

Bean & Ham Soup

1½ cups dried lima beans
2 lbs. Ham, with bone
1 large onion, quartered
1 large clove garlic, crushed
8 ¾ cups water
½ tsp. White pepper
2 celery stalks
2 carrots

1 T Worcester sauce
1 vegetable Cube
1½ t thyme leaves
3 T Chopped parsley (1 T dried)
1 bouquet garni, consisting of 4
parsley sprigs, 1 spray thyme & 1 bay
leaf

Put beans in a bowl, cover with water and let soak overnight. Drain and place in a large saucepan with the ham, onion and garlic. Add water, place the pot on high heat and bring to a boil. Add the bouquet garni (all herbs) and pepper to the pot and stir well. Lower the heat and simmer the soup for 1½ to 2 hours, or until the beans are cooked.

Remove the meat and cut into pieces. Remove the bouquet garni and celery and discard. Puree some of the beans and return to soup to thicken. Stir in the ham pieces and the olives. Taste and add more salt and pepper if necessary. Pour the soup into bowls and garnish with parsley. Serves 6 to 8

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Black Bean & Corn Soup

Saute Fresh Garlic & Onion in olive oil

Add; 1 can corn niblets, sauté 2 min.

Add; 1 can black beans, 1 large can tomatoes, 6 cups veg. Or chicken stock, cumin, coriander. Bring to boil.

Simmer. Serve with fresh parsley on top.

Cauliflower Soup

1 head cauliflower in florets
2 c chicken stock
¼ c butter or marg
2 c milk or cream

1 med onion chopped
½ t Worcester sauce
2 T flour
1 c grated cheddar cheese

Cook cauliflower in 1 c water until soft. Drain and reserve liquid. In large pot melt butter and sauté onions until soft. Blend in flour and cauliflower cooking liquid, milk, Worcester and salt and pepper, and stir until thickened and blended. Add cauliflower and cheese and heat through.

Cheesy Onion & Potato Soup

3 medium onions, chopped	¼ t salt
2 T butter	Pepper
4 medium potatoes, peeled & cubed	3 c milk
2 c chicken stock	1 c shredded cheddar cheese

Cook onions in butter until soft but not brown. Add potatoes, stock, salt and pepper. Cover, bring to a boil, then simmer until potatoes are tender, about 15 minutes.

Remove from heat and blend in parts in blender or food processor. Return to saucepan, add milk cheese and reheat slowly until cheese melts. Do not boil. Makes 6 servings.

Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Cold Avocado Soup

2 large rip avocados
1 large firm avocado for garnish
4 cups chicken broth
1 cup whipping cream
1 cup light cream

4 T white rum
½ t curry powder, or to taste
pinch salt and pepper
1 lemon, thinly sliced
1 lemon, in small wedges

A few hours before serving place two ripe avocados in blender or food processor along with all the rest of the ingredients except lemons and firm avocado. Blend until smooth, then cover and refrigerate. To serve, spoon into small bowls or sherbet dishes. Place a thin slice of avocado on top for garnish, then a thin slice of lemon. Pass lemon wedges.

Serves 8

Note: This can be served hot. If serving hot, heat very gently until soup is hot but not boiling.

Creamy Cauliflower Soup

The addition of Worcestershire sauce to this recipe gives the soup a pleasant bite. For those wishing a milder flavour, it could be omitted.

1 head cauliflower, cut into bite-sized pieces	2 c chicken stock
¼ c butter	2 c milk or cream
1 medium onion, chopped	½ t Worcestershire sauce
2Tbsp. Flour	¾ t Salt
	1 c grated Cheddar cheese

Cook cauliflower in about 1 cup water. Drain and reserve liquid. Set cauliflower aside. Melt butter, add onion and cook until soft. Blend in flour, add stock and bring to a boil, stirring well. Stir in 1 cup cauliflower liquid, milk, Worcestershire sauce and salt. Add cauliflower and cheese and heat through. Serves 6

Source: 'Joy of Cooking'

Curried Lentil Stew

1 onion, halved lengthwise and sliced thin crosswise.

2 tablespoons vegetable oil

¼ t turmeric

2 t ground coriander

1 t ground cumin

¼ t ground ginger

1/8 t ground cloves

2½ cups lentils, picked over and rinsed
a 14 to 16 oz can plum tomatoes including the juice

1 pound green beans, trimmed and cut into 1½" pieces

4 carrots, sliced thin crosswise

Accompaniments: Rice, plain yogurt, minced fresh coriander

In a kettle cook the onion in the oil over moderate heat, stirring, until it is golden, stir in the turmeric, the ground coriander, the cumin, the ginger, and the cloves, and cook the mixture, stirring, for 30 seconds. Add the lentils, the tomatoes with the juice and 9 c cold water, bring the liquid to a boil, and simmer the mixture, uncovered, stirring occasionally, for 15 to 20 minutes, or until the lentils are tender. The stew improves in flavor if made up to this point cooled to room temperature, uncovered, and chilled, covered, overnight. Stir in the bean and the

carrots and simmer the mixture, uncovered, stirring occasionally, for 12 to 15 minutes, or until the vegetables are tender. Serve the stew with the rice, the yogurt, and the fresh coriander. Serves 8.

Curried Squash Soup

4 T butter	2 medium size squash (butternut or acorn)
2 c finely chopped onion	3 c chicken stock
1 or 2 cloves garlic minced	2 apples, peeled, cored and chopped
½ inch slice ginger peeled and minced	1 c apple juice
4-5 t curry powder	

Melt butter in pot and sauté onions and garlic and ginger for 5 minutes over medium low heat. Do not burn! Add curry powder and cook covered over low heat for about another 5 minutes. Stir frequently.

Peel and chop squash. Add to pot along with stock and apples. Bring to boil. Reduce heat, partially covered and let simmer till squash and apples are very tender, about ½ hour. Stir in about 2 or 3 T of good quality chutney sauce about ½ way through cooking.

Pour soup through strainer (reserve liquid) process solids in blender/processor along with 1 cup of liquid till smooth. Return soup to pot and stir in apple juice and reserved liquid until desired consistency. Season to taste with salt and pepper.



Hot and Fiery Thai Soup

6 c chicken broth

¼ c fish sauce

2" fresh ginger

6 garlic cloves minced

1 t crushed red pepper

5 stalks lemon grass

2 c dried Chinese mushrooms

2 red peppers

1 bunch fresh coriander

8 green onions

1 bunch or about ½ bag of spinach

1 lb med shrimp

1 t hot oriental sauce (Sambal Oelek)

juice of 1 large lime

Bring broth, fish sauce, garlic, pepper flakes, unpeeled ginger piece, chopped white ends of green onions and lemon grass to a boil. Reduce heat to medium and boil gently uncovered 20 min. Strain and discard vegetables.

Soften dried mushrooms by pouring boiling water over top and let sit about 20 minutes. Add mushroom soaking liquid to cooked broth. Slice mushroom, discard stems. Add to broth. Can refrigerate or freeze broth at this point.

Chop green tops of green onions, dice red peppers . Chop coriander and shred spinach. Clean and devein shrimp. Bring broth to boil and add onions, peppers and shrimp, lime juice and hot sauce. Let cook until shrimp are bright pink and hot. Stir in coriander and spinach. Add more lime juice or hot sauce. Creamy.

Laurel Aseveido's Cold Cucumber and Spinach Soup

1 bunch scallions

2 T butter

3 c chicken broth

1 c spinach

4 c chopped cucumber

½ c potatoes cubed

Salt & Pepper

Lemon Juice

1 c light cream

Sauté 1 bunch scallions in 2 T butter till soft

Cook all but lemon and cream till potato is tender. Chill, Blend. Add lemon. Add 1 cup light cream, garnish with cucumber, scallions etc.

Note: You should use baby spinach. You can use more spinach than it says. Use English cucumbers if you can, coarsely peeled. You don't really need to measure the potato.

Leek and Potato Soup

1 slice bacon

1 oz. Butter

1 lb potatoes

2 large leeks

1 ½ c chicken stock

Salt & Pepper

½ c milk

½ c grated cheese

Parsley

Cut up the bacon and fry in butter. Peel and cut potatoes, and clean and cut up leeks. Add to the saucepan and fry for 5 minutes. Stir in stock, add salt and pepper taste. Cover and simmer for 30 minutes until the vegetables are tender. Add milk and reheat but do not boil. If desired, blend for a few seconds. Serve with grated cheese and parsley.

Serves 4

Note: It can be blended immediately before serving for a smoother texture.

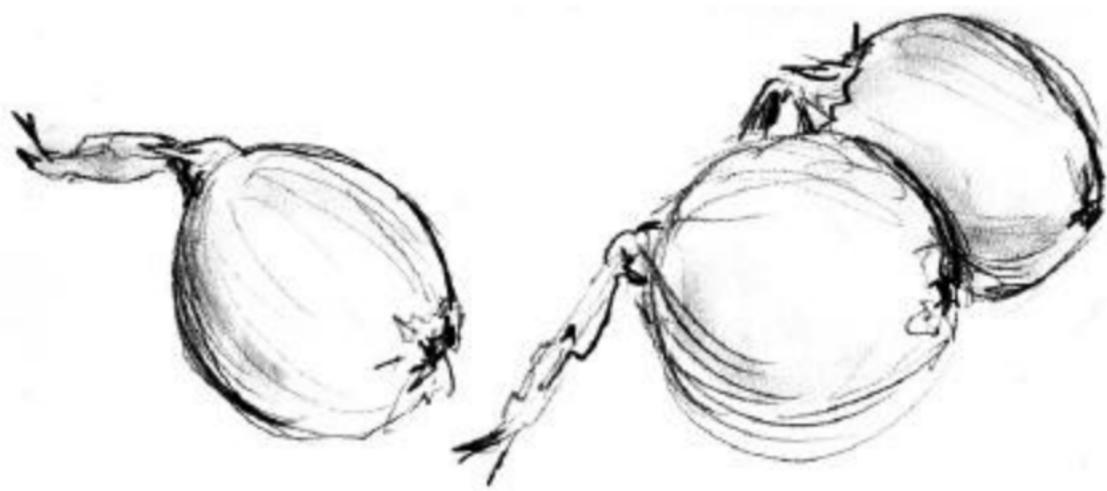
Source: Based on the recipe in 'The Harrowsmith Cookbook Volume 1'

Onion Soup

1½ lb (5 cup) thinly sliced onions	½ t salt
2 qt beef stock (or 1 qt water and 3 or 4 beef cubes)	¼ t sugar
3 T butter	3 T flour
½ c dry white wine or red	salt and pepper to taste
1T oil	3 T cognac
	pinch thyme

Cook onions slowly with butter and oil in heavy pot for 15 minutes, Uncover and raise heat to moderate and stir in salt and sugar. Cook 30 to 40 minutes until onions are a deep golden brown! Sprinkle with flour and stir 3 minutes, Off the heat stir in the boiling beef stock. Add wine and seasonings to taste. Simmer partially covered for 30 to 40 minutes.

Ladle into oven safe bowls. Float a slice of lightly toasted French bread and a slice of gruyere cheese on top. Broil until cheese bubbles. Serve immediately.



Porcini Mushroom and Barley soup with Pancetta

4 ounces pancetta or thick bacon
slices, cut into 1/2-inch-wide strips
1/2 c chopped shallots
1/2 c finely chopped carrots
1/2 c finely chopped celery
2 garlic cloves, minced
2 c water
2 c beef stock or canned beef broth
1 1/2 c chicken stock or canned

low-salt chicken broth
1/2 c pearl barley
1/2 ounce dried porcini mushrooms,*
brushed clean of grit
2 large Swiss chard leaves, thinly
sliced crosswise (about 2 cups
packed)
Extra-virgin olive oil
Shaved Romano cheese

Cook pancetta over medium-high heat until crisp, about 6 minutes (if using bacon, drain off excess drippings). Add shallots, carrots, celery and garlic to pancetta in pot; cook until soft, about 5 minutes. Add 2 c water, stocks, barley and porcini and bring to boil. Reduce heat; simmer until barley is tender, stirring occasionally, about 40 minutes. (Can be made 1 day ahead. Cool slightly.

Refrigerate uncovered until cold, then cover and refrigerate. Bring to simmer before continuing.)

Add chard to soup; cook until wilted, about 1 minute. Ladle soup into bowls. Drizzle with oil. Top with cheese.

Note: This is good but quite expensive. It's nice as a dinner menu.

Source: www.epicurious.com

Potato and Roasted Garlic Soup

2 large head garlic unpeeled
2 T olive oil
2 med onions

4 lb boiling potatoes
8 c water

400°F oven. Smash garlic heads root ends up to break up cloves, leaving peels on. Place on foil and drizzle with oil. Sprinkle with salt and pepper and wrap tightly in foil. Bake 40 minutes until very tender. Unwrap and let cool. Squeeze out garlic into bowl, discarding skin.

Cook onions in remaining T of oil until softened. Add peeled potato chunks and water. Bring to boil and cook simmering until tender (about 20 minutes) Puree about half the potatoes with some liquid (in processor or blender) along with the roasted garlic. Transfer back to pot and season with salt and pepper. Serve with scallion puree garnish

Scallion Puree: $\frac{1}{2}$ c olive oil 2 c chopped scallions. Sauté about $\frac{1}{4}$ c oil in pan and cook scallions until just tender and bright green (do not brown) Puree mixture with remaining oil. Season with salt and pepper.

