



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 or email soupcona2@gmail.com.

Cheers,

– Justin Craft
SoupCon Program Chair

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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!

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.)

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

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