Submerge one tomato at a time for 2 to 3 minutes, or until the peel easily comes off in with your fingers. Submerge the peeled tomato into a bowl of cold water. Repeat with the other 7 tomatoes. Drain and dry with paper towels.

Take 4 of the tomatoes, quarter and gently squeeze out seeds and juice into a blender; set aside. Finely dice the 4 tomatoes and set aside. Chop the remaining 4 whole tomatoes, and add to the juice in the blender. Puree the mixture.

In a large bowl combine diced tomatoes, pureed tomatoes and all other ingredients except avocado and sour cream. Stir well to blend; cover and chill overnight. Before serving adjust seasonings to taste. Garnish each bowl of soup with diced avocado and a dollop of sour cream.

## Quick Gazpacho

Makes 7 cups

3/4 cucumber peeled

3 large scallions

3/4 teaspoon oregano

4 1/2 tablespoons olive oil

6 tablespoons lime juice (about 5 sm limes)

1 (46 ounce, ~6 cups) can, good quality tomato juice

1/4 teaspoon pepper

3/4 teaspoon salt

Garnish: 1/2 to 3/4 avocado or cucumber, peeled and chopped

Chop all ingredients except avocado and puree in a blender. Chill. Add avocado or cucumber just before serving.



## **Cold Cucumber Soup with Beet Mousseline**

Serves 4

### Cucumber Soup:

1 large onion, sliced  
1 tablespoon finely chopped fresh dill  
1 tablespoon vegetable oil  
2 cups chicken broth  
2 tablespoons fresh lemon juice  
4 cucumbers, peeled, seeded and chopped

freshly ground white pepper to taste  
4 to 8 ounces sour cream

### Beet Mousseline:

1 8-ounce can sliced beets  
1 tablespoon balsamic vinegar  
¼ cup sour cream

Cucumber Soup: In large heavy saucepan sauté onion and 1 tablespoon dill in oil over moderately low heat, stirring occasionally, until onion is somewhat softened, about 5 minutes. Add broth and cucumbers; simmer 20 minutes. In a blender puree mixture in batches until smooth. Stir in lemon juice, white pepper and salt to taste.

Chill soup at least 4 hours and up to 1 day. Just before serving, whisk in sour cream. Adjust seasoning. Top with a dollop of Beet Mousseline.

Beet Mousseline: Drain beets and coarsely chop. Puree in food processor and pour into a small bowl. Fold in sour cream.

## **\*The World's Best Pea Soup**

Serves 15

2 pounds dried peas

½ cup olive oil

4 large yellow onions

4 large carrots, peeled

4 celery stalks, peeled

4 cloves garlic, peeled and mashed

4 quarts chicken stock, low sodium

1 ham shank or 1 cup left over chopped ham

4 sprigs parsley

4 bay leaves

1 to 2 teaspoons fresh thyme leaves

1 tablespoon whole black peppercorns

2 medium Yukon potatoes, peeled

Equipment: Large aluminum bowl, large, heavy soup pot

Preparation: Chop the onions, carrots, celery and potatoes into 1-inch pieces. Finely chop with a food processor. Put all the chopped vegetables and garlic in a large bowl.

Warm the oil in the soup pot over medium heat. Add the vegetables and sauté for about 8 minutes, stirring frequently. Add the stock, peas, ham, parsley sprigs, bay leaves, peppercorns and thyme. Bring to a boil. Reduce heat to a low simmer, cover, and cook for 2 hours stirring occasionally.

Pull out the parsley and bay leaves. Trim meat from shank and remove as much fat as possible. Chop meat and add back to the soup. Add salt and pepper to taste. Freezes well.

## **\*Minestrone Soup**

Serves 6-8

Cook's Illustrated

2 small leeks (or 1 large), white and light green parts sliced thin crosswise (about  $\frac{3}{4}$  cup) and washed thoroughly

2 medium carrots, peeled and cut into small dice ( $\frac{3}{4}$  cup)

2 small onions, peeled and cut into small dice ( $\frac{3}{4}$  cup)

2 medium celery stalks, cut into small dice ( $\frac{3}{4}$  cup)

1 medium baking potato, peeled and cut into med dice ( $1 \frac{1}{4}$  cup)

1 medium zucchini, cut into med dice ( $1 \frac{1}{4}$  cup)

3 cups stemmed spinach leaves, cut into thin strips

1 28-ounce can S & W Petite Cut tomatoes, drained

8 cups free range chicken broth, reduced salt

1 Parmesan cheese rind, about 5 x 2-inches

1 15-ounce can cannellini beans, drained and rinsed

salt and pepper

$\frac{1}{4}$  cup basil pesto

Garnish: Parmesan cheese, grated

Bring vegetables, tomatoes, chicken broth and cheese rind to boil. Reduce heat to medium-low; simmer, uncovered and stirring occasionally, until vegetables are tender but still hold their shape, about 20 minutes. (Soup can be refrigerated for 3 days or frozen for 1 month.)

Add beans and cook just until heated through, about 5 minutes. Remove and discard cheese rind. Stir in pesto and spinach.

Season with salt and pepper to taste. Garnish with grated Parmesan cheese.

## Roasted Vegetable and Barley Soup

Serves 8

Bon Appétit, Feb. 03

olive oil  
4 large plum tomatoes, halved  
lengthwise  
3 medium carrots, peeled and  
quartered  
6 ounces crimini mushrooms,  
thickly sliced  
1 large onion, cut into 1-inch  
wedges through root end  
1 red bell pepper, quartered  
1 medium zucchini, halved  
lengthwise

3 garlic cloves, unpeeled  
2 tablespoon olive oil  
8+ cups chicken broth  
½ ounce dried porcini mushrooms,  
broken into pieces  
3 large basil leaves  
1 bay leaf  
Parmesan cheese rind  
¼ cup pearl barley  
Liquid Smoke

Preheat oven to 400-degrees; adjust rack to middle of oven. Oil large, very heavy baking pan. Arrange tomatoes and next 6 ingredients in pan. Drizzle with

oil. Roast until vegetables are tender and brown around edges (don't burn!), stirring occasionally, about 30 to 45 minutes. Peel garlic and reserve. Coarsely chop half vegetables and reserve. Transfer garlic and remaining vegetables to large pot.

Add ½ cup chicken stock to baking pan and scrape up browned bits; add to pot. Add roasted vegetables, remaining broth, dried porcini, basil, bay leaf and cheese rind. Simmer, covered, about 20 minutes. Remove bay leaf and rind. Puree in blender. Return to pot with bay leaf and cheese rind. Add barley. Simmer, covered, about 40 minutes. (You may need to add additional chicken broth if soup becomes too thick.) Add reserve vegetables. Add Liquid Smoke to taste. Adjust seasoning and serve.



## Mushroom Soup

Serves 4

1 pound crimini mushrooms  
2 tablespoons dried porcini, soaked  
in hot water for 15 minutes  
4 tablespoons butter  
1/3 cup celery, diced  
1/3 cup leeks, diced  
1/3 cup onion, diced

1 sprig fresh thyme  
3 tablespoons sherry  
2 tablespoons flour  
2 1/2 cups mushroom or beef stock  
1 egg yolk  
1 cup light cream  
dash nutmeg

Remove stems from crimini mushrooms and slice. Drain (reserve the liquid) and chop porcini mushrooms. Sauté all mushrooms, leeks, onion, celery and thyme for 5 minutes. Add sherry and cook, covered, 5 more minutes. Remove pan from heat. Discard thyme stem. Add flour and stir well. Slowly add stock and porcini liquid, stirring constantly. Return pan to heat, bring to low boil.

In separate bowl, whisk egg yolk, cream and nutmeg. Remove pan from heat. Whisk in the cream mixture.

Place 1 cup of soup liquid and ½ cup mushrooms in a blender and puree well. Return blended mixture to soup in pan and reheat until the soup thickens, stirring continuously.

## **\*Bourbon Street Black Bean Soup**

Note To pre-boil beans: boil with 2-inches water for 2 minutes. Remove from heat and cover for 1-hour.

15 ounces mixed beans (no lentils)  
1  $\frac{3}{4}$  quarts cold water  
1 ham shank or 2 meaty ham hocks  
 $\frac{1}{2}$  pound hot Italian chicken or pork  
sausage, cooked, or mild sausage  
with red pepper flakes  
1 tablespoon each: minced fresh  
cilantro and parsley  
2 teaspoons fresh thyme leaves  
1-28 ounce can S&W Ready-Cut  
tomatoes

3 stalks fresh celery, peeled, with  
leaves, chopped  
2 carrots, peeled and chopped  
1 medium onion, chopped  
2 carrots, chopped  
3 cloves garlic, minced  
salt and ground pepper to taste  
 $\frac{1}{2}$  cup dry sherry  
Cayenne to taste  
Garnish options: sour cream, sharp  
cheddar, green onions, cilantro

Wash beans. Soak overnight in water to cover by 2 inches. Taste the soaking liquid. If bitter, drain and rinse the beans. Otherwise use the liquid in the following step. In large pot, place beans with 1  $\frac{3}{4}$  quarts water. Cover and bring soup to boil. Lower heat to medium low and cook 30 minutes to 1 hour, stirring occasionally.

Add additional water if necessary to cover beans by 1 inch, then add ham shank, sausage, cilantro, parsley, thyme, tomatoes (including juice), onions and garlic. Bring to boil. Reduce heat to medium low, cover, and cook for 30 minutes or until beans are tender.

Remove ham shank or hocks. Discard bones and fat and dice the meat. Add  $\frac{1}{2}$  cup sherry wine. Season to taste with salt, pepper and cayenne.. Best if refrigerated overnight before serving.

Garnish: sour cream, grated sharp cheddar, chopped green onions, fresh cilantro.

## Chinese Cabbage Soup with Green Onions

Serves 6

Bon Appetit

½ pound ground pork  
6 fresh shitake mushrooms,  
(garnish)  
3 tablespoons soy sauce  
2 tablespoons dry sherry  
1 tablespoon sesame oil

Optional: 2 tablespoons fresh  
ginger, minced  
2 teaspoons sugar

2 tablespoons rice vinegar  
1 ½ teaspoons chili-garlic sauce  
1 tablespoon sesame oil  
4 cups finely shredded Napa  
cabbage (from head)  
6 green onions, thinly sliced  
8 cups low-salt chicken broth  
Optional: 1/2 cup chopped cilantro  
salt and pepper

Sauté ground pork until no longer pink. Drain of excess grease and pat dry with paper towels. In a medium bowl, combine pork, soy sauce, dry sherry and 1

teaspoon sesame oil. Marinate for 30 minutes

Remove stems from mushrooms and discard. Slice into ¼-inch pieces. Sauté mushrooms in 2 teaspoons sesame oil; set aside.

Heat 1 tablespoon sesame oil in heavy large frying pan over medium-high heat. Add cabbage and green onions and sauté until cabbage is tender, about 3 minutes. Transfer cabbage to large soup pot. Add broth, ground pork including marinade, (ginger) sugar, rice vinegar and chili-garlic sauce. Taste and adjust seasonings. Can be prepared ahead to this point.

Heat soup until steaming. Ladle into bowls and garnish with mushrooms and (cilantro).

## **\*White Gazpacho**

Makes 4 cups, serves 8

Daniel Boulud

Note: Have your guests try to guess the ingredients in this soup!

4 slices, about  $\frac{1}{4}$  pound top-quality white bread, crusts removed

2 cups water

$\frac{1}{2}$  cup slivered almonds, very lightly toasted

$\frac{1}{3}$  cups pine nuts, very lightly toasted

1 small clove garlic, peeled and split

1 teaspoon salt, or to taste

1  $\frac{1}{4}$  pound organic seedless green grapes. Select ones that are very sweet; they should be slightly yellow in color.

6 tablespoons extra-virgin olive oil

2 tablespoons white wine vinegar

$\frac{1}{2}$  teaspoon sherry vinegar

freshly ground white pepper

Optional: green food color

Soak bread in water for 10 minutes.

In a blender, grind almonds, pine nuts, garlic and salt scraping down sides often; take care to not turn them into a paste. Transfer nuts to food processor along with the grapes; puree. Lift bread from water (reserve the water) and squeeze the bread between your hands to extract some of the excess liquid. With the motor running, add the bread along with the oil, both vinegars, and  $\frac{1}{4}$  to  $\frac{1}{2}$  of the water. Check the soup's consistency—it should be as thick as good heavy cream. If it is closer to sour cream, add more water.

Strain the gazpacho and taste for seasoning, adding pepper and more salt as needed. Stir in 1 to 2 drops green food color. Refrigerated for up to 12 hours. Serve in small shot glasses as a starter or in place of a sorbet between courses.



## Succotash Soup

Serves 12

1 tablespoon butter	1 large red bell pepper, cut into ½-inch cubes
1 tablespoon olive oil	8 cups low-salt chicken broth
3 medium leeks, thinly sliced	1 pound frozen baby lima beans
½ cup minced shallots	1-14 ¾ ounces frozen white corn kernels
3 garlic cloves, peeled and chopped	1 pound ham, cubed
4 tablespoons parsley	salt and pepper
2 tablespoons chopped fresh thyme	Tabasco
1 tablespoon chopped fresh oregano	

Melt butter and oil in heavy large pot over medium heat. Add leeks, shallots and garlic. Sauté about 5 minutes or until leeks are soft. Add parsley, thyme and oregano. Sauté until fragrant, about 3 minutes. Mix in red bell pepper. Add broth

and 1 ½ cups lima beans and bring soup to boil. Reduce heat to medium-low, cover, and simmer until lima beans are tender, about 10 minutes. Add 1 ½ cups corn kernels. Puree in blender and return to pot. Add remaining lima beans and simmer for 10 minutes. Add remaining corn kernels, cream corn and ham. Heat through. Season to taste with salt and pepper. Serve with Tabasco.

## **Creamy Lima Bean Soup with Bacon**

Serves 2 (8 Cups)

Gourmet, September '91

2 (6) slices lean bacon

1 small (medium-large) onion,  
chopped

1 small (3 medium) garlic cloves,  
pressed

1 (3) cups chicken broth

1 (3) cups water

1 (3) 12-ounce package frozen lima  
beans

1/3 (1) cup green onions, thinly  
sliced

salt, pepper and Liquid Smoke

Cook bacon until crisp; drain on paper towels; crumble and set aside. Transfer 1 (3) tablespoon bacon fat to skillet and sauté onion until soft, about 5 minutes. Add garlic and sauté 30 seconds. Transfer onion and garlic to large soup pot; add chicken broth, bacon, water and lima beans. Simmer 10 minutes. Puree in blender. Season with salt, pepper and Liquid Smoke to taste. Serve garnished with green onion.

## **\*Moroccan Carrot Soup**

Serves 4

Note: \*Instead of all spice equal use pinches of cinnamon, nutmeg and cloves.

2 tablespoons (1/4 stick) butter  
1 cup chopped white onion  
1 pound large carrots, peeled, cut  
into 1/2-inch dice (about 2 2/3 cups)  
2 1/2 cups low-salt chicken broth  
2 teaspoons cumin

1 tablespoon honey  
1 1/2 teaspoons fresh lemon juice  
1/8 teaspoon ground \*allspice  
1/2 cup plain yogurt, stirred to  
loosen  
garnish: cilantro

Melt butter in large saucepan. Sauté onions for 2 minutes. Mix in carrots, cumin and broth; bring to boil. Simmer, covered, until carrots are very tender, about 20 minutes. Remove soup from heat. Puree in batches in blender until smooth. Return to same pan. Whisk in honey, lemon juice, and allspice. Season with salt and pepper. Taste and add additional spices and/or lemon juice if desired. Ladle soup into bowls. Drizzle yogurt; sprinkle with cilantro.

## Hot and Sour Soup

Serves 6 to 8

America's Test Kitchen

7 ounces extra-firm tofu, drained  
4 tablespoons soy sauce  
1 teaspoon toasted sesame oil  
3 tablespoons cornstarch, plus 1 ½  
teaspoon  
1 boneless, center-cut loin pork  
chop, about 6 ounces  
3 tablespoons cold water, plus 1  
teaspoon  
1 large egg  
6 cups chicken broth

1 5-ounce can bamboo shoots,  
sliced lengthwise into 1/8-inch  
strips  
4 ounces shiitake mushrooms, stems  
removed, caps sliced ¼-inch thick  
5 tablespoons black Chinese vinegar  
or 1 tablespoon red wine vinegar  
plus 1 tablespoon balsamic vinegar  
1 teaspoon chili oil  
1 teaspoon ground white pepper  
3 medium scallions, sliced thin

Place tofu in pie plate and set heavy plate on top. Weight with 2 heavy cans; let stand at least 15 minutes (tofu should release about ½ cup liquid). Whisk 1 tablespoon soy sauce, sesame oil and 1 teaspoon cornstarch in medium bowl;

toss pork with marinade and set aside for at least 10 minutes, but no longer than 30 minutes.

Combine 3 tablespoons cornstarch with 3 tablespoons water in a small bowl and mix thoroughly; set aside, leaving spoon in bowl. Mix remaining  $\frac{1}{2}$  teaspoon cornstarch with remaining 1 teaspoon water in small bowl; add egg and beat with a fork until combined. Set aside.

Bring broth to boil in large saucepan set over medium-high heat. Reduce heat to medium-low; add bamboo shoots and mushrooms and simmer until mushrooms are just tender, about 5 minutes. While broth simmers, dice tofu into  $\frac{1}{2}$ -inch cubes. Add tofu and pork, including marinade, to soup, stirring to separate any pieces of pork that stick together. Continue to simmer until pork is no longer pink, about 2 minutes.

Stir cornstarch mixture to recombine. Add to soup and increase heat to medium-high; cook, stirring occasionally, until soup thickens and turns translucent, about 1 minute. Stir in vinegar, chili oil, pepper and remaining 3 tablespoons soy sauce; turn off heat.

Without stirring soup, use soup spoon to slowly drizzle a very thin stream of

egg mixture into pot in a circular motion. Let soup sit 1 minute, then return saucepan to medium-high heat. Bring soup to gently boil, then immediately remove from heat. Very gently stir soup once to evenly distribute egg; ladle into bowls and top with scallions.

## **Orange-Scented Beet Soup with Chives**

Makes 5 cups

30 ounces medium fresh red beets

1 sweet apple (Ambrosia or Pink Lady), peeled, cored and chopped

¼ cup chopped shallots

1 teaspoon brown sugar

Grated zest of 1 orange

¼ teaspoon salt

1 1/3 cup water

½ cup orange juice

2 tablespoons balsamic vinegar

2 teaspoons fresh lemon juice

2 tablespoons chopped fresh chives

2 ounces goat cheese



Wash and trim the both ends of the beets. Wrap each one individually in foil. Bake in a 400-degree preheated oven for about 2 to 2 ½ hours or until very tender. Allow to cool slightly before unwrapping and discarding the foil. Immerse the beets in water, gently rub off the peel and chop.

Add 20 ounces of chopped beets to a food processor along with the apple, shallots, brown sugar, orange zest and salt. Pulse until pureed. Add the water and continue to puree until smooth. Transfer beet mixture to a bowl; stir in orange juice, vinegar and lemon juice. The soup will be quite thick. (Note: for a smoother consistence, puree the soup in a blender on the highest setting.) Cover and chill until cold, about 1 hour. Divide among 4 bowls; garnish with chives and cheese before serving.

## Diana's Orange Butternut Squash Soup

Serves 10

2 butternut squashes, about 2 ½  
pounds each  
olive oil  
salt and pepper

1 tablespoon extra virgin olive oil  
1 large onion (finely chopped)  
2 large carrots (finely chopped)

4 tablespoons butter  
about 6 cups chicken broth, divided  
about 2 cups orange  
zest of one large orange  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
honey to taste  
garnish: minced fresh sage

Peel and chop squashes into 2-inch cubes, removing seeds. Toss with olive oil, a little salt and pepper. Spread out on large parchment covered baking sheet. Bake at 350-degrees for 45 to 60-minutes or until squash is soft and slightly browning. Remove from oven and let cool to room temperature.

Meanwhile, heat a medium-sized pot over medium-high heat. Add one tablespoon extra-virgin olive oil. Sauté onion and carrots until softened, about 5 minutes. Season lightly with salt and pepper. Add 2 cups chicken broth and simmer until carrots are soft.

Puree in a blender carrot mixture and squash in batches, adding 2 to 4 remaining cups chicken broth and 2 cups orange juice to keep the mixture moving. Transfer the mixture to large soup pot, stirring in butter, nutmeg, cinnamon and orange zest. Stir in honey, salt and pepper to taste. Adjust seasonings to taste.

Soup can be made 1 to 2 days ahead of time. Garnish with fresh sage.

## African Quinoa-Peanut Soup

Serves 8

2 tablespoons olive oil	peeled and diced
1 large red onion	6 cups vegetable broth
2 to 4 cloves garlic, minced	1 medium zucchini, diced
1 medium red bell pepper, cored, seeded and diced	1-2 carrots, peeled and diced
2 celery stalks, diced	1 teaspoon ground cumin
1 jalapeno chili, seeded and minced	1 teaspoon dried oregano
or	1 teaspoon fresh grated ginger
one 4-ounce can chopped mild green chilies	½ cup red quinoa, rinsed
1 handfull celery leaves, chopped	½ cup fresh peanut butter
1 large sweet potato (white-fleshed),	salt and pepper
	cayenne pepper

In a large soup pot, sauté onions in olive oil until translucent. Add garlic, bell pepper and celery; sauté 10 to 15 minutes or until vegetables are softened and

golden.

Add jalapeno, mild chili peppers, celery leaves, sweet potato, 5 cups broth, zucchini, carrot, cumin, oregano, ginger and quinoa. Cover and simmer gently about 15 minutes.

Add peanut butter stirring well to blend, then simmer over very low heat for another 10 minutes.

Season to taste with salt, pepper and cayenne. Let soup stand off the heat for an hour or so to thicken. Just before serving adjust consistency with more vegetable broth as needed, then heat through.

## Mexican Tortilla Soup

Serves 4 as a light main course

4 corn tortillas

olive oil

6 cups chicken broth

pieces of onion, celery and parsley

1 ½ pounds butternut squash, peeled, and cut in ½-inch cubes, about 4 cups

1 medium onion, chopped

1 tablespoon minced garlic

1 14 ½-ounce can diced tomatoes w green chilies

2 cups shredded cooked chicken, about 1 whole breast

1 jalapeno minced or ½ teaspoon red pepper flakes

juice of two limes

garnish: sour cream, chopped cilantro

Brush tortillas lightly with olive oil. Cut into thin strips and arrange on

cookie sheet. Bake at 400-degrees for 8-10 minutes. Set aside.

Place breasts into large stock pot. Cover with water and add a little onion, celery and parsley for flavor. Bring to a boil and simmer for 20 minutes. Drain and cool breasts in covered bowl. Shred meat with a fork. Set aside.

Sauté onion until turning brown; add garlic and cook until fragrant.

In a large stock pot, bring broth, squash, onion, garlic, tomatoes, chicken and pepper. Bring to a boil; simmer uncovered until squash is tender, about 5 minutes. Stir in lime juice. Add salt and pepper to taste.

Put half tortilla strips into the bottom of each bowl. Add soup and top with remaining strips. Garnish with cilantro and sour cream.

## Watermelon Gazpacho

Serves 6

Aida Mollenkamp

### Gazpacho:

1 1/2 pounds (5 cups) chopped seedless watermelon; 2 lbs if using drinking glasses

1 1/2 pounds (2 large) ripe chopped cored tomatoes

3 cups chopped crustless day-old country bread

1 medium cucumber peeled(3/4 chopped and 1/4 diced)

1/4 cup chopped fresh basil

1/4 cup olive oil

1/2 medium red onion, chopped

3 medium garlic cloves, minced

2 tablespoons sherry vinegar

1 1/2 teaspoons kosher salt

1/2 teaspoon cumin

1/8 teaspoon cayenne

sugar

### Garnish:

1/2 cup diced seedless watermelon cucumber

1/2 cup packed fresh basil

1/2 cup olive oil

kosher salt

pepper



Gazpacho: Place 3/4 of the cucumber and the remaining ingredients in a large bowl and toss to combine. Let stand for 15 minutes. Working in batches, process mixture in food process until combined. Then puree in blender until smooth. Season with salt and sugar as needed. Refrigerate.

Garnish: Dice the remaining cucumber, combine with the diced watermelon and refrigerate. In mini-processor process the basil and oil until smooth. Set aside, do not refrigerate.

To Serve: Label soup into bowls, top with diced watermelon and drizzle with basil oil.

## Hearty Quinoa and White Bean Soup

Makes 9 (1 1/2 cups each) servings

2 tablespoons olive oil  
2 medium onions, finely chopped  
2 medium carrots, peeled and finely chopped  
2 stalks celery, peeled and finely diced  
1 can (14 ounce) cannellini or white beans, drained  
2 cloves garlic, minced  
1 can (14 ounce) chopped tomatoes with juice

7 cups vegetable stock  
1 ham shank  
3/4 cup turkey Polish sausage, cut 3/4-inch pieces  
1/3 to 1/2 cup quinoa  
1/4 cup chopped parsley  
1 tablespoon chopped fresh oregano or thyme  
1 bay leaf  
salt and pepper

Heat oil and sauté onions, carrots and celery until barely tender, about 5 minutes. Add beans and garlic and stir for 2 minutes. Stir in tomatoes and their juices, vegetable stock, Polish sausage and ham shank. Simmer for 20 minutes.

Add quinoa, parsley, oregano or other herb and bay leaf. Cover and simmer for 15 minutes. Remove bay leaf.

Remove ham shank, dice the meat and discard fat and bone. Immerse meat in hot water to remove excess salt. Drain, rinse and return meat to soup. Season with salt and pepper to taste.

## Red Lentil and Tomato Soup

Serves 8

Kalyn)

1 large yellow onion, diced small  
1 tablespoon olive oil  
1 tablespoon minced garlic  
1 teaspoon smoked paprika  
1 teaspoon sweet paprika  
1/2 teaspoon dried thyme  
1/2 teaspoon salt  
fresh ground black pepper to taste

1 cup red lentils  
2 cans chickpeas, rinsed  
4 cups chicken or vegetable stock  
(or use 3 cans chicken or vegetable  
broth)  
2 (14.5 ounces) cans petite dice  
tomatoes with juice  
sour cream or plain yogurt for  
serving, optional

Heat olive oil in frying pan and sauté the diced onion until it's soft and starting to brown lightly, about 5 minutes. Add garlic, smoked paprika, sweet paprika, dried thyme, salt, and black pepper and sauté 2-3 minutes more, or until spices are fragrant.

Add onion-spice mixture to CrockPot, then rinse out the frying pan with 1 cup of the stock and add to crockpot along with red lentils, rinsed chickpeas, and rest of stock. Cook on high for 2-3 hours, or until lentils are starting to soften and dissolve into the soup. (I cooked mine for 2 1/2 hours. Cooking time will depend partly on how old the lentils are.)

When lentils are starting to soften, add the 2 cans of diced tomatoes with juice. Cook for 1-2 hours more on high, or until the lentils and chickpeas are both quite soft. Then remove about 1/2 the soup to a bowl (or the large 8-cup measuring cup I had worked perfectly.) Puree the soup you removed using an immersion blender, food processor, or blender. (If you're using a food processor or blender, be very careful with the hot soup, pureeing in batches if necessary.)

Stir the pureed soup back into the soup in the CrockPot; taste and add more salt or fresh ground black pepper if desired. Let soup cook about 15 minutes more, then serve hot, with sour cream or plain yogurt if desired.

## **Turkey Stock for Dressing (and Gravy)**

Makes about 6 cups

Revised 11/22

Note: Makes enough stock for 2 (12-ounce) bags bread cubes. For the dressing and gravy, double the recipe.

### For the Dressing:

1 large or 2 small turkey necks, chopped 2-inches thick  
olive oil  
2 quarts chicken bone broth  
1 quart beef bone broth  
celery, carrot, onion, thyme, pepper

Rinse and dry necks; drizzle with oil. Preheat oven to 450-degrees. Roast bones on heavy baking sheet with sides for 30 minutes or until very brown. Check the sheet in 20 minutes; if it is getting too brown add some water.

Deglaze sheet with ½ cup bone broth.

In a large stock pot, add the necks, deglazed liquid and remaining ingredients. NO SALT. Bring to a boil and simmer, partially covered, for 1 hour, skimming as necessary. Strain in colander and throw away the solids. Refrigerate for later use.

## Classic Bean Soup

1 pound mixed beans

10 sprigs parsley

2 sprigs thyme or oregano

1 bay leaf

1 ham shank

olive oil

1 medium onion, chopped

1 medium carrot, diced

1 clove garlic, minced

8 cups liquid (reserved bean water, chicken broth, water)

salt and pepper

garnish: fresh herbs

optional: truffle oil



Place beans in large stock pot and cover with 2-inches cold water. Bring to a boil and lower heat to simmer. Cook for 5 minutes, remove from heat, cover, and let sit for one hour. (OR: soak beans overnight.) Drain and reserve if not bitter. Tie parsley and thyme together with string.

Sauté onion, carrots and garlic. Combine beans, herb bundle, shank and onion mixture with liquid. Bring to a boil and cover. Simmer until beans are completely tender, about 1 1/4 hours.

Remove the shank and discard the bundle and bay leaf. Remove the meat from the shank, discarding bones, fat and skin. Dice the meat and set aside.

Puree about 3 cups of the beans with some of the liquid in a blender. (For a smoother soup puree all the beans.) Stir the puree and diced meat into the soup. Season with salt and pepper. Heat the soup and garnish with fresh herbs or a drizzle of truffle oil if fully pureed.

## Cauliflower Soup

Serves 4 to 6

Cook's Illustrated

1 head cauliflower, 2 pounds

3 tablespoons butter, divided

1 leek, white and light green parts only, halved lengthwise, sliced thin, washed thoroughly

1 small onion, halved and sliced thin

salt and pepper

4 1/2 to 5 cups water

3 tablespoons minced fresh chives

Pull off outer leave. Trim stem, slice thin and reserve. Cut remaining cauliflower crosswise into 1/2-inch thick slices.

Melt 3 tablespoons butter in large saucepan over medium-low heat. Add leek, onion and 1 teaspoon salt; cook stirring frequently, until softened but not browned, about 7 minutes.

Add 4 1/2 cups water, sliced core, and half of sliced cauliflower. Simmer gently, partially covered, for 15 minutes. Add remaining sliced cauliflower and simmer until tender, 15 to 20 minutes longer.

Puree soup in blender until smooth, about 45 seconds. Return soup to pan and return to simmer over medium heat, adjusting consistency with remaining water as needed. Season with salt to taste. Serve, garnishing individual bowls with browned florets, drizzle of browned butter and chives. Good served hot or cold.

## **Cold Zucchini Soup with Crème Fraîche**

2 tablespoons extra-virgin olive oil  
2 medium onions, coarsely chopped  
1 3/4 pounds medium zucchini,  
quartered lengthwise and cut  
crosswise 1/2 inch thick

3 cups Swanson's vegetable stock  
Salt and freshly ground pepper  
3 tablespoons crème fraîche or sour  
cream  
juice of one lemon  
Garnish green onion, thinly sliced

In a saucepan, heat the oil. Add the onions and cook over moderate heat, stirring, until softened, about 5 minutes. Add the zucchini and cook, stirring, until sizzling, about 2 minutes. Add the vegetable stock and bring to a boil. Simmer over moderate heat until the zucchini is tender, about 10 minutes. Whisk in the crème fraîche. Stir in salt and pepper to taste. Stir in half the lemon juice and taste. Add more if desired. Chill thoroughly. Taste before serving and adjusting seasonings if necessary. Garnish with green onion.

## Chilled Avocado Soup with Crab meat Salad

Serves 6

Molly O'Neill, NY Times

### Avocado Soup

6 avocados, peeled and pitted  
1 clove garlic  
2 cups buttermilk  
4 cups milk or light cream  
1 teaspoon salt  
½ teaspoon freshly ground black pepper  
Fresh cilantro, for garnish

### Crab Meat Salad

¼ cup fresh lime juice

Avocado Soup: To make the soup, puree the avocados and garlic in a food processor until smooth. Place in a bowl and whisk in the buttermilk and milk or

1 tablespoon Dijon-style mustard  
1 teaspoon salt, plus more to taste  
1 teaspoon freshly ground black pepper, plus more to taste  
½ cup olive oil  
2 tablespoons capers, coarsely chopped  
2 tablespoons pink peppercorns, ground  
1 pound fresh lump crab meat, picked over for shells

cream until desired consistency is reached. Depending on the avocado, more or less milk or cream may be needed. Add salt and pepper and chill.

Crab Meat Salad: To make the crab meat salad, combine the lime juice, mustard and salt and pepper in a bowl. Whisk in the olive oil. Stir in the capers and peppercorns. Add the crab meat and toss. Adjust the seasoning and chill.

Ladle the soup into 6 bowls, add dollops of crab meat salad and garnish with cilantro leaves.

## Puréed Tomato and Red Pepper Soup

Serves 8

Andrew Serivani, NY Times

3 large chicken breasts, with bones  
and skin on

bouquet garni: onion, celery, salt,  
pepper, thyme

2 red bell peppers, roasted

2 tablespoons extra virgin olive oil

1 medium onion, chopped

½ cup diced carrot

½ cup diced celery

Salt to taste

4 large garlic cloves, minced

1 28-ounce can chopped tomatoes  
with juice

¼ cup tomato paste

2 sprigs fresh basil

Pinch of cinnamon

½ teaspoon sugar (optional)

1 ½ quarts reserved chicken stock

1/3 cup barley

pepper

2 teaspoons chili power or to taste

garnish: chopped cilantro

In large stock, cover chicken breasts with 1 ¾ quarts water and add bouquet garni. Simmer 30 minutes. Remove garni, drain and reserve 1 ½ cups chicken stock. When chicken has cooled somewhat, discard skin, bones and fat Chop

into 3/4-inch pieces and set aside.

Roast the peppers and allow to cool in a paper bag, then peel, seed and dice. Set aside.

Heat the oil over medium heat in a large, heavy soup pot and add the onion. Cook, stirring often, until onion is translucent, about 3 minutes, and add the carrot and celery and a generous pinch of salt. Cook, stirring often, until the vegetables are tender and fragrant, about 5 more minutes. Stir in the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Add the tomatoes with their liquid, the tomato paste, basil sprigs, cinnamon, sugar if using, and salt to taste. Cook over medium heat, stirring occasionally, until the tomatoes have cooked down slightly and smell fragrant, about 10 minutes.

Add the diced roasted peppers, the stock or water, barley, and salt to taste. Bring to a boil, reduce the heat, cover and simmer 30 minutes, stirring from time to time. Season with freshly ground pepper, and chili pepper and salt to taste. Remove the basil sprigs.

Purée the soup in a blender in batches, then return to the pot and heat through. Taste and adjust seasonings. Serve topped with cilantro.





## Sweet Corn Gazpacho

Serves 6

Lulu Powers

1 pound yellow tomatoes, roughly chopped  
1 yellow bell pepper, seeded and roughly chopped  
4 ears yellow corn, kernels removed from cob  
1/4 cup sweet white onion, roughly chopped  
1 cup green seedless grapes  
6-inches English cucumber, peeled and chopped  
2 small garlic cloves, smashed  
1/2 jalapeno pepper, seeded and chopped  
sea salt  
1/4 cup olive oil  
3 slices white bread, crusts removed and roughly chopped  
1/2 to 1 tablespoon balsamic vinegar, to taste  
1 lime, juiced  
garnishes; hot sauce, chopped green onion

Combine tomatoes, bell pepper, corn, onion, grapes, cucumber, garlic and jalapeno in a large bowl. Sprinkle with 1 teaspoon sea salt, mix well, and set aside for 1 hour, covered.

Put mixture in food processor with olive oil and bread and process until smooth. Transfer mixture in batches to blender and blend until very smooth. Mix in vinegar and lime juice. Season to taste. Refrigerate. Taste once again just before serving and adjust seasoning if necessary. Serve lightly chilled with hot sauce or green onion.

## Beef and Meatball Soup

William Sonoma

1 pound lean ground beef  
4 eggs, lightly beaten  
½ small red onion, finely chopped  
½ cup corn flour  
4 tablespoons finely chopped  
cilantro  
1 tablespoon dried oregano  
1 teaspoon salt  
½ 1 teaspoon cumin  
½ teaspoon freshly ground pepper

9 cups beef stock  
2 14-ounce cans diced tomatoes  
with juice  
2 teaspoons sugar  
1 teaspoon red pepper flakes  
3 carrots, coarsely chopped  
3 celery stalks, coarsely chopped  
2 onions, coarsely chopped  
1 bay leaf

Stir together beef, eggs, onion, corn flour, cilantro, oregano, salt, cumin and pepper. Cover tightly and refrigerate for 1 hour.

In a large pot add stock, tomatoes, sugar, red pepper flakes, carrots, celery, onion and bay leaf. Bring to a boil and reduce to a simmer.

Moistening your hands with cold water, form 1-inch meatballs and slip them carefully into simmering stock. Cover and simmer gently until vegetables are tender, about 20 minutes.,

Discard the bay leaf. Taste the stock and adjust the seasoning.

## Best Black Bean Soup

Serves 8 as main course

2 teaspoons pureed chipotle in adobo  
2 tablespoons olive oil  
2 carrots, peeled and chopped  
2 onions, peeled and chopped  
4 garlic cloves, minced  
1 cup red wine  
1 jalapeño peppers, seeded and chopped  
1 pound dry black beans (do not soak)  
2 quarts mild vegetable or chicken stock  
1 tablespoon dried oregano, preferably Mexican

2 bay leaves  
1 tablespoon kosher salt  
1 teaspoon ground black pepper  
Red wine vinegar, to taste

### Garnishes:

1 small red onion, peeled and thinly sliced  
Freshly squeezed juice of 2 limes  
Salt  
Sour cream  
Whole cilantro leaves  
Thinly sliced fresh chiles  
Sliced avocado

1. Empty the can of chiles into a blender or food processor. Purée until smooth, scrape into a container, and set aside. Put on a teakettle of water to boil, and keep hot.
2. In a large, heavy pot, heat olive oil over medium heat until shimmering. Add carrots, onions and garlic and cook, stirring, until softened but not browned, 5 to 8 minutes.
3. Pour in wine and let simmer until pan is almost dry and vegetables are coated. Add jalapeños and cook, stirring, just until softened, 2 minutes. Push the vegetables out to the edges of the pot and dollop 2 teaspoons of chipotle purée in the center. Let fry for a minute and then stir together with the vegetables.
4. Add beans, stock, oregano and bay leaves. Stir, bring to a boil, and let boil 10 to 15 minutes. Reduce the heat to a simmer and cook, partly covered, stirring occasionally and adding hot water as needed to keep the soup liquid and runny, not sludgy. Continue cooking until beans are just softened and fragrant, 1 to 2 hours. Add salt and pepper and keep cooking until beans are soft, about ½ to 1 hour.

5. Meanwhile, make the pickled onions, if using: In a bowl, combine sliced onions, lime juice and a sprinkling of salt. Let soften at room temperature until crunchy and tart, about 30 minutes. Drain and rinse with cold water. Squeeze dry in paper towels and refrigerate until ready to serve. If desired, chop coarsely before serving.
6. Adjust the texture of the soup: The goal is to combine whole beans, soft chunks and a velvety broth. Some beans release enough starch while cooking to produce a thick broth without puréeing. If soup seems thin, use an immersion blender or blender to purée a small amount of the beans until smooth, then stir back in. Continue until desired texture is reached, keeping in mind that the soup will continue to thicken as it sits.
7. Heat the soup through, taste and adjust the seasonings with salt, pepper, drops of red wine vinegar and dabs of chipotle purée.
8. Serve in deep bowls, garnishing each serving with sour cream, pickled onions, cilantro leaves, sliced chiles and avocado as desired.



## **Lima Bean and Porcini Soup**

6 to 8 Servings

Note: The beans, bones and barley will throw some scum so it's helpful to add those, bring to the boil and skim before adding the herbs and mushrooms.

1 large celery stalk, finely chopped

1 large carrot, unpeeled, finely  
chopped

1 large onion, finely chopped

3 garlic cloves, finely chopped

2 tablespoons extra virgin olive oil

Salt to taste

½ pound dried lima beans, soaked  
overnight and drained

½ cup pearl barley

1 ham shank

¾ pound cooked and chopped  
sausage, steak or ham

¾ ounce dried porcini mushrooms

4 thyme sprigs

1 bay leaf

Freshly ground black pepper to  
taste

1 tablespoon minced shallot

1 tablespoon chopped parsley

In a soup pot, combine celery, carrot, onion, garlic, olive oil and salt. Cover

and cook over low heat, stirring occasionally, until soft, about 10 minutes. Add lima beans, barley, 8 cups water, ham shank, cubed meat, porcini, thyme and bay leaf, and bring to a boil. Reduce heat to medium-low and simmer, uncovered, until beans are tender, about 1 1/2 hours.

Discard thyme sprigs and bay leaf. Remove ham from bones; chop and return meat to soup. Taste and add salt if needed. Ladle soup into bowls and season with pepper. Garnish with shallot and parsley, and serve.

## Chilled Corn Soup with Basil

Makes

3 ears corn, shucked  
1 ½ cups buttermilk, best quality  
½ cup basil leaves, more for garnish  
3 scallions, roughly chopped  
1 tablespoon fresh lime juice, more  
to taste

1 fat garlic clove, roughly chopped  
¾ teaspoon fine sea salt  
Radish slices, for garnish  
Extra-virgin olive oil, for garnish

Slice kernels off corn cobs (you should have 3 to 3 1/2 cups kernels). Discard cobs and place kernels in a food processor. Add buttermilk, basil, scallions, lime juice, garlic and salt and purée. Pour mixture into a blender in batches and purée until smooth.

Strain mixture through a sieve, pressing down hard on the solids. Serve soup garnished with radish slices and a drizzle of olive oil. Does not freeze well.

## **Vegetarian Red Curry Lentils With Sweet Potatoes and Spinach**

4 main dish servings

3 tablespoons olive oil

1 pound sweet potatoes (about 2 medium sweet potatoes), peeled and cut into 3/4-inch cubes

1 medium yellow onion, chopped

3 tablespoons Thai red curry paste

3 garlic cloves, minced (about 1 tablespoon)

1 (1-inch) piece fresh ginger, peeled and grated (about 1 tablespoon)

1 red chile, such as Fresno or serrano, halved, seeds and ribs removed, then minced

1 teaspoon ground turmeric

1 cup red lentils, rinsed

4 cups low-sodium vegetable stock (chicken stock)

(1 large chicken breast, cut into 1/2-inch pieces, sautéed)

1 (13-ounce) can full-fat coconut milk

1 (4- to 5-ounce) bag baby spinach  
1/2 lime, juiced

Fresh cilantro leaves, for serving  
Toasted unsweetened coconut flakes, for serving (optional)

In a Dutch oven or pot, heat 2 tablespoons olive oil over medium-high. Add the sweet potatoes and cook, stirring occasionally, until browned all over, 5 to 7 minutes. Transfer the browned sweet potatoes to a plate and set aside.

Add the remaining 1 tablespoon olive oil to the pot and set the heat to medium-low. Add the onion and cook, stirring occasionally, until translucent, 4 to 6 minutes. Add the curry paste, garlic, ginger, chile and turmeric, and cook until fragrant, about 1 minute.

Add the lentils, stock, (chicken) and browned sweet potatoes to the pot and bring to a boil over high. Lower the heat and simmer, uncovered, stirring occasionally, until the lentils are just tender, 20 to 25 minutes.

Add the coconut milk and simmer, stirring occasionally, until the liquid has reduced and the lentils are creamy and falling apart, 5 to 15 minutes.

Add the spinach and stir until just wilted, 2 to 3 minutes. Off the heat, stir in the lime juice and season with salt to taste.

Divide among shallow bowls and top with cilantro and coconut flakes, if using.

## Tomato and White Bean Soup With Garlic

Serves 4

Ali Slagae, NY Time Cooking

5 garlic cloves

¼ cup extra-virgin olive oil

2 (14-ounce) cans white beans, such as cannellini or great Northern, including their liquid

1 (28-ounce) can crushed tomatoes, use best quality

optional: ham, cubed

1 cup stock or water, plus more as needed

Kosher salt and black pepper

Heavy cream, for serving

Cilantro

Peel the garlic, then smash the cloves using a meat pounder or the bottom of a heavy skillet until wispy and flat.

In a medium saucepan over medium-low heat, heat the olive oil, then add the crushed garlic, and cook, smashing with the back of a wooden spoon and stirring occasionally, until golden brown and beginning to stick to the bottom of the pan,

3 to 5 minutes.

Add the white beans and their liquid, crushed tomatoes, stock or water, and season with salt and pepper. Bring to a boil, then partly cover, reduce heat, and let simmer until thickened and fragrant, 15 to 20 minutes.

Using an immersion or regular blender, purée the soup until smooth. Add ham. Add cream or stock or water to thin as desired. Season to taste with salt and pepper. Drizzle with heavy cream before serving.

## Best Gazpacho

Makes about 4 cups

Julia Moskin, NY Times Cooking

About 2 pounds ripe red tomatoes, cored and roughly cut into chunks or Italian canned whole tomatoes with juice

1 Italian frying (cubanelle) pepper or another long, light green pepper, such as Anaheim, cored, seeded and roughly cut into chunks

1 cucumber, about 8 inches long, peeled and roughly cut into chunks

1 small mild onion (white or red), peeled and roughly cut into chunks

1 clove garlic

2 teaspoons sherry vinegar

Salt

½ cup extra-virgin olive oil, plus more for drizzling



Combine tomatoes, pepper, cucumber, onion and garlic in a blender or, if using a hand blender, in a deep bowl. (If necessary, work in batches.) Blend at high speed until very smooth, at least 2 minutes, pausing occasionally to scrape down the sides with a rubber spatula.

With the motor running, add the vinegar and 2 teaspoons salt. Slowly drizzle in the olive oil. The mixture will turn bright orange or dark pink and become smooth and emulsified, like a salad dressing. If it still seems watery, drizzle in more olive oil until texture is creamy.

Strain the mixture through a strainer or a food mill, pushing all the liquid through with a spatula or the back of a ladle. Discard the solids. Transfer to a large pitcher (preferably glass) and chill until very cold, at least 6 hours or overnight.

Before serving, adjust the seasonings with salt and vinegar. If soup is very thick, stir in a few tablespoons ice water. Serve in glasses, over ice if desired, or in a bowl. A few drops of olive oil on top are a nice touch.

## Chicken Pasta Tomato Soup

Makes Double Recipe makes 5 ½-(3 cup) servings

NY Times Cooking

Note: Add only the tortellini you will eat right away.

2½ cups chicken stock

¼ cup dry white wine

2 tablespoons tomato paste

1 (28-ounce) can crushed tomatoes, preferably fire-roasted

1 tablespoon balsamic vinegar, preferably aged

6 garlic cloves, finely chopped

2 tablespoons chopped fresh oregano (from about 3 to 4 sprigs) or 1½

teaspoons dried oregano

1 medium-large onion, chopped

½ teaspoon red-pepper flakes

½ teaspoon kosher salt, plus more as needed

1 pounds boneless, skinless chicken thighs, sauteed lightly until just colored

5 ounces baby spinach  
1 (8- to 10-ounce) large pasta  
Garnish: Parmesan and  
Black pepper, for serving

Sauté onion in olive oil until transparent. Add garlic and sauté until fragrant. In a large soup pot, whisk together the onion-garlic mixture, stock, wine and tomato paste. Stir in the tomatoes, vinegar, garlic, oregano, onion powder, red-pepper flakes and salt. (If you are using unsalted stock, add an additional ½ teaspoon salt.) Add the chicken and stir to combine. Simmer, covered, until the chicken is very tender and the flavors are blended, about 20 minutes.

Coarsely shred the chicken with two forks. Stir in the spinach so that it wilts into the soup.

Stir in the tortellini and cook 4 minutes. Taste the soup and add salt if it tastes flat. Ladle the soup into bowls and serve with Parmesan, basil and black pepper.

## Sesame-Ginger Chicken Noodle Soup

Yield: 2 servings

Sue Li, NY Times Cooking

1 tablespoons toasted sesame oil, plus more for serving

1 bone-in, skin-on chicken breasts (about 1½ pounds)

Kosher salt

1(1-inch) piece fresh ginger, sliced, plus extra julienned ginger, for garnish

2 tablespoons rice cooking wine or any type of white wine

7 ounces fresh ramen noodles udon noodles

1 scallions, thinly sliced

black pepper, for serving

Heat 2 tablespoons sesame oil in a medium pot over medium. Season chicken with salt and add to pot, skin-side down, along with sliced ginger. Cook, turning, until the chicken skin and ginger slices are golden, 5 to 7 minutes.

Add rice cooking wine and boil until reduced by half, about 2 minutes. Add 3 cups water and bring to a boil over high. Once boiling, partially cover the pot with a lid, reduce the heat to medium-low and simmer until the chicken is tender and the broth is flavorful, about 20 minutes.

Remove chicken from the pot and transfer to a bowl until cool enough to handle. Strain the broth, discarding the ginger, then season with salt, cover and set aside. When the chicken has cooled, discard the skin and bones and shred the meat then return it to the broth.

Meanwhile, bring a saucepan of water to boil and cook noodles according to package instructions.

Divide cooked noodles among bowls and top with the chicken and its broth. Garnish with scallions, julienned ginger, a sprinkle of pepper and more sesame oil.

## Butternut Squash and Green Curry Soup

Yield: 6 to 8 servings

Samin Nosrat, NY Times Cooking

Note: Substitute for 1 stalk lemongrass: ½ teaspoon lemon or lime zest

4 tablespoons coconut oil or neutral-tasting oil

3 medium shallots, diced

1(2-inch) piece of fresh ginger, peeled and thinly sliced

1 lemongrass stalk, cut into 3-inch pieces See Note.

Kosher salt

2 medium butternut squashes (about 4 pounds), peeled, seeded and cut into about ¾-inch cubes

2 (13½-ounce) cans coconut milk

8+ tablespoons Thai green curry paste, or to taste Add more after reheating.

3 tablespoons fish sauce

3 to 4 cups water or chicken stock, preferably homemade

Garnish: Thai basil leaves

Heat oven to 300 degrees. Melt oil in a large Dutch oven or soup pot over medium-high heat. When oil shimmers, add shallots, ginger, lemongrass and a generous pinch of salt. Reduce heat to low. Cook, stirring occasionally, until shallots are tender and just starting to brown, about 18 minutes.

Add squash, coconut milk, curry paste, 3 tablespoons fish sauce and 3 cups water or stock. Increase heat to high. When liquid comes to a boil, reduce to a simmer and cook the soup covered until squash is tender, about 25 minutes.

Make garnish while soup cooks: In a medium mixing bowl, toss together peanuts, coconut flakes, fish sauce, chiles, 1 tablespoon oil, the minced lemongrass, the sugar and the lime leaves, if using.

Spread mixture out onto a baking sheet in a single layer. Bake for 18 to 20 minutes, stirring every 3 minutes after the first 10 minutes. Remove from oven when coconut is deep golden brown and pour mixture immediately into a bowl to prevent overcooking. Stir to combine and set aside.

Remove soup from heat. Remove lemongrass stalks from pot. Use a hand blender to purée soup. Alternatively, transfer soup in batches to a blender or food processor and purée. Taste and adjust for salt and curry paste. Add water or stock to thin soup to the desired consistency.

Serve hot. Garnish with thinly slice the basil leaves.