



## Welcome!

The following pages are filled with delicious soup recipes that were submitted to the first annual SoupCon in Ann Arbor, MI on December 15, 2024. SoupCon started out as a joke born from a complaint I had that 1) there weren't enough 'weird' open community events around town anymore (looking at you homemade pickle/jam competition held at Downtown Home and Garden nearly 10 years ago) and 2) having left academia I was craving the feeling of a conference. So, I set out to bother every person who would listen about meeting up to trade soups in the middle of December. What came of it was a great evening of 30 or so people sharing soups and stories with one another. A real who's who of soup if you will. Each soup maker submitted an abstract ahead of the meeting (what soup they were bringing and why), as well as a recipe for how to make what they brought. As entries came in, the program committee grouped soups together into "like" categories so that they could be organized for the night of the event. As such, a soup that is vegetarian in composition might be grouped in American Regional Delicacies or Mediterranean soups rather than strictly Vegetarian. Like every good conference, this document serves as a published proceedings, to report to the public what soups are being made around town as well as giving you, the reader, the chance to make them for yourself at home.

If you're reading this, I imagine you've found your way here by a sticker placed somewhere around town, a conversation with someone who was at SoupCon, or you fortuitously arrived here via some long tumble through the internet. However you got here, welcome! Enjoy the soups and stories on the pages that follow and hopefully, if there is a SoupCon 2 in 2025, (which we very much hope there will be), we hope to see you there sharing a soup with us this coming winter.

For updates on SoupCon for 2025 check out [soupcona2.org](http://soupcona2.org) or email [soupcona2@gmail.com](mailto:soupcona2@gmail.com).

Cheers,

– Justin Craft  
SoupCon Program Chair

## **Table of Contents**

# Plated Tomato Soup

Submitted by Lia Boyle

**Abstract:** I wrote a detailed response to this but google did not save the progress so the resulting substitution will be comparatively brief. Recipe from a meal service box when I lived in NYC. Initially accompanied by three-cheese grilled cheese (cheddar, fontina, gouda) made with truffle oil. Do not recommend substituting canned jalapeños for the canned tomatoes

## Ingredients

- Soup
- 8oz vegetable stock
  - 1 28oz can tomatoes (best with fire roasted)
  - 1 tsp sugar
  - 2 Tbsp heavy cream (plus probably some more)
  - 1/4c grated hard cheese (Trader Joes black pepper toscano is my favorite)
  - 1/4 tsp crushed red pepper
  - salt, pepper
- Cheese Dreams (name and initial recipe c/o NYT)
- Bread
- 1 loaf bread, sliced
  - 8oz shredded cheese (at least half should be sharp cheddar; can mix in some habanero jack or if you're me, 'mexican cheese blend' from Trader Joe's)
  - 8oz (2 sticks/1 cup) butter, softened
  - 1 egg
  - 1/4c heavy cream, room temp
  - 1 1/2tsp Worcestershire sauce
  - 1 tsp garlic powder
  - 1/2 tsp mustard powder
  - salt to taste
  - hot sauce to taste (I like it with Old Bay hot sauce, but that's the Marylander in me. Fun fact: I saw that for the first time in MI in Busch's and had never seen in MD.)
  - smoked paprika if fancy



## Instructions

### Soup

1. Combine stock, entire can of tomatoes, sugar and 1c water. Bring to a boil on high, then reduce to medium and simmer 15-20m.
2. When checking on soup mid simmer, add crushed red pepper, salt to taste, pepper
3. Once soup is a bit thicker, add grated cheese and 2 Tbsp heavy cream. Remove from heat. Chiffonade basil and mix half with the warm soup.
4. If you want smooth soup, use immersion blender (or real blender) to make even consistency. Once fully blended, can add more cream to desired shade of salmon/coral/red. Drizzle a little bit of plain cream on top. Top with the other half of the chiffonaded basil.

### Cheese Dreams

1. Preheat oven to 375F if baking today; line baking sheet with parchment or tin foil or something where you can peel off errant toasted cheese for a snack.
2. Cut crusts off bread, save them. If 'sandwich bread' shaped, cut crustless slice into 4 squares. It works best if you cut two slices together (one stacked on top of the other) so the sides match up.
3. Using hand mixer or food processor, combine cheese and butter until well combined. Add heavy cream, Worcestershire sauce, garlic powder, mustard powder, and salt. Mix and test - adjust seasonings to taste. Add hot sauce as/if desired. Once you're happy with the flavor, add egg and mix further until you get a dough-y consistency.
4. Make mini sandwiches with the cheese mixture. (if you did cut two slices of bread at once, you should have four nicely matched mini sandwiches.) Spread additional cheese mixture on top and sides of each mini sandwich as if you're frosting petit fours. Separately and additionally, take bread crusts and remaining cheese mixture and top remaining mixture over crusts. While less structural integrity, these will be delicious and are best for dippin
5. Put all your little cheese petit fours on the baking sheet, with at least a 1" moat on all sides of each piece. Can either put in fridge at this step to save for later or cook.
6. Bake 15-20m. Can add some smoked paprika on top to look fancy. These will be very greasy, so serve appropriately. (I like using a fork here - if you prefer using your fingers just make sure you have napkins.)

## **Notes**

### Presentation

For extra fancy presentation: can take single 'cheese dream' petit four and slice into 4, put on top of soup like a crouton after the drizzle of heavy cream but before the chiffonaded basil. Top with basil and black pepper.

### General

The soup recipe is vegetarian. If you can find vegan Worcestershire sauce, usually made with seaweed, the 'cheese dreams' can be vegetarian too, but normally it contains anchovies. If feeding a mixed crowd, be sure to label as contains fish. Confuse your friends.

# Black Bean Soup

*Submitted by Justin Craft*

**Abstract:** In late 2019 my now wife told me, “I love your cooking but you really need to try and eat a vegetable sometimes.” She was right. So, I committed to not only cooking more over the next year but cooking more vegetables and maybe even a dish that was just vegetables sometimes. Since then, this soup has become a constant for me. I put it together about once a month or anytime someone I know needs a soup in their life. Some have even said it’s the best thing I cook. I’ll let you decide for yourself if it’s that good.

## Ingredients

- 4 cans of black beans
- 3 cups of broth (chicken or veggie)
- 1 onion
- 1 red bell pepper
- 1 ounce of dried porcini mushrooms (you really want these. I’ve used other dried mushrooms and they don’t hold a candle to porcinis.).
- 3 cloves of garlic
- 1 teaspoon of chili powder
- 1 teaspoon of paprika
- 1 avocado
- Zest and juice of one lemon
- Glug of olive oil
- Pinch of Salt
- A bunch of cranks from your pepper mill (coarsest setting)



# Of the Delicious, Hot, and Vegetable Forward Variety

*Submitted by Kathryn Schmidt*

**Abstract:** First time [making it] as always



# Mercimek Çorbası

*Submitted by Julianne Angeli and Taylor Siegworth*

**Abstract:** 2 stories for why this soup—Taylor ate lentils almost exclusively when he first moved to Chicago and was looking for a job. For Julianne, this dish has memories connected to her time living in Turkey and her sister visiting her there. :)



# Avgolemono

Submitted by Mara Bolland & Nate Smith

**Abstract:** A Bolland family favourite! Passed down from my mother's Greek-Cypriot family and my and my siblings' #1 comfort food. Fortunately Nate likes it too (and, bless him, he now is in charge of lemon squeezing).

## Ingredients

- 2-3 lbs of bone-in chicken pieces, preferably dark meat (I like using whole legs but whatever combo of pieces you have works! You can even use a whole chicken if you really want to go for it)
- 4-5 carrots (peeled or unpeeled, it's up to you)
- $\frac{1}{2}$  bunch of celery
- Chicken stock powder or paste, to taste
- 1.5 cups of medium or long-grain white rice, un-rinsed (the shorter the grain, the starchier and creamier the soup will be; long-grain rice will give a more brothy consistency - both are great, follow your heart.)
- 5-6 lemons, juiced (enough for 1.5-2 cups of lemon juice - this amount leads to a very lemony final product, which is my family's jam, but feel free to adjust if this lemon-level is too aggressive)
- 5-6 eggs
- Salt and pepper, to taste



## Instructions

1. Roughly chop your celery (leaves included, if they're still on there) and carrots into 2-inch-ish pieces. Add vegetables to a large soup pot along with the chicken/chicken pieces. Fill the pot with cold water, add plenty of salt, and simmer over low-medium heat until everything is cooked through and tender. This could be anywhere from 1.5-3 hours, depending on how big your pot is, how much of a rush you're in, and how high your heat is. If needed, skim the top periodically with a slotted spoon.
2. Remove the chicken from the pot and set aside. Taste the broth. If you think the chicken flavor needs amping up, add some stock powder/paste (I like to add a generous spoonful of the roasted chicken Better than Bouillon paste at this point) and top up with some more water if the liquid level has gone down more than you'd like.

3. Bring broth back up to a slow simmer, then stir in the rice. Simmer gently until rice is cooked through. Meanwhile, shred the cooked chicken into bite-sized pieces (discarding skin/bones) and juice your lemons. When rice is done, turn off the heat and let cool for a few minutes.
4. Break eggs into a large mixing bowl and whisk until frothy. Whisk in the lemon juice.
5. Place your mixing bowl right next to the soup pot. While constantly whisking the egg/lemon mixture, very slowly ladle a small amount of the warm soup broth into the egg/lemon mixture. Gradually drizzle in more of the broth, whisking the whole time, until you've added at least a few cups of broth to the mixing bowl. (Take your time during this part - if you add the hot broth to the egg mixture too quickly, you risk curdling the eggs - and enjoy those whisking forearm strength gainz.)
6. Pour the (now tempered!) egg/lemon mixture and the shredded chicken back into the pot and stir to combine. Taste one more time, add salt/pepper as desired, then serve and enjoy!

# Zuppa Toscano

*Submitted by Max von Hohenberg*

**Abstract:** I used to call it Wendy's famous potato and kale soup, until she got mad. Wendy is my mother in law. Now I know what it's actually called and love to make it, but sadly cannot indulge in the spicy side of this soup with kids... Until now! For the first time in nearly 3 years I'm going to use the appropriate Italian sausage and everyone can enjoy the creamy-spicy-soupy delight I've been anticipating for far too long.

# Yoğurt Çorbası

Submitted by Demet Kayabaşı

**Abstract:** Yoğurt Çorbası (yogurt soup), also known as Yayla Çorbası (highland soup), though I don't use that name, is one of the staples of Turkish home-cooking that I grew up with. There are many recipes and variations of it within Turkey, and in neighboring or nearby countries to Turkey, such as Iran, Iraq, Armenia, and likely Lebanon too, etc., especially in terms of what herbs it includes. I make it as I've seen from my parents and grandparents, and as I've been cooking it for years, using dried spearmint leaves. Other recipes/variations can include parsley or purslane. Likewise, the version I cook has rice, but other variations might use chickpeas or both chickpeas and rice. I chose this soup because its main ingredient is yogurt, which is quite stereotypically Turkish to use in any kind of dish. And I think it's a good representation of what I consider a culturally accurate comfort meal from Turkish cuisine. In addition, it's likely something novel for the rest of the Soup-Con attendees. Like other soups in Turkish cuisine, it can be cooked and eaten for any course' including breakfast (more commonly so in rural areas), but it is typically served at lunch or dinner before the main course or can be a meal by itself when accompanied by bread or croutons.



## Ingredients

The base

- Water (or chicken stock) - a little under 2 liters, like 7-7½ cups?
- White rice - any variety. eyeball it depending on how ricey you want it lol but I'd say start with ¼ cups and see if you feel like adding more once it's in the pot. Maybe don't add more than ½ cups.

The thickening agent

- Flour - 1 tbsp
- One egg yolk
- Yogurt - 1 cup, plain yogurt, preferably with
- Dry spearmint leaves - idk how much, don't be shy with it. Maybe start with ¼ cups and gradually add more. It's really supposed to be the star of the show.

### The garnish

- Eyeball this section entirely, my recommended butter to mint ratio would be 2-1. I used a stick of butter for the x3 recipe, so 1/3 stick should be a good place to start for these measurements.
- Butter - I've seen this made with olive oil, too. It'll change the taste, and butter goes better with it if you use chicken stock, but olive oil is just fine if you're using water.
- Dry spearmint leaves

### Spices

- Salt and pepper to taste
- Red chili flakes go well with it if you like it. I think using chilli oil overpowers the mint though, so I wouldn't use it.

## Instructions

### The base

1. Add the water or the chicken stock to your pot, and put it on high heat until it starts boiling.
2. Add the rice once your base is boiling. Keep it on medium or medium-high until the rice is really soft and mushy, and doesn't look like rice anymore. Idk how long it takes, I check on it in 15-20 minutes usually? Maybe a half an hour, but not more than that.

### The thickening agent

3. Combine the ingredients of the thickening agent in a separate bowl in no specific order.
4. Add some of the base to the thickening agent gradually. One ladle should be enough, but if you're using a spoon, try 5-6 tablespoons at least. Mix it well until the mixture is smooth.

### Combining the two

5. Bring the heat down to low or medium-low, and bring it to a simmer.
6. Add the thickening agent to the water/stock slowly while mixing constantly.
7. Keep mixing it for a few minutes at least until you're sure that all the mixture is perfectly blended and it's not curdled. The rice pieces might make it hard to assess if it's curdled or not. In that case, just taste one of the bits. It's okay if it tastes like rice. It's curdled if it tastes really sour (a floury yogurt bit).
8. If it did end up curdled, you can strain it or blend it with an immersion blender. It'll change the texture a bit, but it'll most likely save the soup, at least if it hasn't soured a lot. If it soured a lot, you can probably still save it by adding more of the garnish because the butter will help balance the acidity out, and the mint will help mask the sourness.
9. Once the thickening agent seems to be well incorporated, add in the dry mint (A LOT) and bring everything to a simmer. Let it simmer for about 10 minutes.
10. Add salt and pepper to taste once it's done simmering. You can take it away from the heat at this point.

### The garnish

11. For the garnish, melt the butter in a saucepan and add dry mint to it. Make sure to add it after the butter is already melted so the mint doesn't burn. Once it starts sizzling, take it off the heat and drizzle it over the soup. You can do this to the whole pot and give it a mix, or drizzle some on each individual serving.

## Notes

DO NOT add salt before the soup is done cooking, otherwise the yogurt in the thickening agent might get curdled.

If you have fresh mint, dry it first.

The end result should be more liquid than puree-like. If you end up with a puree-like consistency, you either need to start with more water next time, or cut back on rice and/or the amount of the thickening agent. Alternatively, you might have forgotten about it simmering on the stove, and it evaporated way more than it should. You can dilute it by adding some boiling water and having it simmer for a while if you catch it before you add the garnish.

# Zuppa Toscana

*Submitted by Ruaridh Purse*

**Abstract:** Just a favourite soup. Also Gio [romantic partner] is Italian, so....

# Caldo Verde

*Submitted by Lauren Bloom*

**Abstract:** This soup came from an old issue of a cooking magazine. It didn't arrive with any nostalgia, but has picked some up over the years as it's been made annually for a gals weekend in the woods.

## Ingredients

- $\frac{1}{4}$  cup extra-virgin olive oil
- 12 ounces Spanish-style chorizo sausage, cut into 1/2-inch pieces
- 1 onion, chopped fine
- 4 garlic cloves, minced
- Salt and pepper
- $\frac{1}{4}$  teaspoon red pepper flakes
- 2 pounds Yukon Gold potatoes, peeled and cut into 3/4-inch pieces
- 4 cups chicken broth
- 4 cups water
- 1 pound collard greens, stemmed and cut into 1-inch pieces
- 2 teaspoons white wine vinegar



## Instructions

1. Heat 1 tablespoon oil in Dutch oven over medium-high heat until shimmering. Add chorizo and cook, stirring occasionally, until lightly browned, 4 to 5 minutes. Transfer chorizo to bowl and set aside. Reduce heat to medium and add onion, garlic, 1 1/4 teaspoons salt, and pepper flakes and season with pepper to taste. Cook, stirring frequently, until onion is translucent, 2 to 3 minutes. Add potatoes, broth, and water; increase heat to high and bring to boil. Reduce heat to medium-low and simmer, uncovered, until potatoes are just tender, 8 to 10 minutes.
2. Transfer 3/4 cup solids and 3/4 cup broth to blender jar. Add collard greens to pot and simmer for 10 minutes. Stir in chorizo and continue to simmer until greens are tender, 8 to 10 minutes longer.
3. Add remaining 3 tablespoons oil to soup in blender and process until very smooth and homogeneous, about 1 minute. Remove pot from heat and stir pureed soup mixture and vinegar into soup. Season with salt and pepper to taste, and serve. (Soup can be refrigerated for up to 2 days.)

# Chicken Noodle

*Submitted by Jonathan Earley*

**Abstract:** Before heading up to Leelanau Peninsula, I prepared a large pot of chicken noodle soup, made in the style my dad would, with special homemade noodles. My wife, Sky, and I arrived at the cabin, nestled in the middle of a wide winter prairie, the snow blanketing the ground. I reheated the soup, eager to settle into the quiet of the cabin. But in the rush to unload the car, I accidentally locked us both out. I was in my slippers, with no phone to call for help. After a bit of panic walking up and down a rural road, I flagged down a passing driver who helped me contact the host, who gave me a passcode to get back inside. Thankfully, the soup was just fine, and the noodles were perfect. Sky and I couldn't help but laugh at the absurdity of it all as we finally sat down to enjoy the comforting meal. Now, I'm excited to share this soup with you.

## Ingredients

- 4 bone in, skin off split chicken breasts
- 10-14 cups of water
- 8 stalks of celery
- 4 carrots
- 6 cloves garlic
- 2 yellow onion
- 1 bay leaf
- 2 tsp. black peppercorns
- 1 tbsp. salt
- 2 tbsp. olive oil

### Egg noodle ingredients

- 2 eggs
- 1 tsp. salt
- 1 tsp. fresh cracked pepper
- 4 tbsp. milk
- 2 cups flour

## Instructions

1. Prepare the broth – Place the bone-in chicken breasts in the largest pot you got. Pour in the cups of water, ensuring the chicken is fully submerged. Consider adding more water because you might regret not having enough broth. Gently put your chicken to rest and ensure they're covered. Add the bay leaf, 4 celery stalks, 2 carrots (halved), 1 yellow onion (halved), 6 garlic cloves (smash them), peppercorns, and 1 tbsp. of kosher salt. These ingredients are for flavoring the broth, so there's no need to dice them—just add them whole as they are.
2. Simmer the broth – Bring the pot to a boil over medium-high heat, then reduce the heat to maintain a gentle simmer. Let the broth simmer for about 2 hours.

3. Prepare the egg noodles – In a mixing bowl, combine eggs, milk, salt, and pepper. Stir in one cup of flour until smooth. Add additional flour, just a small spoonful at a time, until the dough comes together in a ball, but is still slightly sticky. Roll dough out on a floured surface until less than 1/4 inch thick and let it rest for at least 30 minutes. Using a pizza cutter, cut the noodles into long strips as you like. They can rest and dry out until we need them.
4. Strain the Broth – Once the chicken is cooked and tender, use tongs to carefully remove the chicken from the pot and transfer it to a large cutting board. Let the chicken cool enough to handle.
5. While the chicken cools, place a fine-mesh strainer over a separate large bowl or pot. Carefully pour the broth through the strainer to remove the vegetables, bay leaf, and any other solids. Discard the solids and set the clean broth aside.
6. Shred the chicken – Once the chicken is cool enough to handle, remove the bones and discard them. Carefully pull the meat from the bones, making sure to remove all small bones. Set the shredded chicken aside. I like to cut the chicken into smaller soup spoon sized pieces, but you do what you like.
7. Prepare the vegetables – Dice the remaining 1 onion, 4 celery stalks, and 2 large carrots.
8. Sauté the vegetables – In the same pot, heat over medium-high heat, add 2 tablespoons or enough to cover the bottom of the pot. Add the diced vegetables, seasoning with a pinch of salt and pepper. Sauté for about 8 minutes, or until the vegetables are tender.
9. Combine broth and chicken – Pour the strained broth back into the pot with the sautéed vegetables. Add the shredded chicken to the pot—add as much or as little as you like.
10. Add egg noodles – Bring soup to a high simmer and add the noodles and stir for about 10 minutes. Turn off the heat. Let the soup rest and cool for about 15 more minutes.
11. Serve, and enjoy

# Vegetarian Yock

*Submitted by Ian Calloway*

**Abstract:** Yock (or yock-a-mein) is a noodle soup from the Tidewater region of Virginia, the southeast of the state along the Chesapeake Bay and the Atlantic Ocean, where I grew up. Its origins trace back to the early 1900s, when Chinese immigrants first brought their culinary traditions to Virginia. Due to segregation, they established restaurants in black neighborhoods, where this noodle soup evolved to reflect the local tastes and culture of the black community of the Tidewater. Nowadays, it's common to see yock on a Chinese food menu in the Tidewater area as well as the occasional yock fundraiser in black churches. I haven't seen this dish yet in Michigan, so this will be my first attempt cooking it outside of the 757. While I don't have a family recipe to work from, this attempt is cobbled together from a few sources and adapted to be vegetarian.

## Ingredients

- 20 oz vegan chicken
- 8 oz lo mein noodles
- 4 cups vegetable broth
- 3 tablespoons soy sauce
- 1 tablespoon vegan Worcestershire sauce
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon sugar (to balance flavors)
- Salt and black pepper to taste



## Instructions

1. Cook the noodles according to package instructions. Drain and set aside.
2. In a large pot, combine the broth, soy sauce, Worcestershire sauce, garlic powder, onion powder, and sugar. Bring to a simmer and taste for seasoning. Adjust salt, pepper, or soy sauce as needed.
3. Pan fry the vegan chicken and add to the broth.
4. Ladle the hot broth and protein mixture over the noodles.

5. Garnish each bowl with halved boiled eggs, green onions, a drizzle of hot sauce, or a splash of vinegar.

# Bacon Corn Chowder

*Submitted by Jon Cook*

**Abstract:** No idea when I had my first chowder, but it's been a soup style close to my heart for many years. A fresh corn chowder with bacon is the Midwest's version of perfection.

## Ingredients

- 4 slices of thick cut bacon, chopped
- 1 medium yellow onion, chopped
- 4-5 medium Yukon Gold potatoes ( 1 lb), peeled & chopped
- 1.5 lbs frozen corn
- 2 cups chicken broth
- 2 cups heavy cream
- 2-4 tablespoons corn starch
- Salt & Pepper to taste

## Instructions

1. In a Dutch oven or large pot, brown bacon over medium-high heat
2. Remove bacon, leaving behind bacon grease
3. Add onion and cook for about 5 minutes, stirring periodically, until softened
4. Add potatoes and continue to cook for another 5 minutes
5. Add broth, corn, and salt to taste
6. Bring to a boil, then reduce heat to a simmer for 20-25 minutes
7. After 20 minutes...check to see if the potatoes are cooked through, continue cooking as needed
8. Add heavy cream, return to simmer
9. Create a slurry with 2 tablespoons of cornstarch and cold water, add to the chowder and stir, give it a couple minutes to thicken. If not thick enough to your liking, repeat with the remaining cornstarch. Keep in mind that as the chowder cools, it will continue to thicken a little bit.
10. Add bacon, salt and pepper to taste
11. Enjoy



# Cream of Broccoli Soup

*Submitted by Annie Else*

**Abstract:** This recipe is from my grandmother Sharon Rocker. She recently passed away, so when I was considering soup recipes I immediately thought about honoring her recipes and cooking traditions. She made this broccoli soup for Christmas every year, so it is quite nostalgic for me. I will even be using her hand-written recipe card to recreate this. This will be my first time making it on my own! While it is a pretty simple soup in terms of ingredients, it is very comforting and makes a great starter to a meal.

## Ingredients

- 2 tablespoons butter
- 1 yellow onion, chopped
- 2 stalks celery, chopped
- 1 bunch of broccoli
- 3 cups chicken stock
- Mustard powder
- Salt and Pepper
- 1 cup cream
- (For serving) lemon slices, chives



## Instructions

1. Combine in a saucepan: Saute 2 stalks of celery and 1 small onion both finely sliced in butter. Add 1 bunch of broccoli, washed and trimmed (or 2 packages of frozen spears) and 3 cups of chicken stock. Bring it to a boil and simmer the vegetables for 15 minutes or until tender.
2. Pour the soup into a blender (or use an immersion blender in the pot). Add a pinch of mustard powder and salt to taste. Blend until the mixture is smooth. Stir in 1 cup of cream.
3. Serve the soup hot with a thin slice of lemon in each cup or serve cold with finely chopped chives.
4. How to store: Refrigerate this soup within two hours of cooking. Let it cool to room temperature, then transfer it to an airtight container and store in the refrigerator for three to four days.

# Osmanthus Sticky Rice Soup

Submitted by Cody Cao

**Abstract:** Fav dessert soup growing up in Syzhou

## Ingredients

- Adzuki Bean (red beans) , 200g
- Fermented Glutinous Rice Liquid, 100g
- Dried Osmanthus, 20g
- Mini Glutinous Rice Balls,200g
- Sugar, to taste

## Instructions

1. Soak dried red beans in water overnight
2. The next day, place soaked beans, and a new batch of clear water in a large pot and bring to a boil over high heat. After boil, bring down to medium low heat for about 1 hr so that the beans are cooked till semi-mushy.
3. When the red beans are almost done, start a different pot and cook ready-to-cook rice balls. drain.
4. Add fermented rice liquid and cooked rice balls for 1-2 minutes so the flavors blend.
5. Serve while hot with dried osmanthus garnished on top and sugar to taste.



# Søtsuppe

*Submitted by Allison Lawrence*

**Abstract:** What is soup? According to Webster's dictionary, it is simply "liquid food." For many humans, however, soup is so much more. It is laughter around a family dinner table, comfort during snowy months; it's creativity and ingenuity in the face of hardship. With this soup, I hope to capture the whole essence of soup, to unify its myriad themes into one toothsome bowl. As I sought pureed perfection, my research led me outside the confines of my home country. I found it in my sister's home of Norway in the form of Søtsuppe, a sweet dessert soup evoking a grandmother's loving caress and a child's lust for sugar. Though preliminary findings indicate my sister has never heard of søtsuppe (nor have any of her friends), I am hopeful that through continued simmering efforts, this platonic ideal of soup-dom will change the discourse around so-called "liquid food" for generations to come.

## Ingredients

- 5 cups water
- 1/4 cup large pearl tapioca
- 1 cup chopped prunes
- 1/2 cup raisins (mix of golden raisins and regular)
- 1 cup mixed dried fruit, chopped (cherries, currants, apricots, apples)
- 3/4 cup sugar
- 1 cinnamon stick
- Zest from 1 lemon
- 1 tablespoon lemon juice
- heavy cream or coconut cream (optional)



## Instructions

1. Soak tapioca in water overnight. In the morning, add fruit, sugar, cinnamon stick, and lemon zest.
2. Cook over medium-high heat in a large, heavy-bottomed saucepan until tapioca is clear and the fruit is tender, about 10 minutes.
3. Remove from heat and add lemon juice. Allow to cool. Store in refrigerator for up to 1 week.

4. If desired, drizzle cream on top. Dish may be eaten warm or chilled