

My Mother's Super-Quick Vegetarian Borscht

Vegetariansky Borshch Moyei Mami

GOTCHA DAY
best with fresh
beets ☺

This is a frugal borscht my mother can whip up in just half an hour or so, and for my money it's as good as any thirty-ingredient borscht that takes half a day. It's more of a soup than classic Ukrainian borscht, which is a meal in itself. If you want to serve this borscht on the day it's made, allow at least 2 to 3 hours for the flavors to settle; or, easiest of all perhaps, make it the day before. If you are not a vegetarian, use chicken stock instead of vegetable. My mother adds the vegetables to the pot as she chops and grates them.

6 tablespoons ($\frac{3}{4}$ stick) unsalted butter
 1 large onion, finely chopped
 1 large carrot, peeled and grated
 1 large green bell pepper, cored, seeded, and cut into $\frac{1}{4}$ -inch dice
 $3\frac{1}{2}$ cups shredded green cabbage
 1 medium-size beet, peeled and grated
 1 small rib celery, cut into $\frac{1}{4}$ -inch dice
 $\frac{1}{2}$ tart apple, cored and cut into 1-inch dice
 2 medium-size boiling potatoes, peeled and cut into $1\frac{1}{2}$ -inch cubes

1 can (6 ounces) tomato paste
 4 cloves garlic, minced
 2 quarts Vegetable Stock, Chicken Stock (see Index for both), canned broth, or water
 Bouquet garni (1 bay leaf and 8 peppercorns tied in a cheesecloth bag)
 1 teaspoon sweet Hungarian paprika
 Salt and freshly ground black pepper, to taste
 $\frac{1}{2}$ teaspoon sugar, or more to taste
 1 tablespoon fresh lemon juice, or more to taste
 Chopped fresh parsley for garnish
 Chopped fresh dill for garnish
 Sour cream

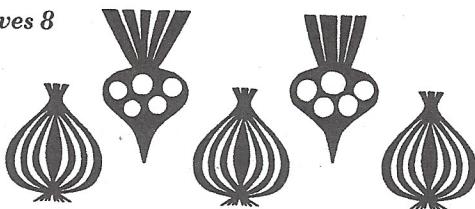
1 Melt the butter in a large soup pot over medium heat. Add the onion, carrot, and bell pepper and sauté until the onion and bell pepper are slightly softened, 5 minutes.

2 Stir in the cabbage, beet, and celery and continue to sauté, stirring and tossing occasionally, 10 to 15 minutes.

3 Stir in the apple, potatoes, tomato paste, and garlic, then add the stock and bouquet garni and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes.

4 Add the paprika, salt and pepper, sugar, and lemon juice to taste. Let stand at least 2 to 3 hours, or overnight. Remove the bouquet garni before serving. Serve garnished with parsley and dill, and pass the sour cream.

Serves 8



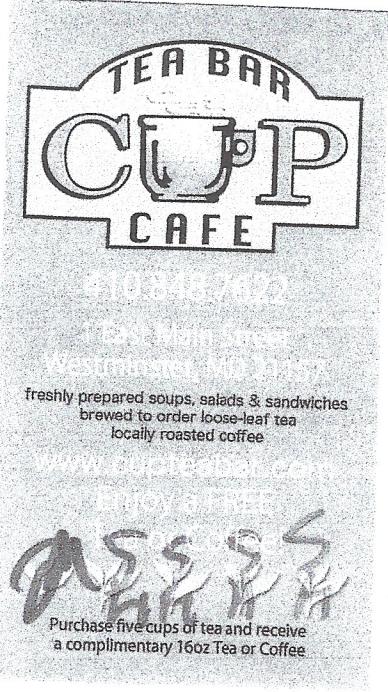
Georgian Beef and Rice Soup

Kharcho



When I asked an old man, a celebrated cook in the Georgian community, for the recipe of his outstanding *kharcho*, I was gratified when he readily agreed to share it with me. "Take the meat," he said, "wash it, put it in a pot, and add everything else according to taste. . . ." The following is an reworked version of the old man's recipe!

The Georgians in Georgia use *tklapi*, a very tart dried sour plum roll to make the soup tart. Georgian emigrés substitute with tamarind concentrate (available at Indian groceries). If you can find neither, don't despair—use lemon juice instead. And note that the more herbs you put in, the better the soup gets.



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CREAMY TOMATO SOUP

plus a twist from
The Pioneer Woman

Creamy Tomato Soup

Restaurant
size

1 - 48 oz can
Crushed Tomatoes
(or 30 regular tom.)
4 Small Cans Diced Tomatoes

1 qt heavy cream

Carm. Onions
Brown Sugar
Salt - to taste

Use
this one

2 quarts Homegrown
Canned
Tomatoes
(Pureed)

28 oz Organic
Diced Tomatoes

Saute { 5 Tbsp Butter
{ 1 med onion (chopped)
+ 3 Tbsp Monk Fruit
OR Brown Sugar

Caramelize Onions

{ then puree + salt
~~{ 6 Tbsp Basil + Parsley~~
{ 2 Tbsp Chicken Broth Base
seasoning

1/2 c cooking Sherry
3 c 1/2 + 1/2 oz Heavy Cream
2 tbs $\sqrt{8}$ juice

Lemon Dill Soup

great

RECIPE

I made this soup over and over this winter—it's got that perfect combination of warm, comforting winter textures, and bright, almost surprising flavors. Guests always want seconds, and it's easy to make for vegans, too.

2 cups chopped onion

1 cup chopped celery

1 cup chopped carrots

olive oil

3 cloves garlic, minced

6 cups chicken or vegetable broth

1/2 cup brown rice

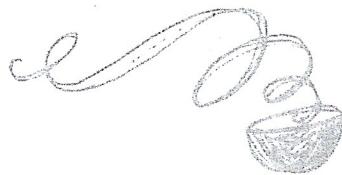
2 cups chicken, cooked
and shredded (optional)

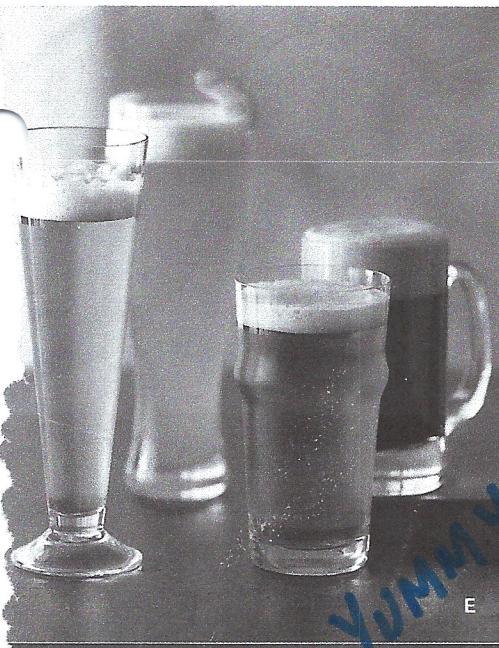
1/4 cup juice from fresh lemons

4 sprigs fresh dill, finely chopped

salt and pepper

» In a Dutch oven, sauté the onion, celery, and carrots in olive oil until soft, then add garlic. Add broth and rice, and allow rice to cook most of the way through. Five minutes before rice is cooked through, add chicken (if using), and lemon juice and dill. Add salt and pepper to taste.





cheddar-ale soup

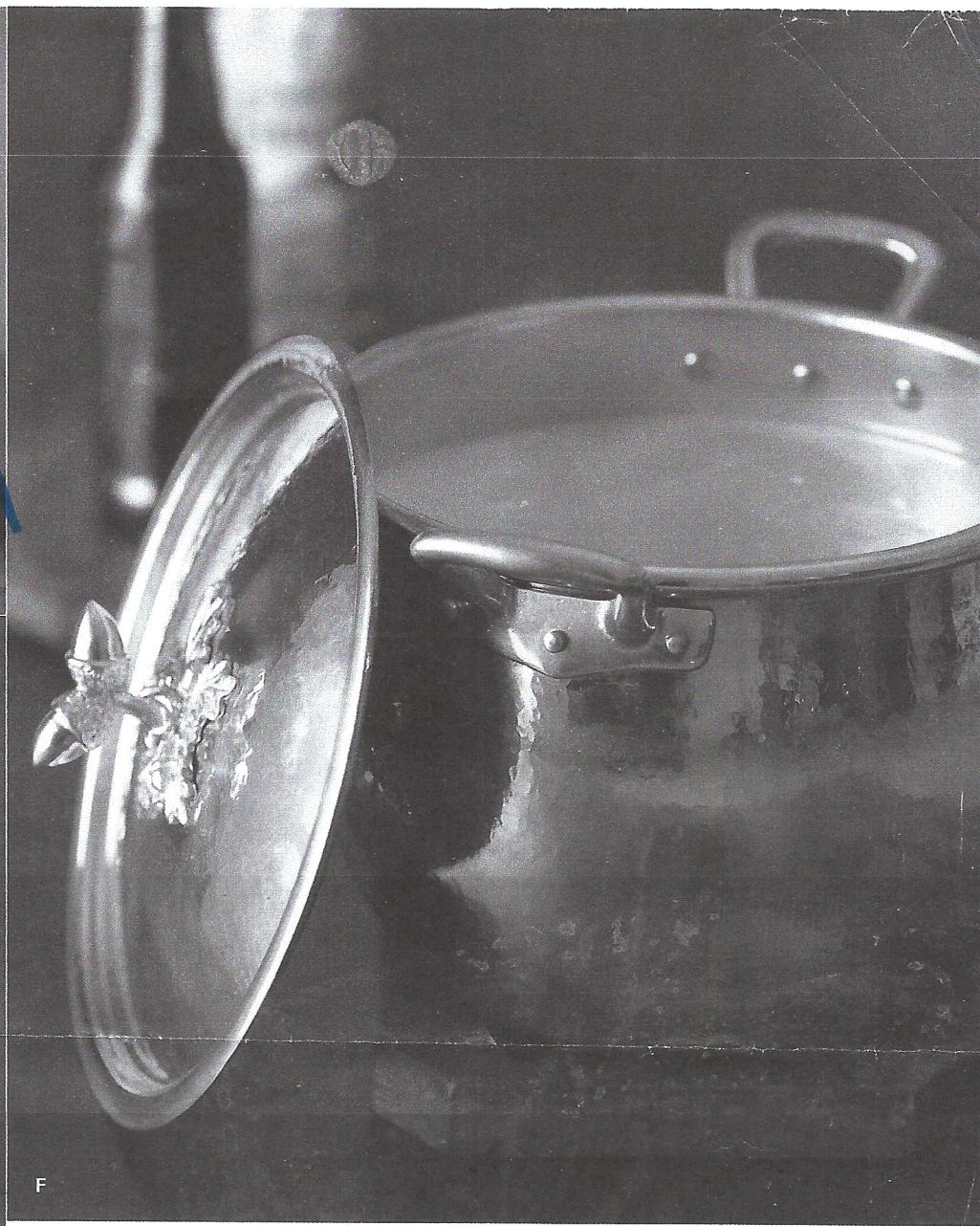
Serve this hearty soup with a loaf of crusty bread and glasses of cold ale.

- 4 Tbs. (½ stick) unsalted butter
- 1 yellow onion, finely diced
- 2 celery stalks, finely diced
- 2 carrots, peeled and finely diced
- ½ cup all-purpose flour
- 1½ cups milk
- 1½ cups chicken stock
- 1 bottle (12 fl. oz.) ale
- 1 Tbs. Worcestershire sauce
- 1 tsp. dry mustard
- 1¼ lb. sharp cheddar cheese, grated
- Salt, to taste
- Cayenne pepper, to taste

In stockpot over medium-low heat, melt butter. Add onion, celery and carrots; cook, stirring occasionally, until very soft, 10–15 minutes. Stir in flour; cook 3–5 minutes. Increase heat to medium-high; whisk in milk and stock. Bring to simmer; cook, stirring often, until thickened, about 10 minutes. Using immersion blender, puree until smooth; strain through fine-mesh sieve.

Return mixture to pot; set over medium heat. Add ale, Worcestershire and mustard; simmer 5 minutes. Whisk in cheese ½ cup at a time, letting each addition melt before adding more; do not allow soup to boil. Season with salt and cayenne. Ladle into warmed bowls. Serves 4–6.

Williams-Sonoma Kitchen



E. Williams-Sonoma beer glasses

new From pale ales to robust porters and stouts, the world's great beers are perfectly presented in our elegant glasses. The designs are based on those favored by venerable pubs and restaurants, showcasing the rich colors and distinctive flavors of fine beers. Crafted in Eastern Europe, each glass is hand blown and finished with an exceptionally smooth rim. Dishwasher safe. Sets of four Exclusive

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F. Ruffoni hammered-copper stockpot

Made to last for generations, this beautiful stockpot offers excellent heat conduction and control. Crafted by artisans in the Italian Alps, each heavy-gauge pot is hand hammered from a single sheet of copper, so no two are alike. The interior is lined with a thick layer of nonreactive tin, and the riveted handles are crafted of solid brass. Sculpted acorns made of cast brass decorate the lid's handle, adding a lovely crowning touch to this distinctive heirloom-quality pot.

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4¾ Qt. \$225.00

7½ Qt. \$275.00

13¼ Qt. \$320.00

Chicken Soup With Dill Spaetzle

Active Time: 30 min. Total Time: 40 min. Serves: 4

¾ cup all-purpose flour

Coarse salt and freshly ground pepper

2 large eggs

½ cup whole milk

**¼ cup packed fresh dill, chopped, and 1 large sprig,
plus more sprigs for serving**

1 bone-in, skin-on chicken breast (2 pounds), split

6 cups low-sodium chicken broth

2 medium carrots, peeled and cut into ½-inch pieces

2 medium parsnips, peeled and cut into ½-inch pieces

1. Whisk together flour, $\frac{1}{4}$ teaspoon salt, and a pinch of pepper in a medium bowl. In another bowl, beat together eggs, milk, and chopped dill; gradually add to flour mixture, whisking with a fork until combined. Cover batter and store in refrigerator up to 1 day.

2. Bring chicken, broth, and dill sprig to a boil in a large pot. Reduce heat, cover, and simmer until chicken is cooked through, about 20 minutes. Transfer chicken to a plate with tongs.

3. Skim foam from broth with a large spoon. Stir in carrots and parsnips and simmer until tender, about 15 minutes. Shred chicken into bite-size pieces (discarding bones) and return to pot. Bring to a boil. Working in batches, push batter through the large holes of a colander into broth. Season soup with salt and pepper and serve, topped with more dill sprigs.

Bacon Cheddar Potato Soup Recipe

#102674

This soup is my own recipe and is easy to make. It's thick and creamy texture is very filling and combined with a crusty french bread becomes a meal unto itself. Reheats on the stove or in the microwave very well so don't be afraid to make this several days ahead of time.

by Chef #169102

40 min | 20 min prep

SERVES 6 -8

1/2 cup chopped onion
 1/2 cup chopped celery
 8 tablespoons butter
 5 cups diced peeled potatoes
 2 (14 1/2 ounce) cans chicken broth
 12 ounces shredded sharp cheddar cheese
 1 pint whipping cream
 2 cups water
 3 ounces bacon bits (Hormel or Oscar Meyers)
 4 tablespoons flour
 1/2 teaspoon white pepper
 1 teaspoon paprika
 1 tablespoon dried parsley
 seasoned croutons, for garnish

1. Chop onions and celery, if using a food processor don't chop these too fine.
2. In a large saucepan, sauté onion and celery in 4 ounces of butter until tender.
3. Add potatoes and broth, bring to a boil.
4. Reduce heat, cover and simmer for 15-20 minutes till potatoes are tender.
5. In a small skillet, melt remaining 4 ounces of butter, add flour to make roux, cook roux over low heat until yellow blond in color and set aside.
6. To cooked potato and broth mixture, add water, cream and roux stirring continuously until mixture thickens.
7. Stir in the cheese, bacon bits, parsley, pepper and paprika.
8. Cook over low heat until the cheese is melted, stir continuously and remove from heat when cheese

Nutrition Facts

Serving Size 1 (545g)

Recipe makes 6 servings

Calories 862

Calories from Fat 634 (73%)

Amount Per Serving	%DV
Total Fat 70.5g	108%
Saturated Fat 42.2g	211%
Monounsaturated Fat 20.8g	
Polyunsaturated Fat 3.2g	
Trans Fat 0.0g	
Cholesterol 224mg	74%
Sodium 1299mg	54%
Potassium 914mg	26%
Total Carbohydrate 31.6g	10%
Dietary Fiber 3.5g	13%
Sugars 2.6g	
Protein 27.5g	54%
Vitamin A 2459mcg	49%
Vitamin B6 0.5mg	27%
Vitamin B12 1.0mcg	16%
Vitamin C 26mg	44%
Vitamin E 1mcg	4%
Calcium 500mg	50%
Iron 2mg	13%

Cheddar Potato Soup With Bacon

Gourmet | November 1998

This recipe can be prepared in 45 minutes or less.

Yield: Makes about 5 cups

ingredients

4 bacon slices
1 large onion
1 pound boiling potatoes
1/4 cup all-purpose flour
1 3/4 cups water
1 1/2 cups chicken broth
1/4 cup dry white wine
2 cups grated sharp Cheddar (about 8 ounces)
2 tablespoons chopped fresh chives

preparation

Chop bacon and in a large heavy saucepan cook over moderate heat, stirring occasionally, until crisp. Transfer bacon with a slotted spoon to paper towels to drain, reserving fat in pan.

While bacon is cooking, chop onion. Peel potatoes and cut into 1/2-inch cubes. Cook onion in reserved fat over moderate heat, stirring occasionally, until softened. In a measuring cup stir together flour and water and add to onion with potatoes and broth. Simmer mixture 5 minutes, or until potatoes are just tender. Add wine and simmer 1 minute.

Reduce heat to low and gradually stir in Cheddar (do not let boil).

Divide soup among 4 bowls and sprinkle with bacon and chives.

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Recipe Name

BACON, LETTUCE
& TOMATO SOUP

Very good

Ingredients & Directions

3 beef bouillon cubes

3 c. hot water

8 slices bacon (tom up)

1/3 c. chopped onion

1/3 c. chopped celery

5 tomatoes (chopped)

1 T Worcestershire sauce

1/2 t garlic salt

1/2 t dried parsley

1/4 t dried thyme

1/4 t pepper

dash hot sauce

2 c. shredded lettuce

Cook bouillon in H₂. Cook bacon + save

2 T drippings. Add onion + celery + cook

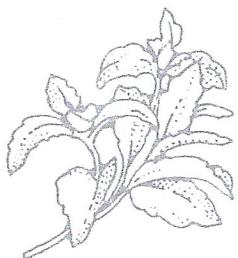
til limp. Add bouillon, tomatoes, + next

6 ingredients. Bring to boil. Reduce

+ Simmer 20-25 minutes. Add

lettuce + cook until wilted. Top with

bacon + serve.



5 cups

Recipe Name BROCOLI BISQUE

make
often

Ingredients & Directions

~~Spicy Buffalo Wings~~

1/4 - 1 1/2 lb fresh broc. (or 2 10 oz frozen)

2 - 13 3/4 oz can chix broth

1 med onion, quartered

2 T butter

1-2 t curry powder

lt. salt

pepper

2 T lime/lemon jc.

In lg pot, mix broc, broth, onion, butter, curry salt + pepper. Bring to boil. Reduce heat. Simmer covered 8-12 min or til broc tender.

Place 1/2 broc/broth mix in blender.

Cover, blend. Repeat. Stir in lime jc.

Serves 8

Spicy Buffalo wings

3 lbs chit wings

Cut off wing tips

3/4 c. butter/may

Cut in 1/2 at joint

1/2 c. hot sc.

Place on gril

1 (1oz) env onion sp. mix

Brush on. Melt

1-3 t ground red pepper

Butt. Add hot sc.

Sea. blue chs. salt & l

mix + pep. Brush

on & bake 375° for

30 min. Turn + brush

Bake 10-15 more min.

Yield 3 dozen



French Onion Soup

(Becky Shields)

1/4 c butter or margarine
3 lg onions, sliced (about 4 cups)
1 tsp sugar
1 Tbsp all-purpose flour
2 1/2 c. water
1/2 c. red cooking wine (sherry)
2 10 1/2 oz cans condensed beef broth
1 long loaf French ~~bread~~ bread
1 8oz pkg Swiss or provolone cheese

In 4 qt saucepan over med heat, in hot butter
cook onions & sugar for 10 minutes. Stir in
flour until well blended with the onions
& the pan juices. Add water, wine and broth.

heat to boiling. Reduce heat to low. Cover
and simmer 10 minutes. Cut 4 1" thick
slices of bread. Toast at 325° in oven
until lightly brown (10 minutes) Ladle
soup into 4 bowls & place 1 slice
bread on surface of soup. Place
cheese over soup. Bake at 425°
for 10 minutes or until cheese
melts

~~Nettles Spinach Pea Sorrel~~

Recipe Name _____
Ingredients & Directions

Recipe Name *Ch*
Ingredients & Directions

10 oz frozen peas
4 T swt butter
3 c. finely chop onion
10 oz frozen chp. spinach
3 c. chicken broth
1/2 bunch fresh mint (3 c. loose pack)
1 c. hay cum. (milk)
salt / pepper

Melt butter, add onion: 30 min. low heat
Drain spinach + squeeze.
Combine chix broth, peas + spinach + boil
Simmer w/ lid half covered 30 min.
Pull mint leaves off + dry + add to pot
Simmer 3 min. Pour soup thru strainer
Save solids + ~~sieve~~ ~~sofie~~ ~~strains~~. Put in blender +
add 1 c. liquid. Add heat.

Recipe Name Chix Almond Cream Soup

Ingredients & Directions

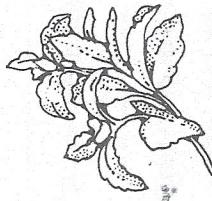
10 oz frozen peas
4 T sweet butter
2 c finely chop onion
10 oz frozen chop. spinach
3 c. chicken broth
1/2 bunch fresh mint (3 c. loose pack)
1 c. heavy cream (milk)
salt & pepper

Melt butter, add onion - 20 min. low heat
Drain spinach + squeeze
Combine chix broth, peas + spinach + boil.
Simmer w/ lid half covered 20 min.
Roll mint leaves off + dry + add to pot
Simmer 5 min. Pour soup thru strainer
+ ~~sieve~~. Put ~~spinach~~ mint. Put in blender +
add 1 c. liquid. Add rest.

Soup

- 1 c. chop. celery
- 1/2 c. chop onion
- 3 T butter
- 3 T flour
- 1/4 t. pepper
- 1 qt. milk
- 2 t. chix. flavor. granules
- 1/2 t. Wor. sc.
- 1 c. cooled chix
- 1/2 c. sliced almonds

Cook celery + onion in butter til tender. Stir flour + pepper. Cook 1 min. stirring constantly. Gradually add milk. Add bouillion + flavor. Cook over med till thick + bubbly. Stir in chix + almonds. Cook til heated. Makes 1 1/2 qts.





Tomato-Basil Cream Soup starts your meal with comfort.

MASHED POTATO BOWLS:

4 large potatoes (3 pounds)
2 teaspoons salt, divided
1 (8-ounce) package cream cheese, softened
1 large egg, lightly beaten
2 tablespoons all-purpose flour
 $\frac{1}{4}$ teaspoon baking powder
1 tablespoon butter or margarine, melted
 $\frac{1}{4}$ teaspoon paprika

- Cook potatoes, 1 teaspoon salt, and boiling water to cover in a Dutch oven 25 minutes or until tender. Drain and cool to touch.
- Peel potatoes, and mash in a large bowl using a potato masher. Stir in remaining salt, cream cheese, and next 3 ingredients until blended.
- Spoon mixture into 6 large mounds on a baking sheet. Shape each mound into a 4-inch bowl using the back of a large serving spoon; cover and freeze until firm. Place frozen bowls into heavy-duty zip-top plastic bags; freeze up to 1 month.
- Remove from freezer, and place frozen bowls on a lightly greased baking sheet. Brush with butter, and sprinkle with paprika.
- Bake frozen bowls at 450° for 15 minutes or until thoroughly heated and lightly browned. Yield: 6 servings.

Stanley Webber
Winston-Salem, North Carolina

TOMATO-BASIL CREAM SOUP

4 shallots, diced
 $\frac{1}{2}$ pound leeks, chopped
1 celery stalk, chopped
2 to 3 garlic cloves, pressed
2 tablespoons oil
2 (14½-ounce) cans Italian-style tomatoes, undrained and chopped
1 tablespoon dried basil
2 (14½-ounce) cans chicken broth
 $\frac{1}{4}$ teaspoon salt
1 cup whipping cream
Garnishes: lemon slices, fresh basil sprigs

- Cook first 4 ingredients in hot oil in a Dutch oven over low heat 10 to 12 minutes or until tender (do not brown). Add tomatoes and basil; cook over medium heat, stirring occasionally, 10 minutes. Add broth and salt; bring to a boil. Reduce heat, and simmer, stirring occasionally, 1 hour. Cool.
- Process half of mixture in a food processor or blender until smooth, stopping once to scrape down sides. Transfer to freezer container; repeat procedure with remaining mixture. Freeze up to 1 month.
- Remove from freezer, and thaw in refrigerator overnight. Heat in a large saucepan over medium heat. Stir in whipping cream; cook, stirring constantly, until thoroughly

heated (do not boil). Garnish, if desired. Yield: 6½ cups.

KAHLÚA-AND-CREAM ROULADE

5 large eggs, separated
1 cup sugar
5 tablespoons cocoa, divided
1¼ cups whipping cream
3 tablespoons powdered sugar
3 tablespoons Kahlúa
Sifted powdered sugar

- Grease bottom and sides of a 15- x 10-inch jellyroll pan; line with wax paper. Grease and flour wax paper. Set aside.
- Beat egg yolks at high speed with an electric mixer until foamy. Gradually add sugar, beating until thick and pale. Gradually stir in 3 tablespoons cocoa.
- Beat egg whites until stiff peaks form; fold gently into chocolate mixture. Spread batter evenly into prepared pan.
- Bake at 375° for 12 to 15 minutes.
- Sift remaining 2 tablespoons cocoa in a 15- x 10-inch rectangle on a cloth towel. When cake is done, immediately loosen from sides of pan, and turn out onto prepared towel. Peel off wax paper; trim edges, and discard. Starting at a short end, roll up cake and towel together; place, seam side down, on a wire rack to cool.
- Beat whipping cream at low speed with electric mixer until foamy; add 3 tablespoons powdered sugar and Kahlúa, and beat at high speed until soft peaks form.
- Unroll cake; spread with whipped cream mixture, leaving a 1-inch border around edges. Reroll cake without towel; place, seam side down, on a baking sheet. Cover and freeze up to 3 months.
- Remove from freezer. Sprinkle with powdered sugar, and slice while cake is still frozen. Cover slices, and let stand at room temperature 30 minutes before serving.

Yield: 8 servings. *Jane Maloy*
Wilmington, North Carolina

(For sources turn to page 207.)

FOOD AND HOSPITALITY

Fresh-from-the-earth asparagus confirms our hopes that warmer weather and sun-filled days have returned. Sample our crate of recipe ideas.

Celebrate the season with the crisp flavor of asparagus. From appetizer to main course, our recipes welcome spring.

When you're selecting your asparagus at the market, follow these tips to be sure you buy the best stalks.

- Select stalks with smooth and tightly closed stalks. (Frayed ends indicate the asparagus isn't fresh.)
- Check that the stalks in a bunch are all about the same diameter. If some are large and some pencil-thin, they'll need different cooking times.
- After washing asparagus, hold each end of the stalk, and bend it, letting it snap where it naturally breaks. Discard the large end.

CREAMY ASPARAGUS-AND-CHICKEN SOUP

- 4 chicken breast halves (about 1 3/4 pound)
- 4 cups water
- 1 medium onion, quartered
- 2 large celery stalks, cut into 1-inch pieces
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 1 1/2 pounds fresh asparagus
- 2 cups half-and-half
- 2 tablespoons butter or margarine
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Garnish: chopped fresh parsley
- Combine first 6 ingredients in a 3-quart saucepan. Bring to a boil over



Serve Asparagus With Garlic Cream in nested bowls as a "veggie and dip" appetizer, or add a spoon for a buffet side dish.

medium-high heat; reduce heat, cover, and simmer 35 minutes or until chicken is tender.

• Remove chicken, reserving broth and vegetables in saucepan. Let chicken cool slightly. Remove and discard bones and skin; cut chicken into bite-size pieces. Set aside.

• Snap off tough ends of asparagus; remove scales from stalks with a knife or vegetable peeler, if desired. Cut asparagus into 2-inch pieces; add to reserved chicken broth and vegetables.

• Bring to a boil over medium-high heat; reduce heat, cover, and simmer 10 minutes or until asparagus is tender. Cool 10 minutes.

• Pour about one-third of asparagus mixture into container of an electric blender; process until smooth, stopping once to scrape down sides. Pour puree into a large container; repeat procedure twice with remaining asparagus mixture. Return all puree to saucepan.

- Add chicken pieces, half-and-half, and next 3 ingredients to asparagus puree; cook over medium heat about 5 minutes or until thoroughly heated, stirring occasionally. Garnish, if desired. Yield: 8 1/2 cups.

Lilann Taylor
Savannah, Georgia

ASPARAGUS WITH GARLIC CREAM

- 1 (8-ounce) carton sour cream

- 2 tablespoons milk
- 1 tablespoon white wine vinegar

- 1 tablespoon olive oil
- 1 to 2 cloves garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 2 pounds fresh asparagus
- Garnish: chopped fresh chives

• Stir together first 7 ingredients. Cover and chill at least 2 hours.

• Snap off tough ends of asparagus; remove scales from stalks with a knife or vegetable peeler, if desired.

• Cook asparagus, covered, in a small amount of boiling water 4 minutes or until crisp-tender; drain. Plunge into ice water to stop the cooking process; drain. Chill.

• Place a small bowl in the center of a large bowl. Stand asparagus between bowls. Place garlic cream in small bowl. Garnish, if desired. Yield: 16 to 20 appetizer servings or 8 side-dish servings.

Fran Baker
Rockledge, Florida
(To page 206)

BY DANA ADKINS CAMPBELL
PHOTOGRAPHY CHARLES WALTON IV

MAKE-AHEAD MEAL

Harvest Vegetable and Beef Soup

INGREDIENTS

- 3 tablespoons vegetable oil
- 1 pound stew beef, cut into bite-size pieces
- Flour, for dredging
- 1 large or 2 medium-size onions, halved and thinly sliced
- 1 cup thinly sliced mushroom caps
- 2 cloves garlic, minced
- 7 cups beef broth
- Salt and pepper to taste
- 2 cups winter squash, peeled and cut into $\frac{3}{4}$ -inch cubes
- Large baking potato, peeled and cut into $\frac{3}{4}$ -inch cubes
- 2 large carrots, peeled and thinly sliced
- 1 stalk celery, thinly sliced
- 1 teaspoon basil
- $\frac{1}{2}$ teaspoon thyme
- 4 to 5 cups Swiss chard, rinsed, stemmed, and coarsely chopped
- 14½-ounce can diced tomatoes
- 1 to 1½ teaspoons Worcestershire sauce, to taste

WE'VE YET TO MEET a parent who isn't looking for ways to entice his or her kids to eat more veggies. This recipe is a great way to do just that. Because they're soup-simmered, the vegetables are tender, mellow tasting, and surrounded by delicious broth. Plus, you aren't limited to the ingredients listed here. Try parsnips in addition to the carrots. Or replace the chard with chopped kale. (If you do, add the kale during step 2, as it takes longer to cook.) A cupful of your favorite cooked beans or leftover pasta is also a great touch. If your kids don't like diced tomatoes, substitute 1 cup of tomato juice and a spoonful of tomato paste instead. Like most soups and stews, this cool-weather pleaser tastes even better the second day.

STEP 1 Heat the oil in a large, heavy-bottomed soup pot. Dredge the beef in

flour, coating it lightly, then add it to the pan. Brown the beef over medium-high heat for 2 to 3 minutes. Add the onions, mushrooms, and garlic; cook for 2 minutes, stirring often. Add the beef broth. Lightly salt and pepper the soup, cover, and simmer gently for 30 minutes.

STEP 2 After 30 minutes, add the winter squash, potato, carrots, celery, basil, and thyme. Return to a simmer and cover. Simmer for an additional 20 minutes.

STEP 3 Stir in the Swiss chard, tomatoes, and 1 teaspoon of Worcestershire sauce, then taste. If desired, add more salt (a scant $\frac{1}{2}$ teaspoon at a time), pepper, and Worcestershire sauce to taste. Cover and simmer for about 10 minutes or until the chard is soft.

MAKES 8 TO 10 SERVINGS



Give this soup extra zing
by sprinkling a spoonful of
Parmesan cheese on top

Veg. Soup

(Aunt Ann's)

I love

Recipe Name : Soni's Pumpkin Soup

Ingredients & Directions

$\frac{1}{2}$ lb. mush. - sliced	$1\frac{1}{2}$ oz pumpkin
$\frac{1}{2}$ c. chop. onion	$1\frac{1}{2}$ oz evap. milk
2 T butter	1 T honey
2 T flour	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ - 1 t. curry	$\frac{1}{4}$ pepper
3 c. veg. broth	$\frac{1}{4}$ t. nutmeg

Sauté, mush + on. in water. Stir in flour,
curry powder. Grad. add broth. Bring to boil.
Cook + stir 2 min 'till thick. Add pump.
milk, honey, s+p + nutmeg. 7 serv.

ADD TO THIS ANY OTHER
VEGIES IN PANTRY

3 GLOVES GARLIC
4 CHCS CHICKEN BREATH
4 STRIPS BACON
4 SLICE CHILI
5 BIB POTATOES
1 CUBIC ONION
1/2 TIN TOMATOES
16 OZ LIGHT SAUCE CREAM

COOK BACON - SET ASIDE
PUT ALL VEGIES INTO
SQUARES FOR FASTER COOKING
BOIL LIQUID THRU VEGIES
ALL VEGIES ARE COOKED
BACON - WITH VEGIES ARE
SOFT MASHED VEGIES ARE
(SOFT CREAM) SERVED TO PESTO



Chesapeake Chowder

MAKES 8 CUPS

PREP: 25 MIN., COOK: 45 MIN.

*really
good*

- ½ lb. unpeeled, medium-size fresh shrimp
- ½ lb. fresh crabmeat
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 celery ribs, chopped
- 1 Tbsp. olive oil
- ¼ cup all-purpose flour
- 2½ cups chicken broth
- 1 cup dry white wine or chicken broth
- 1 (8-oz.) bottle clam juice
- 5 red potatoes, peeled and diced
- 1 Tbsp. Old Bay seasoning
- ½ cup heavy cream
- Garnish: chopped fresh parsley

1. Peel shrimp; devein, if desired. Drain and flake crabmeat, removing any bits of shell. Set seafood aside.
2. Sauté onion, garlic, and celery in hot oil in a Dutch oven over medium-high heat 8 minutes or until tender. Stir in flour, and cook, stirring constantly, 1 minute. Stir in broth and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 30 minutes or until potatoes are tender.
3. Stir in shrimp, crabmeat, and heavy cream; cook over low heat 5 minutes or just until shrimp turn pink. Garnish, if desired.

ANN MCINERNEY
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Roasted Sweet Potato Salad

MAKES 6 TO 8 SERVINGS

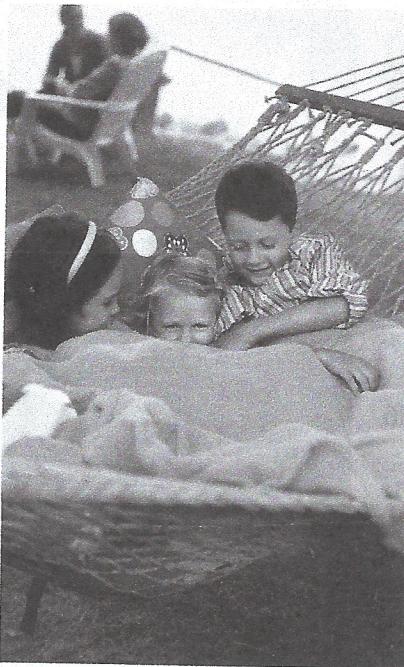
PREP: 30 MIN., BAKE: 45 MIN.

- 1½ lb. sweet potatoes
- 2 large onions
- 2 garlic cloves, crushed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ½ tsp. pepper
- 1 (6-oz.) bag baby spinach
- Warm Bacon Dressing
- Garnish: cooked, crumbled bacon

1. Peel sweet potatoes, and cut into 1-inch cubes. Cut onions into quar-

ters, and cut each quarter in half.

2. Toss together sweet potatoes, onions, crushed garlic, and 2 Tbsp. olive oil; place on a lightly greased aluminum foil-lined 15- x 11-inch jelly-roll pan. Sprinkle evenly with salt and pepper.
3. Bake, stirring occasionally, at 400° for 45 minutes or until tender and lightly brown. Serve over spinach, and drizzle with Warm Bacon Dressing. Garnish, if desired.



Warm Bacon Dressing:

MAKES ½ CUP

PREP: 10 MIN., COOK: 10 MIN.

- 4 bacon slices
- ⅓ cup red wine vinegar
- 3 Tbsp. orange juice
- 2 Tbsp. honey
- ¼ tsp. salt
- ⅛ tsp. pepper

1. Cook bacon slices in a large skillet until crisp. Remove bacon, and drain on paper towels, reserving 1 Tbsp. drippings in skillet. Crumble bacon.
2. Stir vinegar and next 4 ingredients into hot drippings in skillet; cook over medium heat, stirring until thoroughly heated. Stir in bacon.

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For More Info

13 more delicious crab cake recipes:
southernliving.com/october2006

below: Ann McInerney, holding grandson Jack, with daughter Caroline (left) and daughter-in-law Danielle (right)



A sprinkle of candied ginger (left) or coarse-grain salt (right) puts a new spin on classic caramel apples. Simply prepare your favorite caramel apple recipe, or purchase a kit in the produce section of the grocery store. Add the ginger or salt; be sure to sprinkle the toppings before the caramel firms up.