

# Soups

## Making Stock

### Hot Stock Tips

Slowly simmering stock draws flavor from fish, meat or poultry bones, aromatic vegetables and herbs.

### Simple but So Rewarding

Perhaps the hardest part of making stock is simply remembering to save the bones. The recipes themselves are simple and forgiving, calling for bones, aromatic vegetables and herbs like parsley, bay leaves and thyme simmered for hours in water or wine and water.



### Soak Dem Bones

To begin, put the bones, vegetables, herbs and cold (not warm) water into a tall, narrow pot. Simmer, don't boil, uncovered, skimming the foam frequently. Don't stir your stock, because it will mix the fats into the stock and make it cloudy and greasy.

### The Cool Down

Once your stock is done, cool it down as quickly as possible. Place the pot, uncovered, in a cold water bath, stirring occasionally. (Fill your sink with water and ice cubes.) To store, try freezing your stock in ice cube trays; the stock cubes are very convenient for tossing into sauces and for adding moisture to dishes.

### Enhancing the Color of Stocks

You can add a product called Kitchen Bouquet to beef stock to give it a richer, darker color. Be careful not to add too much and make it look too dark. You can add Egg Shade food coloring to chicken stock to give it a richer golden color. Egg shade is a mixture of yellow color with a little red added to it if you want to mix your own.

## Beef Stock

### Ingredients:

- 6 pounds beef soup bones
- 1 large onion
- 3 large carrots
- 1/2 cup water
- 2 stalks celery, including some leaves
- 1 large tomato
- 1/2 cup chopped parsnip, optional
- 1/2 cup cubed potatoes
- 8 whole black peppercorns
- 4 sprigs fresh parsley
- 1 bay leaf
- 1 tablespoon salt
- 2 teaspoons dried thyme
- 2 cloves garlic
- 12 cups water



### Directions

1. Preheat oven to 450 degrees F (230 degrees C). Slice onion. Chop scrubbed celery and carrots into 1-inch chunks. In a large shallow roasting pan place soup bones, onion, and carrots. Bake, uncovered, about 30 minutes or until the bones are well browned, turning occasionally.
2. Drain off fat. Place the browned bones, onion, and carrots in a large soup pot or Dutch oven. Pour 1/2 cup water into the roasting pan and rinse. Pour this liquid into soup pot. Add celery, tomato, parsnips, potato parings, peppercorns, parsley, bay leaf, salt, thyme, and garlic. Add the 12 cups water.
3. Bring mixture to a boil. Reduce heat. Cover and simmer for 5 hours. Strain stock. Discard meat, vegetables, and seasonings.
4. To clarify stock for clear soup: In order to remove solid flecks that are too small to be strained out with cheesecloth, combine 1/4 cup cold water, 1 egg white, and 1 crushed eggshell. Add to strained stock. Bring to a boil. Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.

## Chicken Stock

"Chicken stock has almost endless uses, from soup bases, of course, and gravies to a rich but low fat flavoring for veggies. The stock freezes well in zipper type freezer bags. After trying homemade stock you will never want the store-bought kind again."

### Ingredients

- 4 pounds chicken
- 7 cups water
- 1 large onion, halved
- 3 stalks celery
- 3 carrots, cut into 2 inch pieces
- 1 bay leaf
- salt to taste



### Directions

1. Place the chicken in a large pot over high heat. Add water to cover and bring to a boil, then reduce heat to medium low and simmer for 1 hour.
2. Remove chicken from pot. Leave water in pot. Cool chicken. Remove skin and bones from meat. Return bones and skin to pot. Add onions, carrots, celery, bay leaf and salt. Continue simmering for 3 to 4 hours.
3. Strain and cool the stock, uncovered.
4. Use the meat for soups, salads, sandwiches, or other dishes where cooked chicken is needed. After stock has been defatted, use or freeze immediately. I freeze the stock in one-cup amounts and use instead of water for cooking rice or vegetables or making gravy.

## Vegetable Stock

### Ingredients:

- 1 tablespoon olive oil
- 1 large onion
- 2 stalks celery, including some leaves
- 2 large carrots
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh parsley
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 teaspoon salt
- 2 quarts water



### Directions:

1. Chop scrubbed vegetables into 1-inch chunks. Remember, the greater the surface area, the more quickly vegetables will yield their flavor.
2. Heat oil in a soup pot. Add onion, celery, carrots, scallions, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 10 minutes, stirring frequently.
3. Add salt and water and bring to a boil. Lower heat and simmer, uncovered, for 30 minutes. Strain. Discard vegetables.
4. Other ingredients to consider: mushrooms, eggplant, asparagus (butt ends), corn cobs, fennel (stalks and trimmings), bell peppers, pea pods, chard (stems and leaves), celery root parings, marjoram (stems and leaves), basil, potato parings . . . Get the idea?

## Taco Soup

### Ingredients

- 2 pounds ground beef
- 2 cups diced onions
- 2 (15 1/2-ounce) cans pinto beans
- 1 (15 1/2-ounce) can pink kidney beans
- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 1/2-ounce) can Mexican-style stewed tomatoes
- 1 (14 1/2-ounce) can diced tomatoes
- 1 (14 1/2-ounce) can tomatoes with chiles
- 2 (4 1/2-ounce) cans diced green chiles
- 1 (4.6-ounce) can black olives, drained and sliced, optional
- 1/2 cup green olives, sliced, optional
- 1 (1 1/4-ounce) package taco seasoning mix
- 1 (1-ounce) package ranch salad dressing mix
- Corn chips, for serving
- Sour cream, for garnish
- Grated cheese, for garnish
- Chopped green onions, for garnish
- Pickled jalapenos, for garnish



### Directions

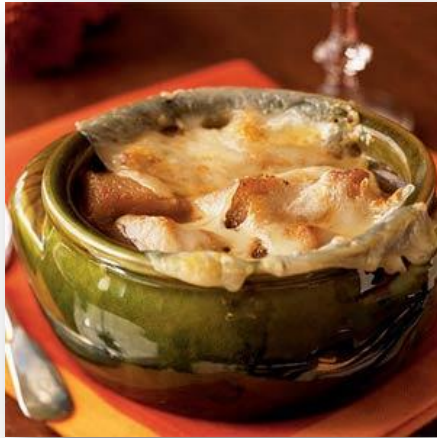
1. Brown the ground beef and onions in a large skillet; drain the excess fat, then transfer the browned beef and onions to a large slow cooker or a stockpot.
2. Add the beans, corn, tomatoes, green chiles, black olives, green olives, taco seasoning, and ranch dressing mix, and cook in a slow cooker on low for 6 to 8 hours or simmer over low heat for about 1 hour in a pot on the stove.
3. To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream, cheese, green onions and jalapenos.



## Onion Soup Gratinée

### Ingredients:

- 1/4 cup butter
- 3 onions, thinly sliced
- 1 teaspoon white sugar
- 1 tablespoon flour
- 1/4 cup sherry
- 3 cups beef broth
- 3 cups chicken broth
- 1 French baguette
- 8 ounces sliced Swiss cheese



### Directions:

1. Melt butter or margarine in a 4 quart saucepan. Stir in sugar. Cook onions over medium heat for 10 minutes, or until golden brown.
2. Stir in flour until well blended with the onions and pan juices. Add wine to deglaze then add beef broth; heat to boiling. Reduce heat to low. Cover soup, and simmer for 10 minutes.
3. Cut four 1 inch thick slices of bread from the loaf. Toast the bread slices just until browned, about 10 minutes. Reserve the remaining bread to serve with the soup.
4. Ladle soup into four 12 ounce, oven-safe bowls. Place 1 slice toasted bread on top of the soup in each bowl. Top with Swiss cheese slices on the toasted bread slices. Place soup bowls on a cookie sheet for easier handling.
5. Bake at 425 degrees F for 10 minutes, or just until cheese is melted

## Beef Mushroom Barley

### Ingredients:

1 lb. beef cut into cubes  
12 c. water  
1 lg. onion  
2 stalks celery  
4 carrots  
1 c. barley  
2 tsp. salt  
Pepper to taste  
1 c. mushrooms  
1 tsp. chopped parsley



### Directions:

1. Cover beef with water and boil beef for 2 hours or until tender. Skim off the fat that rises to the top. (If you can chill the meat overnight, the fat will float to the top and become solid which is easy to remove before continuing the recipe)
2. Bring meat to boil, adding onions, celery, carrots and barley and enough water to cover everything. Simmer for 1 hour or until barley is tender.
3. Add mushrooms and parsley. Cook for 15 minutes. Serve.

Note: if you use Quick Barley, simply add it in with the mushrooms and parsley instead of with the vegetables.

## Chicken Noodle with Homemade Noodles

### Ingredients:

1 chicken (about 4 pounds), cut up  
4 quarts water  
1 quart chicken broth from stock, base, or canned  
5 celery ribs, coarsely chopped, divided  
4 medium carrots, coarsely chopped, divided  
2 medium onions, coarsely chopped, divided  
1/2 teaspoon pepper, divided  
1 bay leaf  
2 teaspoons salt  
16 ounces uncooked medium noodles



### Directions:

1. In a large kettle, combine the chicken, water, broth, half the celery, half the carrots, half the onions, 1/4 teaspoon pepper and the bay leaf. Bring to a boil. Reduce the heat, cover and simmer for 2-1/2 hours or until chicken falls off the bone.
2. Remove chicken from the broth. When cool enough to handle, remove the meat from the bones and discard the bones and the skin.
3. Cut chicken into bite-sized pieces and set aside. Strain the broth and skim the fat off.
4. Return the broth to the kettle. Add the remaining salt, onion, celery, carrots, and pepper.
5. Bring to a boil. Reduce heat, cover and simmer for 10 to 12 minutes or until vegetables are 1/2 way tender.
6. Add noodles and chicken. Cover and simmer for 12 to 15 minutes or until noodles and vegetables are tender.



## Cream of Broccoli

### Ingredients:

2 lb. broccoli (can use hard ends of broccoli to be frugal)  
1/2 c. yellow onions, chopped  
6 c. chicken stock  
2 tbsp. flour  
2 tbsp. butter  
1 bay leaf  
Parsley  
1 tsp. ground thyme, optl.  
6 black peppercorns, optl.  
Pinch nutmeg, optl.  
3 egg yolks, whipped & blended with 1 c. milk or cream  
Cheese-Cheddar, Velveeta, Colby, etc.



### Directions:

1. Chop up the broccoli, saving some of the small buds and flowers for later use.
2. Add the broccoli and onions to the soup stock, along with the bay leaf, parsley, thyme and peppercorns. Cook for 30 minutes or until vegetables are tender.
3. Combine the flour and butter in a small pan to make a roux. Cook roux for 2 minutes stirring so not to burn. Add the cooked roux to the boiling broth to thicken. Simmer for 5 minutes to make sure the roux has fully thickened the soup.
4. Add the egg yolk and milk or cream mixture and pour into hot soup. Remove from the heat and stir in as much cheese as you would like.
5. Serve with some of the reserved broccoli buds floating in the bowl.

## Goulash Soup (Gulaschsuppe)

### Ingredients:

- 2 lbs. beef (cut in small cubes)
- 3 tbsp. oil or butter
- 4 medium onions (chopped)
- 1 clove garlic (minced)
- 2 tbsp. paprika
- salt & pepper tp taste
- 1 tsp. caraway seeds
- 3 tbsp. tomato paste
- 1 bay leaf
- 3 c. water
- 2 c. beef broth
- 1/2 c. red wine
- 4 medium potatoes (cubed)

### Directions:

1. Brown the meat in oil or butter. Add the onions and garlic and fry until the onions are translucent.
2. Add the paprika, bay leaf, caraway seeds, water, and broth. Bring to a boil, cover, and simmer for about 45 minutes.
3. Add the potatoes and simmer for an additional 45 minutes. Stir in the tomato paste and red wine. Salt and pepper to taste. Remove the bay leaf before serving.



## Ham and Potato

### Ingredients:

- 1 lg. onion, chopped
- 10 potatoes
- Ham or Chicken Broth
- 1 lb. mixed cheese (Cheddar, Swiss, Colby)
- 2 cups milk or cream
- 1 c. diced ham
- Flour and butter roux
- Salt, Pepper



### Directions:

1. If you have just had a nice ham dinner, save all the small scraps and bones to make a ham broth. Simply following the recipe for chicken broth substituting the ham scraps and bones for chicken.
2. Cube potatoes. Add onions and potatoes to strained. Simmer until potatoes are cooked but not falling apart.
3. Thicken soup slightly with a flour and butter roux if necessary.
4. Add milk/cream and diced ham. Season with salt and pepper as desired.

Note: You can make this soup even richer by adding cheese to the finished product.

## Clam Chowder

### Ingredients

- 3 (6.5 ounce) cans minced clams
- 1 cup minced onion
- 1 cup diced celery
- 2 cups cubed potatoes
- 1 cup diced carrots
- 3/4 cup butter
- 3/4 cup all-purpose flour
- 1 quart half-and-half cream
- 2 tablespoons red wine vinegar
- 1 1/2 teaspoons salt
- ground black pepper to taste



### Directions

1. Drain juice from clams into a large pot over the onions, celery, potatoes and carrots. Add water to cover, and cook over medium heat until tender.
2. Meanwhile, in a large, heavy saucepan, melt the butter over medium heat. Whisk in flour until smooth. Whisk in cream and stir constantly until thick and smooth. Stir in vegetables and clam juice. Heat through, but do not boil.
3. Stir in clams just before serving. If they cook too much they get tough. When clams are heated through, stir in vinegar, and season with salt and pepper.