



# Soup for the Soul 2010 Recipes

## **Roasted Red Pepper & Gouda**

The Palm

Chef Tom Wainwright

Serves: 12

### Ingredients:

6 Red Peppers - Rough Chop

2 quarts Chicken Stock

1/2 cup Roux (butter & flour)

1 Cup Cream

1 Cup Gouda Cheese

1 Cup Onion - Rough Chop

4 cloves of Fresh Garlic

1 Cup of white wine, preferably Chablis

3 Tablespoons of olive oil

Salt to taste

### Instructions:

1. Sautee chopper red peppers, onion and garlic in olive oil until the garlic has browned.
2. Add wine, reduce by 3/4.
3. Add chicken stock and bring to a boil. Boil until peppers are very soft. About 45 mins., salting to taste.
4. Add roux until the thickness of the mixture will coat the back of a spoon.
5. Leaving the pot on the burner, turn off burner. Add cream and blend with a hand held blender.
6. Garnish with Gouda Cheese.



# Soup for the Soul 2010 Recipes

## **Sweet Potato Soup**

Baur's Ristorante

Chef Corey Cunningham

Serves: 12

### Ingredients:

8 large sweet potatoes (peeled and quartered)

1 lrg onion chopped

3 ribs of celery chopped

3 carrots peeled and chopped

4 cloves garlic, chopped

2 tbsp fresh thyme, chopped

1 ½ gallons water or chicken stock

½ lb butter

Salt and pepper to taste

### Directions:

- In a large saucepot, melt butter
- Add onion, celery, carrot, garlic, and thyme
- Sweat vegetables until tender
- Add sweet potato and water or stock
- Cook until sweet potatoes are soft
- Strain liquid and reserve.
  
- In a blender, puree vegetables until smooth
- Using reserved liquid, add just enough to reach soup consistency
- Season with salt and pepper
- Garnish with chili maple Crème Fraiche

## **Chile Maple Crème Fraiche**

½ cup crème fraiche

1 tbsp maple syrup

1tsp chili powder

Salt and pepper to taste

Combine all ingredients

Drizzle on top of soup to garnish



# Soup for the Soul 2010 Recipes

## Cauliflower- Jalapeno Soup with Huitlacoche Puree, Freeze Dried Corn, and Verde Farms

### Micro Cilantro

Mel's Bar and Grill

Chef Chad Clevenger

Serves: 12

#### Soup Base: Makes one gallon

¼ c. olive oil (may substitute another type of oil)

1 lg. yellow onion, diced

5 cloves garlic, minced

4 jalapenos, charred over open flame

2 large heads of cauliflower

½ bunch of celery, diced small

½ c. white wine

8 c. chicken stock

8 c. heavy cream

Salt to taste

-Place jalapenos on grill or over open flame.

-In a large sauce pot, on medium heat, sauté celery and onions in olive oil. Cook 4 minutes or until onions are translucent and celery is soft.

-Add garlic and charred jalapenos and cook for 3 minutes, stirring constantly to cook garlic without adding color to it.

-Separate cauliflower from green and large core. Chop into 1 inch square pieces, add to pot and stir. Cook for 2 minutes.

-Add white wine; cook until reduced to ¼ c.

-Add chicken stock; cook until reduced to 2 c.

-Add heavy cream and bring up to a simmer.

-Puree in a blender until smooth. Adjust seasoning by salting to taste.

#### Huitlacoche Puree:

½ c. oil

3 tomatoes, blackened

3 serrano chiles, blackened

1 lg yellow onion, diced and caramelized

8 cloves garlic, roasted

2 lb. fresh, frozen or canned huitlacoche

1 small bunch of cilantro

1 T. cumin seed, toasted

1 T. Mexican oregano, toasted

2 c. chicken stock

-To roast garlic: cut top off of head of garlic, drizzle with oil, wrap with aluminum foil and bake at 350' for 10 minutes or until golden brown and soft.

-Char serranos and tomatoes on grill or open flame, then dice (seeds optional).

-Place sauce pan on medium heat, add oil and cook diced onions until caramelized (about 8 minutes). Add in the roasted garlic, cumin, oregano, and blackened serranos and cook for 3 minutes.

-Add tomatoes and cook until there is no moisture left in the pan.

-Add huitlacoche and cook down until almost dry.

-Add stock and cilantro. Bring to a simmer.

-Remove from heat, puree, and strain. Adjust seasoning with salt.

#### To plate:

-Warm a soup bowl.

-Add 6 oz. cauliflower soup base

-Spoon 2 oz. huitlacoche puree around bowl.

-Top with crushed freeze dried corn and micro cilantro.

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## Soup for the Soul 2010 Recipes

### **Roasted Cauliflower Bisque w/Pine-Nut Brown Butter & Micro Celery**

Fruition

Chef Alex Seidel

Serves: 12

#### Ingredients:

1ea large cauliflower head(rough chopped)

4ea celery ribs(large dice)

1ea yellow onion(large dice)

1ea leek(large dice)

1ea garlic clove(minced)

1tbsp butter

2ea small russet potatoes(peeled & large dice)

1.5qt chicken stock

1cup heavy cream

salt and pepper

#### Instructions:

In medium stock pot, sweat the first five ingredients in the butter until the vegetables soften with out caramelizing. Add the chicken stock cold and the diced potatoes. Now would be a good time to add any fresh herbs that you may like such as thyme or oregano. Bring the soup to a boil and then simmer until the potatoes are just about cooked. Add the cream and cook until potatoes are fork tender. Season with salt and pepper and finish by pureeing the soup in a blender.



# Soup for the Soul 2010 Recipes

## **Baked Potato Soup**

Rioja

Chef: Jennifer Jasinski

Serves: 12 (1.5 gallons)

### Ingredients:

- 4 cups sliced onions
- 3 cups chopped celery
- 4 oz garlic cloves
- 1 medium fennel bulb, chopped
- ¼ # butter.

### Instructions:

Sauté all together until soft, but NO color

- 4 oz. flour (appx 1 cup)

Sift over sautéed veg and cook while stirring for two minutes over medium heat. This is the roux that will eventually give the soup a velvety texture.

- ½ oz. picked thyme
- 3 bay leaves
- 1 tsp. White peppercorns
- 4 qts. Chicken stock
- 1 qt. diced Idaho potatoes

Cook at a gentle simmer for appx 1 hour and then blend smooth. Strain through a chinois.

- 1 qt. Crème Fraiche, stirred into the strained soup.

### Montgomery Cheddar Chunks

Chive Puree : Olive Oil Blend and Chives. 4 oz oil, 1 oz. chives

Brown Butter: seasoned with salt and pepper, in a squeeze bottle to be kept warm

Fried Idaho Potato Cubes: perfect cubes blanch fried once (4 minutes @ 350, then fried crisp to order.)

Fried Idaho Skins: Literally long strip of Idaho potato skin peeled and then fried along with the cubes.



# Soup for the Soul 2010 Recipes

## **Minestrone**

Pesce Fresco Wine Bar & Bistro

Owners & Chefs Paul Stickler & Erin Abromeit

Serves: 12

### Ingredients:

canellini beans (cooked or canned)

onion, carrot, celery (diced)

fennel (diced)

eggplant (diced)

Italian sausage (cooked, drained & crumbled)

canned tomatoes (diced)

garlic (minced)

chicken stock

white wine

Parmesan rinds

fresh herbs ( basil, rosemary, thyme)

Parmesan for garnish

salt & pepper

### Instructions:

- Make one day ahead for best flavor. add any vegetables you like, leave out sausage & sub vegetable stock for vegetarians
- sauté all vegetables & garlic, add wine to deglaze simmer
- add chicken stock bring to boil, add tomatoes
- tie herbs together with twine & add to soup
- add parmesan rind, beans & sausage bring to simmer for one hour, chill over night
- reheat & serve with shredded parmesan cheese



# Soup for the Soul 2010 Recipes

## Colorado Lamb Albondigas Soup w/ Jicama-Radish-Green Chile Slaw

Elway's Cherry Creek

Tyler Wiard

Serves: 12

### Ingredients:

#### Meatballs:

3 lb Colorado ground lamb  
6 whole large eggs  
8 oz sour cream  
3 cups fresh bread crumbs  
1 medium yellow onion-small dice  
6 cloves fresh garlic-minced  
1/8 ounce fresh oregano minced  
1/8 ounce ground chile de arbol  
1 ounce of sea salt  
½ ounce of fresh black pepper

#### Soup:

1 large yellow onion- small dice  
1 large carrot- small dice  
1 celery stalk- small dice  
3 Anaheim green chilies- roasted, peeled, seeded, and diced  
2 large gold potatoes- medium diced and held in water  
1 box chopped Pomi tomatoes  
4 cloves garlic- minced  
72 ounces chicken stock  
3 ounces good chile powder  
Sea salt  
Fresh black pepper  
Canola oil

#### Slaw:

1 head of jicama- peeled and julienned  
12 radishes- thinly sliced  
3 Anaheim chiles- roasted, peeled, seeded, and julienned  
4 scallions- thinly sliced  
2 ounces good red wine vinegar  
2 ounces olive oil  
Sea salt  
Fresh black pepper  
4 ounces cotija cheese

### Instructions:

#### Meatballs:

Preheat oven to 350 degrees. In large mixing bowl add all meatball ingredients and mix until incorporated. Roll 1 ounce meatballs and place on a baking sheet with parchment paper. Bake for 15 minutes and let cool at room temperature.

#### Soup:

Heat large heavy bottomed stock pot to medium-high heat. Coat with canola oil and add onions. Sweat the onions until soft. Add carrots and celery and continue to cook until carrots and celery are soft. Add garlic, chile powder, and season with salt and pepper. Cook for 5 minutes. Add Pomi tomatoes and potatoes. <CONTINUED>

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## Soup for the Soul 2010 Recipes

### **(CONT.)Colorado Lamb Albondigas Soup w/ Jicama-Radish-Green Chile Slaw**

Bring to a boil and add chicken stock. Bring to a boil and turn heat down to a simmer and cook until potatoes are very tender. Add green chiles, and meatballs. Bring back to a boil. Check seasoning and adjust if necessary.

#### Slaw:

In a large mixing bowl add all ingredients and mix until incorporated. Check seasoning and adjust if necessary. Let the slaw marinate for at least an hour before serving.

#### Assembly:

Heat 12 bowls in oven. Ladle equal parts of soup into bowls and place equal parts of slaw on top of soup and serve. Serve with flour or corn tortillas or both.



# Soup for the Soul 2010 Recipes

## **Chinese Creamy Corn Soup**

P.F. Chang's China Bistro

Chef: Joe Reams

Serves: 12

### Ingredients:

1 pound boneless chicken breast ground cooked (optional)  
2 qt chicken stock  
2 cans cream style corn  
1 cup green peas  
2 eggs (whisked)  
2 tablespoons michiu wine  
1 Bay leaf  
1 teaspoon salt  
1 teaspoon sugar  
1 teaspoon white pepper  
3 tablespoons corn starch  
1 cup water  
1 good soul

### **Garnish**

1 cup crispy wonton strips  
½ cup green onions chopped

### Instructions:

1. boil chicken stock (prepared)
2. add white pepper, salt, bay leaf, and sugar
3. add creamy corn
4. add chicken (optional)
5. add peas
6. mix corn starch and water in separate container for a slurry
7. add slurry to soup to thicken
8. flower in the eggs and remove from heat
9. garnish



## Soup for the Soul 2010 Recipes

### **Tofu Miso Soup**

Japon Restaurant

Miki Hashimoto

Serves: 12

#### Ingredients:

- 9 cups of Dashi Soup Stock  
(Dashi Soup Stock is 6oz Bonito Flakes and 10 Cups of Water)
- 2 Blocks of Tofu cut into small bite size cubes
- 12 tablespoon Miso Paste
- 1 cup green onion for garnish
- 1 cup Seaweed for garnish



# Soup for the Soul 2010 Recipes

## WARM ASPARAGUS BISQUE

Sullivan Steakhouse

Chef: James Roller

Serves: 1 ½ Gallon

### Ingredients:

Asparagus Stems, 2 inch Pieces	5 lbs
Onions, 1 inch Diced	1 ½ lbs
Butter, Unsalted 1 inch Diced	½ lb
Flour, AP	¾ lb
Water, Warm	1 gallon
Chicken Base, Minors	2 oz
Heavy Cream, 36 %	1 qt
Salt, Kosher	2 tbsp
White Pepper	1 tsp

### Instructions:

1. Place stockpot on medium high heat on stovetop.
2. Place butter in pot and melt then add onions and sweat for 3 to 5 minutes (do not brown)
3. Add flour to onions and mix to incorporate creating a roux.
4. Take water and slowly add half to roux in stockpot while whisking. Once water and roux has started thickening add remaining water and add chicken base continue to whisk with wire whip.
5. Bring soup base to boil and add asparagus stems and cook till tender, approximately 10 minutes.
6. Add heavy cream to soup base and bring to rolling boil. If soup doesn't reach a rolling boil with the cream added it will break.
7. Once rolling boil is achieved remove soup from stovetop and blend with a strong tabletop blender or submersion blender.
8. Season soup with salt & pepper mixing to incorporate.
9. Once soup is blended smooth, strain through a chinois and press with ladle to work soup through.
10. Taste soup for seasoning and reserve heated in soup well.