

Soup Recipes

Index

- [Chowders : INDEX](#)
- [`Cream of" Soups : INDEX](#)
- [Hot and Sour Soups : INDEX](#)
- [Lentil Soups : INDEX](#)
- [Peanut Soups : INDEX](#)
- [Potato Soups : INDEX](#)
- [Avgolemo : COLLECTION](#)
- [Baked Potato Soup](#)
- [Bean Soups : COLLECTION](#)
- [Beef Barley Soup](#)
- [2 Beer Cheese Soups : COLLECTION](#)
- [Borscht : COLLECTION](#)
- [Buendner Gerstensuppe \(Barley soup\)](#)
- [Busecca Ticinese \(Tripe soup with garlic bread\)](#)
- [Cabbage Soup \("Of Cabbages and Cod"\)](#)
- [Callaloo soup](#)
- [Chicken Soups : COLLECTION](#)
- [Cockaleekie Soup](#)
- [Curried Corn and Shrimp Soup](#)
- [Curried Pumpkin-Apple Soup](#)
- [Diverse Soups : COLLECTION](#)
- [Double Coriander-Ginger Cream Soup](#)
- [Egg Drop Soup](#)
- [Farmworkers' Chile Soup, Rosebud Texas 1906](#)
- [French Onion Soup \(1\)](#)
- [French Onion Soup \(2\)](#)
- [Green Soup](#)
- [Jalapeno Cheese Soup](#)
- [Leek, Potato, and Spinach Soup](#)

Soup

- [Lemongrass Soup](#)
- [Miso Soup \(1\)](#)
- [Mom's Vegetable Soup](#)
- [Mullagatawny Soup \(1\)](#)
- [Mullagatawny Soup \(2\)](#)
- [Noodle Soup\(Ash-e Reshteh\)](#)
- [Pepper Soups : COLLECTION](#)
- [Posole : COLLECTION](#)
- [Pumpkin Soup](#)
- [Pumpkin Soup - COLLECTION](#)
- [Quebec Pea Soup / Salted herbs](#)
- [Quick & Dirty Miso Soup](#)
- [Reuben Soup](#)
- [Smoked Red Bell Pepper Soup](#)
- [Soups With Cheese : COLLECTION](#)
- [Split Pea Soup](#)
- [Squash and Orange Soup](#)
- [Sweet & Sour Cabbage Soup](#)
- [Posole : COLLECTION](#)
- [Tomato Soups / Gazpacho : COLLECTION](#)
- [Tortellini Soups : COLLECTION](#)
- [Two Soups \(Stephanie da Silva\)](#)
- [Vegetable Soup](#)
- [Vegetarian Posole](#)
- [Vermont Cheddar Cheese Soup](#)
- [Watercress Soup](#)

[amyl](#)

Chowders

Index

- [Chicken & Corn Chowder](#)
- [Corn Chowder : COLLECTION \(Stephanie da Silva\)](#)
- [New England Clam Chowder](#)
- [Simple Corn Chowder](#)
- [Vegetable and Cheese Chowder](#)

[amyl](#)

Chicken & Corn Chowder

From: nat@megatek.com

Date: Mon, 2 Aug 1993 23:49:22 GMT

1 lbs chicken breast	1 chopped onion
4 T butter	2 stalk chopped celery
4 c fresh corn (6 ears)	2 med. boiling potatoes, diced
3-4 T flour	3 c chicken stock
1 c heavy cream (or substitute buttermilk - marilee)	

Melt butter and fry chicken, but do not let brown -- when it's glistening, lower heat and simmer 10 minutes or until meat is firm. Cut up and set aside.

Puree 2 c of corn until smooth (note: marilee says keep 1/2 of the kernels whole or even used a can of creamed corn). From the chicken frypan drippings, saute onion and celery until soft. Sprink with flour and cook until bubbly. Add rest of ingredients, and simmer 15 minutes until the pototo is tender. Stir in cream or buttermilk, salt and pepper. Heat and serve. Serves 6-8.

[mara](#)

Stephanie da Silva's Corn Chowder Collection

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 13:58:07 CDT

Contents

- [Clam and Corn Chowder \(1\)](#)
- [Vegetable-Cheese Chowder](#)
- [Corn Chowder \(1\)](#)
- [Corn Soup](#)
- [Fresh Corn Chowder](#)
- [Quick Cheesy Chicken-Corn Chowder](#)
- [Corn Chowder \(2\)](#)
- [Corn Chowder \(3\)](#)
- [Corn Chowder \(4\)](#)
- [Clam and Corn Chowder \(2\)](#)
- [Tomato-Corn Chowder](#)

Clam and Corn Chowder (1)

1 small yellow onion peeled and diced
2 tablespoons butter
1 can 6.5oz minced clam
1 17oz can cream style corn
Fill same can with milk
salt and freshly ground pepper
1 teaspoon dried dill weeds

Saute onion in butter until soft but not turning color.
Combine other ingredients and simmer for 5 minutes and serve with
lot of pepper!

Vegetable-Cheese Chowder

2 1/2 cups water
2 cups diced peeled potatoes
1 cup corn

3/4 cup minced leeks
1/2 cup diced celery
2 1/2 teaspoons salt

1/4 cup butter
1/4 cup all purpose flour
2 cups milk
1 1/2 teaspoons Worcestershire sauce
1/2 teaspoon dry mustard
1/4 teaspoon freshly ground pepper
1 12-ounce can cubed tomatoes, drained
4 ounces freshly grated Parmesan cheese
1 tablespoon minced fresh parsley

Bring water to boil in large saucepan over high heat. Add potatoes, leeks, celery, corn and 1 teaspoon salt. Return to boil. Reduce heat to medium-low, cover and simmer until vegetables are tender, about 15 minutes.

Melt butter in medium saucepan over medium-low heat. Remove from heat and blend in flour. Add milk, Worcestershire sauce, remaining 1 1/2 teaspoons salt, mustard and pepper. Return to medium-low heat and stir until thickened, about 10 minutes. Stir into potato mixture. Add tomatoes, Parmesan and parsley. Ladle soup into heated bowls and serve.

Corn Chowder

2 cups fresh raw corn kernels (about 4 ears of corn), or use frozen
1/4 cup butter
1/4 cup minced onion
1 tablespoon lemon juice
1/4 teaspoon dry mustard
1 teaspoon sugar
1 teaspoon salt
Freshly ground black pepper
2 cups chicken stock
2 cups light cream
Tabasco sauce

Saute onion in butter until translucent but not browned. Stir in lemon juice, mustard, sugar, salt and pepper. Add corn and chicken stock. Bring to a boil, cover, reduce heat and simmer for 10 minutes. Just before serving add cream and a dash of Tabasco, mix well and bring to serving temperature over low heat. Do not let chowder boil after cream is added.

Corn Soup

2 tablespoons butter or margarine
1 teaspoon chili powder
1 cup each seeded and diced green and red bell peppers
1 1/2 cups fresh or frozen thawed corn kernels
6 cups chicken broth
1 cup whipping cream
1/4 teaspoon salt

In a 3 quart pan, melt butter over medium heat. Add chili powder and peppers; cook, stirring, for 3 minutes. Add corn and broth. Bring to a boil; reduce heat and simmer, uncovered, for about 5 minutes.

Whip cream with salt until stiff. Pour soup into a tureen, add whipped cream, and stir lightly. Makes 8 to 10 servings.

Fresh Corn Chowder

6 fresh medium ears of corn
1/4 cup chopped onion
4 cups milk
2 tablespoons butter
3 tablespoons all purpose flour
1 slightly beaten egg

Using a sharp knife, cut tips of corn kernels off cobs. Scrape cobs. In a saucepan combine the corn, onion, 1/2 cup water and 1/2 teaspoon salt. Bring to a boi, reduce heat. Cover; simmer about 15 minutes or till corn is barely done, stirring occasionally. Stir in 3 1/2 cups of the milk, butter, 1 teaspoon salt and 1/4 teaspoon pepper.

Combine the remaining 1/2 cup milk and the flour. Add milk-flour mixture to corn mixture. Cook and stir till thickened and bubbly. Gradually stir about 1 cup of the hot mixture into beaten egg. Return to hot mixture in saucepan. Cook over low heat for 2 minutes more, stirring constantly (do not boil). If desired, garnish soup with snipped chives and paprika or crumbled bacon. Serves 6.

Quick Cheesy Chicken-Corn Chowder

1 whole small chicken breast
1/4 cup chopped onion

1/4 cup chopped celery
1 10 3/4-ounce can condensed cream of chicken soup
1 8 3/4-ounce can whole kernel corn
1/2 cup milk
1/2 cup shredded American cheese
2 tablespoons chopped pimiento

In a saucepan combine chicken, onion, celery, and 1/4 cup water. Bring to a boil, reduce heat. Cover and simmer 15 to 20 minutes. Remove chicken; when cool, cut off meat and chop. Return meat to broth; stir in remaining ingredients. Cook, uncovered, for 10 minutes.

Corn Chowder

1 pound can cream-style corn
3 slices bacon, cut in 1/2-inch pieces
1/4 cup chopped onion
2 1/4 cup chopped celery
1 1/2 cups diced cooked potatoes
1 1/2 teaspoons salt
1/8 teaspoon pepper
1/8 teaspoon thyme
2 cups milk
1 cup water
2 tablespoons butter

Fry bacon in skillet until almost crisp. Add onions and celery. Saute until tender; drain. Combine bacon mixture, potatoes, water, salt, pepper and thyme in large saucepan. Simmer 10 minutes. Add milk and corn. Heat thoroughly; do not boil. Top each serving with 1 teaspoon butter.

Corn Chowder

4 cups (1 liter) corn kernels, cut from 8 large ears
2 medium-sized potatoes, cut into 1/2 inch (1 cm) cubes
1 small Bermuda onion, finely chopped (1 cup [1/4 liter])
2 1/2 cups (625 ml) water
2 cups (1/2 liter) chicken broth
5 tablespoons (75 ml) butter
2 cups (1/2 liter) hot milk
salt and coarsely ground pepper
cayenne pepper
1 cup (1/4 liter) heavy cream

Place the corn in a large (4 quart (4 liter) saucepan. Pour in 1 cup (1/4 liter) of the water, and the chicken broth. Place on low heat, bring to a boil and simmer for 15 minutes. Stir occasionally.

In the meantime, boil the potatoes in the remaining 1 1/2 cups (375 ml) of water until tender, or for about 15 minutes. Drain. Gently cook the chopped onion in 4 tablespoons (60 ml) of the butter, without browning, until soft (about 10 minutes). Add the onion, well-drained potatoes and hot milk to the corn. Puree this mixture in a blender, a cup or two (1/2 liter) at a time, running for 1 minute at low speed and another minute at high speed. Place the puree in the top of a very large double boiler. Season to taste with salt and pepper and a dash of cayenne.

Place the pot over boiling water and heat the soup thoroughly. When the mixture is scalding hot, stir in the heavy cream. Place the remaining tablespoon (15 ml) of butter in a soup tureen, pour in the chowder and serve at once.

Corn Chowder

4 fresh medium ears of corn or one 10-oz package frozen whole kernel corn

(I use 2 11 oz cans of Green Giant Niblets- whole kernel vacuum packed)

1/2 cup cubed, peeled potato

1/2 cup onion

1/3 cup water

2 tsp instant bouillon granules (or 2 cubes)

1/4 tsp pepper

1 3/4 cups milk (I use skim)

1 Tb margarine or butter

2 Tb all-purpose flour

If using fresh corn, use a sharp knife to cut off just the kernel tips from the ears of corn, then scrape the cobs with the dull edge of the knife. (You should have 2 cups corn.)

In a large saucepan, combine corn, potato, onion, water, bouillon, and pepper. Bring to boiling; reduce heat. Cover and simmer about 10 minutes or until just tender, stirring occasionally. Stir in 1 1/2 cups of the milk and the margarine or butter. Combine the remaining milk and flour. Stir milk-flour mixture into corn mixture. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. If desired, garnish with snipped chives or snipped parsley and crisp-cooked, crumbled bacon. (I use black pepper.) Makes 4 to 6 side-dish servings.

Clam and Corn Chowder

1/4 lb salt pork, diced	1 cup cooked corn, canned or fresh
2 onions, peeled & chopped	2 cups milk
2 stalks celery, chopped	1 cup cream
2 potatoes, peeled & chopped	2 cups minced clams
1 cup clam stock	Salt & pepper to taste

Fry salt pork in soup kettle until crisp. Remove with slotted spoon and set aside. Saute onions and celery in fat until tender. Add potatoes and stock and simmer, covered, 15 minutes. Add corn, milk, and cream. Simmer, uncovered, 10 minutes. Do not boil. Add clams and heat through. Season with salt and pepper. If desired, garnish with reserved salt pork.

Serves 4.

Tomato-Corn Chowder

"Don't be surprised by the delicate pink color of this chowder." 1 qt milk 2 cups cooked corn, canned or fresh 1 cup tomato puree Salt & pepper to taste 2 leaves basil 2 stalks celery, chopped 2 potatoes, peeled & chopped Combine milk, tomato puree, basil and celery in soup kettle. Simmer, uncovered, 10 minutes. Do not boil. Remove from heat and strain. Return liquid to kettle; discard solids. Cook potatoes in separate saucepan in boiling water 15 minutes or until tender. Drain. Add potatoes and corn to liquid in kettle, season with salt and pepper, and heat. Do not boil. [mara](#)

New England Clam Chowder

From: **dwalker@faline.bellcore.com (Derek X. Walker)**

Date: Mon, 15 Nov 1993 10:38:06 -0500

2 cans Campbell's potato soup
2 cans chopped clams
1 cup half and half
Medium onion, diced fine
2 cloves of garlic, diced fine

Drain 1 can of clams and save juice from remaining can. Mix all ingredients into a medium saucepan and bring to a boil over medium heat, stirring constantly for 10 to 15 minutes, reducing heat to low and simmer for approximately 10 simutes. Serve.

Recipe by:

Hans C. Lorenzen, Jr.

Glen Gardner, NJ

[amyl](#)

Simple Corn Chowder

From: "Laura Smith, FAS-CS, Ext. 55824" AS000060@Orion.YorkU.CA

Date: Thu, 15 Jul 1993 15:12 EDT

1 large can of creamed corn
1 small can of nibblets corn
2 medium potatoes
1 medium onion
milk
salt and pepper to taste.

In a sauce pan, cook the potatoes and onion in boiling water. Once cooked, do not drain cooking liquid and add cans of corn, and continue heating until warm. Put a pad of butter in your bowl, and ladle in hot soup. Add milk, salt and pepper to taste.

[mara](#)

Vegetable and Cheese Chowder

From: morrissey@stsci.edu (Mostly Harmless)

Date: Fri, 16 Jul 1993 18:50:28 GMT

This is from the Favorite Brand Name Recipes' Meatless Meals collection and is very quick and easy:

Vegetable and Cheese Chowder

1/3 cup quick or old fashion oats, uncooked
1 cup sliced celery
1/2 cup chopped onion
2 Tbsp. butter
2 cups milk
2 cups water
1 package (16 oz.) frozen mixed vegetables (can substitute canned or, even better, fresh vegetables of your choice - you would just need to cut the cooking time down a bit)
1 tsp mustard
1/2 tsp salt
1/8 tsp black pepper
2 cups (8 oz) cheddar cheese, shredded

Place oats in food processor or blender; cover and process for 1 minute; set aside.

In a 4-quart saucepan or a dutch oven, saute celery and onion in butter until tender; blend in ground oats.

Gradually add milk and water; continue cooking over medium heat, stirring constantly, until thickened.

Reduce heat; add remaining ingredients except cheese.

Continue cooking over low heat for 10 minutes or until veggies are heated through.

Remove from heat; add cheese and stir til well blended.

[mara](#)

``Cream of" Soups

Index

- [Cream of asparagus soup with Morels](#)
- [Cream of Broccoli Soup](#)
- [Cream of Carrot Soup](#)
- [Cream of salsify and mushroom soup](#)

[amyl](#)

Cream of asparagus soup with Morels

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Wed, 20 Oct 1993 12:00:00 +0100

Fredy Girardet: 'I like to serve a light little soup at the start of a meal. In a menu of four or fives courses, this is one of the best soups for sharpening the appetite'.

Servings: 4

8 Thin green asparagus spears
6 Fat green asparagus spears,
-- about 10 cm (4 in) long
1 Shallot, medium-sized
100 g Fresh morels (3 1/2 oz) or
-- 15 g (1/2 oz) dried ones
100 g Unsalted butter (3 1/2 oz)
200 ml Double cream (scant 1/2 pint
Salt
Pepper
Cayenne

Preparation

Clean the asparagus spears and cook the thin ones for about 5 minutes and the fat ones for about 10 minutes in boiling salted water. Drain both kinds and reserve the water in which they cooked. Cut off the tips of the eight thin spears and set them aside for the garnish.

Peel and chop the shallot finely. Wash the morels CAREFULLY and cut them into quarters (if you are using dried ones, soak them in water for at least half an hour before this step).

Heat half the butter in a saucepan. Add two-thirds of the chopped shallot and colour in the butter. Add the six fat asparagus spears and 200 ml (a scant 1/2 pint) of their reserved cooking water. Bring to the boil.

Add the cream and reduce it by boiling fast for 2 minutes. Liquidise the soup with 30g (1 oz) of the remaining butter. Wash out the saucepan.

Strain the liquidized soup through a fine sieve. Season with salt, pepper and cayenne, and return it to the cleaned saucepan. Set it aside.

Finishing

Reheat the thin asparagus tips by warming them through in a little of their cooking liquid. Reheat the asparagus soup.

Put the morels, the rest of the chopped shallot and the remaining 20 g (3/4 oz) butter into a small saucepan. Season with a little salt and cook gently. The morels will excludesa little liquid. Leave them to cook until they have given off all their liquid, at which stage they will be done. Take them off the heat.

Serving

Put a ladleful of the soup into each soup-plate. Garnish the centre of each one with a share of morels and two asparagus tips.

(From: Fredy Girardet, Cuisine spontanee, M-Papermac, ISBN 0-333-40957-4)
Posted by Rene Gagnaux

[amyl](#)

Cream of Broccoli Soup

From: mnneely@ucdavis.edu ()

Date: Thu, 23 Sep 1993 21:56:13 GMT

Hello everyone. This is my first time posting to this tasty group. A couple of days ago I created what I thought was a yummy soup...

2 bunches broccoli, stalks removed
2 parsnips, chopped
2 carrots, chopped
1 large onion, diced
3/4 pound of mushrooms, diced
5 cloves of garlic, minced
2 cups of white wine

1 pint of whipping cream
1 pint of lowfat plain yogurt (or about 2 individual sized tubs)
1 T of dried basil
2 T nutmeg
1 1/2 T Worcestershire sauce
4 oz freshly grated Parmesan cheese
salt and pepper to taste

PREPARATION TIME: about 45 minutes

MAKES: about 20 servings

Put vegetables in BIG pot and cover with wine and water. Bring to a boil slowly and let simmer until vegetables are soft. Puree (a hand blender is handy). Add remaining ingredients, stirring while doing so. Let simmer for a few minutes before eating. Feel free to play around with the seasonings. I cook by taste so the amounts are guestimates!

[amyl](#)

Cream of carrot soup

From: gisselbr@husc8.harvard.edu (Stephen Gisselbrecht)

Date: 1 Sep 93 19:43:38 EDT

2 lbs. carrots
2 medium potatoes
3 or 4 large onions
1-2 *fists* of garlic (not cloves!)
~1 T dried thyme
~2 t ground coriander seed
~2 t ground ginger root (less if you don't like hot food)
~1/2 t black pepper
~1/2 t ground cardamom
~1 C good red wine
1 C sour cream
salt to taste

Peel and dice the first four ingredients, and put in a large pot. Yeah, it seems like a whole lot of garlic, but it makes a lot of soup and it's going to cook for a long time. Add the seasonings, then the wine, then water until the veggies are completely covered. Bring to a boil and then slowly simmer, stirring occasionally, for hours. You cannot overcook it at this point. When you think it's ready, test the largest chunk of carrot you can find--it should be quite soft.

Strain the soup through a colander, reserving the liquid. Puree the veggies in a food processor--you'll probably have to do this in batches. Use a little of the liquid to help it form a smooth puree. Stir the sour cream into the puree; you may not want to use the whole cup, so try adding less and tasting it.

Strain the reserved broth into the puree through a fine-meshed sieve. (The spices will have given up all their flavor by now, and they make the soup kinda gritty.) Stir it in, and then *carefully* salt it.

Makes lots--probably enough for a first course for 10. Serve warm. If desired, you can simmer some broccoli florets in the strained broth while you're pureeing and then throw those in for color and texture contrast.

[amyl](#)

Cream of salsify and mushroom soup

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Thu, 4 Nov 1993 11:00:00 +0100

Categories: Soups

Servings: 4

450 g Salsify (1 lb)
2 Onions, chopped
3 tb Sunflower oil
275 g Mushrooms (9 2/3 oz),
-- cleaned and roughly
-- chopped
1 tb Olive oil
1 l Water (2 1/8 pints)
25 g Butter (1 oz)
25 g Flour (1 oz)
1 1/2 dl Milk (1/4 pint)
Sea salt
Black pepper, freshly ground

Scrub the salsify in plenty of water, discard the ends of the roots and cut into 1 cm (1/2 in) lengths. Soften the onions with the salsify in the sunflower oil for 10 ... 15 minutes in a heavy, covered pan. Stir occasionally to prevent sticking, as salsify is dry.

Meanwhile stew the mushrooms in the olive oil until they have given off their liquid, reserve the liquid and add the mushrooms to the salsify and onions. Cover with the water and bring to the boil; simmer for 20 minutes.

In a heavy pan, melt the butter, stir in the flour and gradually add first the mushrooms-liquid, then the milk. When you have a thick sauce, slowly stir in the liquid from the soup, add the vegetables and liquidize.

Season with salt and pepper to taste.

From: B.Allen, The soup book, M-Papermac, 1993, ISBN 0-333-58224-1

(Salsify is a long, thin, darkly earth-coloured root, can be found in greengrocers's shops in February, also available as preserved ; when scrubbed, it is revealed to be white whitout an obvious outer skin. Also known as "vegetable oysters" - some curiously salt, fishy flavour - or as "poor people's asparagus")

MMMMM

[amyl](#)

Hot and Sour Soups

Index

- [Hot & Sour Soups : COLLECTION \(Micaela Pantke\)](#)
- [Hot & Sour Soups : COLLECTION \(Mike Bowers\)](#)
- [Hot & Sour Soups : COLLECTION \(Sarah Henderson\)](#)
- [Hot and Sour Vegetable Soup](#)
- [Vaththalkozhambu \(Indian hot+sour sauce/soup\)](#)

[amyl](#)

COLLECTION: Hot & Sour Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:15 +0200

Contents

- [Chinese Soup Chengdu \(Micaela "Stayka" Pantke\)](#)
- [Hot And Sour Rice Soup \(Kim Muralt\)](#)
- [Hot And Sour Shrimp Soup \(Thai\) \(Sarah Henderson\)](#)
- [Hot And Sour Soup \(Chinese\) \(Sarah Henderson\)](#)
- [Hot And Sour Soup \(Cynthia K. Harkins\)](#)
- [Hot And Sour Soup \(1\) \(Gary Allen\)](#)
- [Hot And Sour Soup \(2\) \(Gary Allen\)](#)
- [Hot And Sour Soup \(Kelly Quaal\)](#)
- [Hot And Sour Soup \(1\) \(Kim Muralt\)](#)
- [Hot And Sour Soup \(2\) \(Kim Muralt\)](#)
- [Hot And Sour Soup \(3\) \(Kim Muralt\)](#)
- [Hot And Sour Soup \(rdabrowski@galaxy.gov.bc.ca\)](#)
- [Hot And Sour Soup \(Rich Young\)](#)
- [Taiwanese Hot And Sour Soup \(Eddie Van Huffel\)](#)
- [Thai Hot And Sour Soup \(Kim Muralt\)](#)

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From: hz225wu@unidui.uni-duisburg.de (Micaela "Stayka" Pantke)

CHINESE SOUP CHENGDU (Microwave)

=====

(Serves 2)

Ingredients:

- 30g shiitake mushrooms
- 1 medium onion
- 1 red bell pepper
- 1 green bell pepper
- 10g butter
- 100g soy sprouts
- 2 tblsp soy sauce
- 2 tblsp vinegar

- 1 tblsp honey
- 1/2 l beef or chicken broth
- Spices: salt, cayenne pepper, ginger, 5-spices powder (to taste)

Instructions:

Soak mushrooms 30 minutes in lukewarm water. Dice bell peppers and onion finely. Cut mushrooms in thin strips.

Put butter and onions in microwave pan and steam for 2-3 minutes at 600 W. Add bell peppers, soy sprouts and mushrooms. Stir in soy sauce, vinegar and honey. Cover and boil at 600 W for about 10-12 minutes.

Add broth and season with spices. Heat another 5 minutes at 600 W, season again, if necessary and leave to stand for another 3 minutes.

Note:

If you don't want to use a microwave oven you should steam the vegetables in a pan, pour in broth and boil at low heat for about 15 minutes.

Nutritional Value per Serving:

160 kcal (670 kJ)

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From: catwoman@sequent.com (Kim Muralt)

HOT AND SOUR RICE SOUP

=====

(Serves 6)

Ingredients:

- 6 dried black mushrooms (soaked, drained and sliced thin)
- 5.5 cup broth
- 1/4 lb boneless pork (cut into matchsticks)
- 1/2 cup slivered Bamboo shoots
- 1/2 small carrot (cut into matchsticks)
- 1.5 cup rice, cooked
- 1/4 cup rice or white vinegar
- 2 tblsp cornstarch
- 2 tblsp soy sauce
- 2 tblsp water
- 1/2 tsp white pepper
- 1 egg, beaten
- 1 tsp sesame oil

- 2 green onions, thinly sliced
- 1/2 tsp hot pepper sauce

Instructions:

In 4-quart Dutch oven, heat broth to boiling on medium heat. Add pork, mushrooms, bamboo shoots, and carrots. Cook 3 minutes.

Add rice, vinegar, soy sauce, white pepper, sesame oil and hot pepper sauce. Return to a boil, reduce heat, and simmer 3 minutes.

In a cup, stir together cornstarch and water until smooth. Gradually stir it into the soup. Cook until slightly thickened. Remove from heat. Gradually add egg in a steady stream, stirring constantly. Garnish with green onion.

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From: sehender@reed.edu (Sarah Henderson)

Source: Madhur Jaffrey's Far Eastern Cookery

HOT AND SOUR SHRIMP SOUP (THAI)
=====

Ingredients:

- 1 lb. med. shrimp
- 2 sticks fresh or 2 tablespoon. dried lemongrass
- 4 fresh or dried kaffir lime leaves or
1 tblsp finely grated lemon zest
- 1 1/2 qt chicken stock
- 1 tblsp fish sauce or salt to taste
- 3 tblsp fresh lime juice or to taste
- 1 tsp Thai chili paste (nam prik pow) or
substitute 1/4 tsp. cayenne, 1/4 tsp. sugar, 1/2 tsp. oil
- 15 oz can straw mushrooms or 12 med. fresh mushrooms
- 3 fresh hot green chilies
- 3 tblsp cilantro

Instructions:

Wash, peel, de-vein shrimp. Save shells. Wash shrimp again, drain, pat dry, cover and refrigerate. If using fresh lemongrass, cut each stick into three 2 inch pieces -- starting from rounded bottom end. Discard straw-like top. Lightly crush the 6 pieces.

In a pan, combine lemongrass, lime leaves, stock, and shrimp shells. Bring to boil. Lower heat and simmer gently for 20 minutes. Strain

stock, then add fish sauce, lime juice, and chili paste. Adjust fish sauce and lime juice to taste. *Add more chili paste for more heat.

Drain straw mushrooms and add to stock. (If using fresh mushrooms, quarter them and drop in lightly salted boiling water. Boil 1 minute. Drain and add to stock.) **The soup can be prepared to this point several hours ahead of time and stored in the refrigerator.**

Prepare garnish shortly before serving. Cut green chilies into fine rounds. Wash and dry cilantro. Just before serving, heat the soup, when it begins to boil, drop in peeled shrimp. Cook on medium heat for 2 minutes or just until shrimp turn opaque. Garnish with chilies and cilantro leaves. Serve hot.

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From: sehender@reed.edu (Sarah Henderson)

Source: Jeff Smith's _Three Ancient Cuisines_.

HOT AND SOUR SOUP (CHINESE)
=====

Ingredients:

- 6 cups chicken stock (seasoned with some ginger)
- 2 tblsp light soy sauce
- 1/4 lb lean pork, in 1/4 inch cubes
- 6 dried Chinese mushrooms (soaked 3 hrs., drained, julienned)
- 3/4 tsp ground white pepper or more to taste
- 1/4 cup white vinegar -- more or less to taste
- 5 tblsp cornstarch mixed with 5 tblsp water
- salt if needed
- 1/2 cup bamboo shoots, julienned
- 1/4 dried cloud ears, soaked 1 hr., drained, and shredded
- 1 cake bean curd, cut into 1/4 inch cubes
- 4 eggs, beaten

Garnish:

- cooked ham, cut in slivers
- green onion, chopped
- sesame oil to taste
- grated carrot
- ground black pepper

Instructions:

Bring stock to simmer, add soy sauce, pork, and mushrooms. Simmer 10

minutes. Add pepper, vinegar, and thicken with cornstarch mixture. Adjust seasonings to taste. Add bamboo, cloud ears, and bean curd. Bring to simmer and pour in eggs in a very thin stream over the surface of the soup. Wait 10 seconds and stir gently. Add garnishes and serve.

Note: Add garlic and red chili paste for more heat.

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From: harkins@iraq.crd.ge.com (Cynthia K. Harkins)

HOT AND SOUR SOUP

=====

Ingredients:

7 1/2 cups chicken broth - use canned over cubes
1/4-1/2 lb pork - shredded

Marinade:

1/2 tsp cornstarch
1 tsp sesame oil
1/2 tsp sherry

3 cups hot water
20 small dried tree ears
20-30 dried tiger lily buds
8-12 dried Chinese (black) mushrooms
6-12 oz fresh mushrooms - sliced
1-2 cans water chestnuts - sliced
1 carrot - shredded
1 can bamboo shoots - shredded (optional)
1/2-3/4 lb tofu - shredded
6 tblsp cornstarch
6 tblsp COLD water
1/4 cup Worcestershire Sauce
1/4 cup Vinegar
1 egg - beaten
1/2-1 tsp black pepper
1/2-1 tsp white pepper
2-4 tblsp brown sugar (optional)
1 tblsp sesame oil
Tabasco sauce (to taste)

Instructions:

Preparation:

1. Start heating chicken broth on low heat.
2. Mix marinade ingredients and add shredded pork. Let stand at least 20 minutes.
3. Add tree ears, tiger lily buds, and Chinese mushrooms to hot water and let soak for 20 minutes.
4. While the meat is marinating and the dried ingredients are rehydrating, slice and shred the vegetables and tofu.
5. When the dried ingredients are done soaking, remove the stems from the Chinese mushrooms and slice them. Remove the stems from the tiger lily buds and remove any hard spots from the tree ears. If the tree ears are too large to fit on a soup spoon cut them.
6. Mix 6 tblsp. cornstarch with 6 tblsp. COLD water.

Making the soup:

1. Bring the chicken broth to a full boil and reduce heat to medium.
2. Add all of the vegetables (tree ears, tiger lily buds, Chinese mushrooms, fresh mushrooms, water chestnuts, carrot, and bamboo) and simmer for 3-4 minutes.
3. Add pork (with marinade) and tofu and wait until soup is boiling.
4. Add Worcestershire sauce and vinegar.
5. Stir cornstarch/water paste and SLOWLY stir into soup. Wait until soup thickens slightly.
6. Stir beaten egg into soup.
7. Add black pepper, white pepper, brown sugar, sesame oil, and Tabasco.

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From: gallen@apollo.HP.COM (Gary Allen)

HOT AND SOUR SOUP

=====

(Serves 4-6)

Ingredients:

1 tblsp peanut oil (or other vegetable oil)
1 garlic clove
1 tsp ginger root (about 2 slices)
1/2 cup boneless pork loin, shredded
1 1/2 tblsp soy sauce or tamari
1/2 cup bamboo shoots, shredded
6 dried shiitake mushrooms
10 dried lily buds (also called golden needles)
12 dried tree ear fungus (also called cloud ears)
4 cups chicken broth (canned or homemade; I usually use canned)
1 tblsp dry sherry
3 tblsp red wine vinegar
1 tblsp cornstarch
1/4 cup water
1 tofu pad (a package generally contains 2 pads)
1/4 cup green onions
2 eggs
1 tblsp toasted sesame oil
1/4-1 tsp chili oil
1/4 tsp white pepper
salt and more pepper

Instructions:

-
- 1) Rehydrate the dried ingredients (15 minutes: in lukewarm water for the shiitakes, and in boiling water for the lily buds and tree ears). Heat the chicken broth (if it's canned, prepare it).
 - 2) Mince the garlic and ginger root and combine them. Shred the pork loin. Shred the bamboo shoots. Combine the cornstarch and the water. Chop the green onions. Lightly beat the eggs.
 - 3) Heat oil in wok (medium), add the garlic and ginger, stirring 30 seconds.
 - 4) Add the pork, cooking until it loses its pink color.
 - 5) Add the soy sauce, cook for 1 minute more.
 - 6) Add bamboo shoots, shiitakes, lily buds, tree ear fungi, stir quickly for 1 minute.
 - 7) Stir in chicken broth, sherry, and vinegar.
 - 8) Stir cornstarch/water mix one last time and add it to the soup.
 - 9) Add the tofu and bring the soup to a boil.
 - 10) Turn the heat to low, add the green onions.

11) Add the beaten eggs in a slow stream, stirring several times.

12) Turn off the heat and add the sesame oil, chili oil, white pepper. Season to taste and serve immediately.

Notes:

Like many Chinese recipes, it takes longer to prepare the ingredients than it does to cook the soup. As I understand it, hot and sour soup, traditionally, is a Northern Chinese way of using leftovers. Therefore, there are many, many variations possible, particularly in the dried ingredients. We never make it exactly the same way twice. I recommend using the shiitakes at least; most any grocery store has them. You may find tree ears and lily buds in an oriental food store.

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From: quaalk@dynamic.network.com (Kelly Quaal)

Source: "The Chinese Cookbook" by Craig Claiborne and Virginia Lee.

HOT AND SOUR SOUP

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(6 to 8 servings)

Ingredients:

- 2 large dried black mushrooms
- 6 tree ear mushrooms
- 4 dried tiger lily stems
- 1 tblsp peanut, vegetable, or corn oil
- 1/4 cup finely shredded pork
- 1 tblsp light soy sauce
- 1/2 cup finely shredded bamboo shoots
- 5 cups rich chicken broth
- salt to taste
- 2-3 tblsp red wine vinegar, according to taste
- 1 tsp dark soy sauce
- 2 tblsp cornstarch
- 3 tblsp water
- 1 1/2 pads fresh white bean curd, cut into thin strips
- 2 eggs, lightly beaten
- 1 tblsp sesame oil
- 1 tsp freshly ground white or black pepper
- 2 tblsp chopped scallions, green part included, for garnish
- minced fresh coriander for garnish (optional)

Instructions:

-
1. Place the mushrooms, tree ears, and tiger lily stems in a mixing bowl. Pour very hot or boiling water over them and let stand 15 to 30 minutes, then drain.
 2. Cut off and discard the stems of the mushrooms and the harder part of the tree ears. Cut both the mushrooms and tree ears into thin slices. With the fingers, shred the tiger lily stems, and if they are very long cut them in half.
 3. Heat a wok or skillet, and when it is hot add the oil and shredded pork. Stir to separate the strands of pork and add the light soy sauce. Add the mushrooms, tree ears, tiger lily stems, and bamboo shoots. Stir quickly about 1 minute and add the chicken broth and salt. Stir in the vinegar and dark soy sauce.
 4. Combine the cornstarch and water and stir into the simmering broth. When slightly thickened, add the bean curd, bring to a boil, and turn off the heat for about 30 seconds, to let the broth cool a bit so the eggs won't overcook when they are added.
 5. Add the sesame oil and pepper and stir to blend. Pour the soup into a hot soup tureen and gradually add the eggs in a thin stream, stirring in a circular motion. Sprinkle with the chopped scallion and the minced fresh coriander, if desired. Serve immediately.

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From: catwoman@sequent.com (Kim Muralt)

HOT AND SOUR SOUP (1)

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Ingredients:

2 tblsp oil
 2-3 oz. fresh mushrooms
 6-8 cup stock
 1 small can of sliced bamboo shoots (3 oz?), cut lengthwise into three, drained
 8 oz. tofu (or a package), sliced 2" X 1/4" X 1/4", drained
 2 tblsp vinegar
 2 tblsp soy sauce
 1/4 tsp white pepper
 3 tblsp corn starch
 3 tblsp water
 1 egg, beaten (eliminate for vegans)
 2 green onions, cut into thin circles
 1 tblsp chinese-style dark sesame oil

fresh ginger (size of US quarter, 3/4 inch round, 1/8 inch thick)
Tabasco sauce or chili oil (optional)

Instructions:

Slice the mushrooms and saute with oil in the soup pot (you can eliminate fat by just tossing the mushrooms in the stock without sauteing them, but they shrink something awful!). Add the stock (I used chicken, which is traditional). Most people will want the stock to have salt, but remember that the soy sauce is salty. Add the ginger, heat to a boil, and simmer gently for 20 minutes.

At some point you may wish to discard the ginger so some unsuspecting soul doesn't bite into it and get a mouthful of heat. You may wish to do the rest differently, but my wife is always in the kitchen preparing another last-minute dish, so I like to get all my ingredients together and ready.

Get five small bowls. Put the vinegar, soy sauce, ground white pepper and (optional) hot sauce in one and mix. Put the corn starch and water in the next and mix. Put the (optional) egg in the next and beat lightly. Put the green onion in the next, and the tofu and matchstick-cut bamboo shoots in the last.

A few minutes before you are ready to eat, turn the heat to medium. Add the tofu and bamboo shoots and wait until heated. Add the soy sauce mixture, heat until boiling. Stir corn starch mixture and add to rapidly boiling soup. Boil for a long minute until it thickens. Reduce heat.

If using egg, stir the soup in one direction until it's moving pretty well. Dribble the egg in, forming long strands. Let the strands firm (20 seconds). Add sesame oil and stir. You can float the green onions on top, or stir them in. Serve, with chili oil available for those who like it hotter.

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From: catwoman@sequent.com (Kim Muralt)

HOT AND SOUR SOUP (2)
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Ingredients:

- 1-2cm fresh root ginger
- 1 medium sized hot green chilli (cored and seeded)
- 2 cloves garlic
- 2 1/2 cups water

- 1 vegetable stock cube (2 cup size)
- Juice of one lemon
- 1 tblsp vinegar
- 3 tblsp dark soy sauce
- 1/3 tsp dried ginger
- 1 tsp five spice powder
- 4 spring onions
- 1 medium sized red sweet bell pepper
- 1 medium sized yellow sweet bell pepper
- 225g tin water chestnuts
- 225g tin bamboo shoots

Instructions:

Chop the ginger, chilli pepper and garlic finely. Simmer for ten minutes in 2 1/2 cups of water. Core, seed and chop the red and yellow peppers into strips. Slice the water chestnuts and bamboo shoots. Add these and the other remaining ingredients. Cook until the vegetables are cooked, but still crisp. Adjust the seasoning to sour and spicy, and make the liquid up to 7-8 cups (around 3 pints).

Serves 4 as a starter to a chinese meal.

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From: catwoman@sequent.com (Kim Muralt)

This is a recipe from a good chinese restaurant in Cincinnati.

HOT AND SOUR SOUP (3)

=====

(Serves 4)

Ingredients:

- 1 qt chicken broth
- 2 oz shredded pork tenderloin
- 2 oz shredded bean curd
- 2 tblsp shredded bamboo shoots
- 2 tblsp shredded cloud ears
- 2 tblsp dry lily buds
- 1 tblsp fresh ground black pepper
- 1 tsp salt
- 1 tsp sugar
- 1 tsp dark soy sauce
- 3 tblsp cider or rice wine vinegar
- 2-3 tsp cornstarch dissolved in 2 Tblsp water
- 1 egg, beaten
- few drops sesame oil

2 tblsp minced scallions or green onions

In a heavy kettle, bring the broth to a boil. Meanwhile soften the shredded cloud ears and dry lily buds in water to cover. Drain well Add the pork, bean curd, bamboo shoots, cloud ears and lily buds to the boiling stock. Bring again to a boil and stir in the pepper, salt, soy sauce, and vinegar. Slowly stir in the dissolved cornstarch until desired thickness. Slowly pour the egg into the soup, whisking constantly to form thin strands of egg. Remove from heat and add oil. Ladle into bowls and garnish with minced scallions.

Preperation time: ~20min Cooking time: ~20 min

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From: gallen@apollo.HP.COM (Gary Allen)

Source: USENET Cookbook

HOT AND SOUR SOUP (Popular Szechuan Chinese Soup)

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(serves 6-8)

Ingredients:

- 1 cup bean curd, cut into small cubes.
- 1/4 cup bamboo shoot, shredded
- 1/4 cup golden needles (tiger lily pods)
- 2 tblsp wood ear fungus shredded
- 1/4 cup black mushroom
- 1 egg, well beaten
- 4 oz very lean pork, shredded

Mixture A:

- 1 tsp light soy sauce
- 1 tsp cornstarch

Mixture B:

- 6 cups chicken stock
- 1 1/2 tsp salt
- 1 tsp MSG (optional)
- 1 tsp sugar

Mixture C:

- 3 tblsp cornstarch
- 3 tblsp water

Mixture D:

2 tblsp light soy sauce
2 tblsp vinegar
1 tsp sesame oil
1 tsp chili oil
1/2 tsp black pepper (fresh ground)
1/2 tsp white pepper (fresh ground)
3 tblsp scallion, or green onion, chopped
1 tblsp fresh ginger, chopped (Do not use powdered ginger).

Instructions:

- 1) Put the golden needles, wood ear, and black mushroom to soak in separate bowls of water. It takes 30 to 60 minutes for them to be ready. After soaking, the wood ear should be a flexible and flat material. It may have a few hard lumps; cut these off and discard them. Discard the soaking liquids.
- 2) Meanwhile, prepare mixtures A,C, and D. Place their ingredients in bowls, and mix well. When mixing with cornstarch, add the liquid slowly to the cornstarch. This avoids getting undissolved cornstarch balls.
- 3) Shred the pork. This pork must be very lean. The meat portion of pork cutlets or the center of pork chops are good sources. Shredding means cutting the pork into pieces about the size of wooden matches. (1/4 inch square by 1-2 inches) This is most easily done by slicing the pork, then laying the slices overlapping each other at an angle and cutting these at a reverse angle.
- 4) Marinate the pork in mixture A for 15 minutes. Then use 2 tblsp oil to stir-fry the meat until the color changes. Set the meat aside.
- 5) Shred and cube the other ingredients.
- 6) Bring mixture B to a boil and add the black mushroom, bamboo shoots, wood ear, bean curd, and golden noodles. Cook for 3 minutes. Add the meat, then add mixture C. Add the beaten egg while stirring to disperse the egg in sheets and filaments. Add mixture D, and cook another minute.
- 7) Serve hot.

Notes:

Bean curd must be fresh. If you cannot get it fresh, omit it.

You will need at least 6 bowls (soup bowls are OK), 1 large bowl, and

either a two-handled wok or a large sauce pan. Don't attempt this with a one-handled wok because it will be filled with boiling soup and is almost certain to spill.

Hot and sour soup is a generic soup type, so you can make many variations on this soup. To control the spiciness, adjust the ratio between mixture D and mixture B. Changing the ratios inside mixture D changes the nature of the soup. Finally, you can add a lot more ingredients if you want. The critical ingredients are the golden needles, bamboo (although almost any variety can be good), mushrooms (or fungus of some sort), and pork shreds. Experiment with different kinds of fungus and bamboo. Adding other mild vegetables is usually a success.

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From: rdabrowski@galaxy.gov.bc.ca

HOT AND SOUR SOUP

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(Serves 6)

Ingredients:

- 8 oz sliced ham
- 4 oz small mushrooms
- 8 oz lean pork
- 1 oz chinese pickles
- 4 oz bamboo shoots
- 7 cup chicken stock
- 1/2 cup white wine
- 1/2 tsp salt
- 2 tblsp corn starch
- 1/4 cup water
- 2 tblsp white vinegar
- 1 tsp sesame oil
- 1 egg
- 6 shallots (green onions)
- 8 oz bean curd (fresh)
- soy sauce

Instructions:

Cut ham into very fine shreds, slice mushrooms thinly, cut pork, pickles, and bamboo shoots into very fine shreds.

Place chicken stock, wine and salt into large pan, bring to boil, boil uncovered for 5 minutes. Remove pan from heat. Place corn starch and water into bowl, stir until wll combined. Gradually add mixture to

chicken stock, stir until combined. Return pan to heat, stir until soup comes to boil, reduce heat, add ham, mushrooms, pork, pickles and bamboo shoots. Stir until mixed. Simmer uncovered for 5 minutes.

Stir in vinegar and oil. Beat eggs and gradually add to chicken stock, stirring constantly. Add chopped shallots, add bean curd cut into 1/2 inch cubes. Simmer 3 minutes. Spoon into individual bowls, top with a tsp of soy sauce.

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From: young@serum.kodak.com (Rich Young)

HOT AND SOUR SOUP

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(Serves 5 or 6)

Ingredients:

- 1 quart golden miso broth
- 1 can bamboo shoots
- 1 can sliced water chestnuts
- 4 or 5 tree ear mushrooms, chopped
- 4 or 5 shitake mushrooms, chopped
- 1 pound firm tofu, cubed
- 1 can baby corn
- 4 Tblsp white vinegar
- 4 Tblsp dark soy sauce
- 2 Tblsp cooking sherry
- 2 Tblsp sesame oil
- 1 Tblsp oriental hot oil
- chopped scallions to taste

Instructions:

Bring miso broth to simmer in wok. Add all ingredients except sesame oil and scallions. Simmer 20 minutes.

Add sesame oil, stir and serve with chopped scallions (white and green parts) on top.

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From: eddie@railnet.nshore.ORG (Eddie Van Huffel)

TAIWANESE HOT AND SOUR SOUP

=====

I had an unusual hot and sour soup at a taiwanese restaurant in detroit,

and made a copy which follows.

I start off with chicken broth, and when it is hot, I put in Lemon Grass and steep it like tea. While this is steeping, I add one or two tablespoons of Louisiana Hot Soss for the heat. When the broth is reasonably cool, I strain it, and put it back in the pot. Oh yes, while I am letting the grass steep, I prepare julienne strips of white meat of chicken, sliced mushrooms, pea pods, scallions and a little bit of bean sprouts. Then I reheat the broth to a boil, and immediately take it off of the heat and put in the rest of the ingredients. In less than a minute, the soup is ready for serving. Salt to taste.

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From: catwoman@sequent.com (Kim Muralt)

THAI HOT AND SOUR SOUP
=====

If you can follow what I am about to write you, you might come up with something I had a Thai Restaurant.

Purchase some lemon grass, a handful of snow peas, a few sliced mushrooms, a few scallions, and a couple of chicken breasts. Along with this, have some Louisiana hot soss ready.

Begin by bringing some chicken broth (approx 1 - 2 quarts) to a boil. When it begins to boil, turn off the heat, and add the lemon grass, as well as Hot Soss (My copywrited version of Sauce) to taste. While all of this is going on, prepare the Chicken breasts by juliennening them (little strips), tthe scallions should be sliced into 1/4" pieces both white and green. About 2 or 3 should do, as most oriental soups are more clear broth, than the soups I used to prepare in my restaurant. When the chicken is stripped, the onions, snow peas, and mushrooms have been sliced and made ready, strain the broth, getting rid of the lemon grass. Then bring the broth to a boil, and again turn off the heat. Add the ingredients, and let sit for 1 minute.

The Chicken and all of the veggies will then be cooked satisfactory, and the soup will be ready to serve. My children have done this at school, and it is like pulling a rabbit out of a hat....

%%%

[mara](#)

COLLECTION: Hot and Sour soup

From: Mike Bowers mikeb@radonc.ucdmc.ucdavis.edu

Date: Thu, 28 Oct 1993 17:34:17 PST

previously posted to the net...

HOT and SOUR RICE SOUP: (Serves 6)

6	dried black mushrooms (soaked, drained and sliced thin)		
5.5 C	broth		
1/4 lb	boneless pork (cut into matchsticks)		
1/2 C	slivered Bamboo shoots		
1/2	small carrot (cut into matchsticks)		
1.5 C	rice, cooked		
1/4 C	rice or white vinegar	2 T	cornstarch
2 T	soy sauce	2 T	water
1/2 t	white pepper	1	egg, beaten
1 t	sesame oil	2	green onions, thinly sliced
1/2 t	hot pepper sauce		

In 4-quart Dutch oven, heat broth to boiling on medium heat.

Add pork, mushrooms, bamboo shoots, and carrots. Cook 3 minutes.

Add rice, vinegar, soy sauce, white pepper, sesame oil and hot pepper sauce.

Return to a boil, reduce heat, and simmer 3 minutes.

In a cup, stir together cornstarch and water until smooth.

Gradually stir it into the soup. Cook until slightly thickened.

Remove from heat. Gradually add egg in a steady stream, stirring constantly.

Garnish with green onion.

HOT AND SOUR SOUP

=====

If you want a real, authentic Hot & Sour Chinese soup, go look it up in a cookbook. This is my version, distilled from several recipies, but missing several ingredients that I'm sure some would say were absolutely esential. The quantities below are approximate, and you should vary them to suit you. I had this last night, and my wife was surprised that the kids each ate three bowls, instead of the stuff *she* made (I liked the stuff she made, but I had three bowls of the soup in addition to her stuff).

2 T oil

2-3 oz. fresh mushrooms

6-8 c. stock

fresh ginger (size of US quarter, 3/4 inch round, 1/8 inch thick)

small can of sliced bamboo shoots (3 oz?), cut lengthwise into three, drained

8 oz. tofu (or a package), sliced 2" X 1/4" X 1/4", drained
2 T vinegar
2 T soy sauce
1/4 t white pepper
Tabasco sauce or chili oil (optional)
3 T corn starch
3 T water
1 egg, beaten (eliminate for vegans)
2 green onions, cut into thin circles
1 T chinese-style dark sesame oil

Slice the mushrooms and saute with oil in the soup pot (you can eliminate fat by just tossing the mushrooms in the stock without sauteing them, but they shrink something awful!). Add the stock (I used ch****n, which is traditional, but this is cross-posted to rec.food.veg, so I can't say that). Most people will want the stock to have salt, but remember that the soy sauce is salty. Add the ginger, heat to a boil, and simmer gently for 20 minutes. At some point you may wish to discard the ginger so some unsuspecting soul doesn't bite into it and get a mouthful of heat. You may wish to do the rest differently, but my wife is always in the kitchen preparing another last-minute dish, so I like to get all my ingredients together and ready. Get five small bowls. Put the vinegar, soy sauce, ground white pepper and (optional) hot sauce in one and mix. Put the corn starch and water in the next and mix. Put the (optional) egg in the next and beat lightly. Put the green onion in the next, and the tofu and matchstick-cut bamboo shoots in the last. A few minutes before you are ready to eat, turn the heat to medium. Add the tofu and bamboo shoots and wait until heated. Add the soy sauce mixture, heat until boiling. Stir corn starch mixture and add to rapidly boiling soup. Boil for a long minute until it thickens. Reduce heat. If using egg, stir the soup in one direction until it's moving pretty well. Dribble the egg in, forming long strands. Let the strands firm (20 seconds). Add sesame oil and stir. You can float the green onions on top, or stir them in. Serve, with chili oil available for those who like it hotter.

FROM: Terri Huggett

Saved from the net. Don't know if all the ingredients are easy to find. Hope it helps.

Terri Huggett
huggett@sequent.com

From: harkins@iraq.crd.ge.com (Cynthia K. Harkins)
Path: iraq!harkins

Hot & Sour Soup

Ingredients:

- . 7 1/2 cups chicken broth - use canned over cubes
- . 1/4 - 1/2 lb. pork - shredded
- Marinade:
 - 1/2 tsp. cornstarch
 - 1 tsp. sesame oil
 - 1/2 tsp. sherry
- . 3 cups hot water
- . 20 small dried tree ears
- . 20-30 dried tiger lily buds
- . 8-12 dried Chinese (black) mushrooms
- . 6-12 oz. fresh mushrooms - sliced
- . 1-2 cans water chestnuts - sliced
- . 1 carrot - shredded
- . 1 can bamboo shoots - shredded (optional)
- . 1/2 - 3/4 lb. tofu - shredded
- . 6 tbsp. cornstarch
- . 6 tbsp. COLD water
- . 1/4 cup Worcestershire Sauce
- . 1/4 cup Vinegar
- . 1 egg - beaten
- . 1/2 - 1 tsp. black pepper
- . 1/2 - 1 tsp. white pepper
- . 2 - 4 tbsp. brown sugar (optional)
- . 1 tbsp. sesame oil
- . Tabasco sauce (to taste)

Directions:

Preparation:

1. Start heating chicken broth on low heat.
2. Mix marinade ingredients and add shredded pork. Let stand at least 20 minutes.
3. Add tree ears, tiger lily buds, and Chinese mushrooms to hot

water and let soak for 20 minutes.

4. While the meat is marinating and the dried ingredients are rehydrating, slice and shred the vegetables and tofu.
5. When the dried ingredients are done soaking, remove the stems from the Chinese mushrooms and slice them. Remove the stems from the tiger lily buds and remove any hard spots from the tree ears. If the tree ears are too large to fit on a soup spoon cut them.
6. Mix 6 tbsp. cornstarch with 6 tbsp. COLD water.

Making the soup:

1. Bring the chicken broth to a full boil and reduce heat to medium.
2. Add all of the vegetables (tree ears, tiger lily buds, Chinese mushrooms, fresh mushrooms, water chestnuts, carrot, and bamboo) and simmer for 3-4 minutes.
3. Add pork (with marinade) and tofu and wait until soup is boiling.
4. Add Worcestershire sauce and vinegar.
5. Stir cornstarch/water paste and SLOWLY stir into soup. Wait until soup thickens slightly.
6. Stir beaten egg into soup.
7. Add black pepper, white pepper, brown sugar, sesame oil, and Tabasco.

From: gallen@apollo.HP.COM (Gary Allen)

HOTSOUR-SOUP-2(SP) USENET Cookbook HOTSOUR-SOUP-2(SP)

HOT AND SOUR SOUP

HOTSOUR-SOUP-2 - Popular Szechuan Chinese soup

I learned this recipe while taking Szechuan cooking classes. This soup is very popular in this country. It comes in a great many varieties, and can range from very mild to very spicy, and from a soup to almost a stew. This particular recipe is a medium spicy soup that should be within most peoples' tolerance range.

INGREDIENTS (serves 6-8)

1 cup bean curd, cut into small cubes.
1/4 cup bamboo shoot, shredded
1/4 cup golden needles (tiger lily pods)
2 Tbsp wood ear fungus shredded
1/4 cup black mushroom
1 egg, well beaten
4 oz very lean pork, shredded

MIXTURE A

1 tsp light soy sauce
1 tsp cornstarch

MIXTURE B

6 cups chicken stock
1 1/2 tsp salt
1 tsp MSG (optional)
1 tsp sugar

MIXTURE C

3 Tbsp cornstarch
3 Tbsp water

MIXTURE D

2 Tbsp light soy sauce
2 Tbsp vinegar
1 tsp sesame oil
1 tsp chili oil
1/2 tsp black pepper (fresh ground)
1/2 tsp white pepper (fresh ground)
3 Tbsp scallion, or green onion, chopped
1 Tbsp fresh ginger, chopped (Do not use powdered ginger).

PROCEDURE

- (1) Put the golden needles, wood ear, and black mushroom to soak in separate bowls of water. It takes 30 to 60 minutes for them to be ready. After soaking, the wood ear should be a flexible and flat material. It may have a few hard lumps; cut these off and discard them. Discard the soaking liquids.
- (2) Meanwhile, prepare mixtures A, C, and D. Place their ingredients in bowls, and mix well. When mixing with cornstarch, add the liquid slowly to the cornstarch. This avoids getting undissolved cornstarch balls.
- (3) Shred the pork. This pork must be very lean. The meat portion of pork cutlets or the center of pork chops are good sources. Shredding means cutting the pork into pieces about the size of wooden

matches. (1/4 inch square by 1-2 inches) This is most easily done by slicing the pork, then laying the slices overlapping each other at an angle and cutting these at a reverse angle.

- (4) Marinate the pork in mixture A for 15 minutes. Then use 2 Tbsp oil to stir-fry the meat until the color changes. Set the meat aside.
- (5) Shred and cube the other ingredients.
- (6) Bring mixture B to a boil and add the black mushroom, bamboo shoots, wood ear, bean curd, and golden noodles. Cook for 3 minutes. Add the meat, then add mixture C. Add the beaten egg while stirring to disperse the egg in sheets and filaments. Add mixture D, and cook another minute.
- (7) Serve hot.

NOTES

Bean curd must be fresh. If you cannot get it fresh, omit it.

You will need at least 6 bowls (soup bowls are OK), 1 large bowl, and either a two-handled wok or a large sauce pan. Don't attempt this with a one-handled wok because it will be filled with boiling soup and is almost certain to spill.

Hot and sour soup is a generic soup type, so you can make many variations on this soup. To control the spiciness, adjust the ratio between mixture D and mixture B. Changing the ratios inside mixture D changes the nature of the soup. Finally, you can add a lot more ingredients if you want. The critical ingredients are the golden needles, bamboo (although almost any variety can be good), mushrooms (or fungus of some sort), and pork shreds. Experiment with different kinds of fungus and bamboo. Adding other mild vegetables is usually a success.

RATING

Difficulty: easy but tedious. Time: 1-2 hours (lots of preparation, little cooking) Precision: measure the ingredients.

HOT AND SOUR SOUP

HOTSOUR-SOUP-1 - Szechuan hot and sour soup

I have seldom been to a Chinese restaurant without having

hot and sour soup, and it was pleasant to discover how easy it is to make it at home. We have fixed this by itself as a dinner for two with enough left over for lunch. Particularly when we add extra meat and vegetables, we find it a very hearty soup which is surprisingly easy to make.

INGREDIENTS (Serves 4-6)

1 Tbsp peanut oil (or other vegetable oil)
1 garlic clove
1 tsp ginger root (about 2 slices)
1/2 cup boneless pork loin, shredded
1 1/2 Tbsp
soy sauce or tamari
1/2 cup bamboo shoots, shredded
6 dried shiitake mushrooms
10 dried lily buds (also called golden needles)
12 dried tree ear fungus (also called cloud ears)
4 cups chicken broth (canned or homemade; I usually use
canned)
1 Tbsp dry sherry
3 Tbsp red wine vinegar
1 Tbsp cornstarch
1/4 cup water
1 tofu pad (a package generally contains 2 pads)
1/4 cup green onions
2 eggs
1 Tbsp toasted sesame oil
1/4-1 tsp chili oil
1/4 tsp white pepper
salt and more pepper

PROCEDURE

- (1) Rehydrate the dried ingredients (15 minutes: in lukewarm water for the shiitakes, and in boiling water for the lily buds and tree ears). Heat the chicken broth (if it's canned, prepare it).
- (2) Mince the garlic and ginger root and combine them. Shred the pork loin. Shred the bamboo shoots. Combine the cornstarch and the water. Chop the green onions. Lightly beat the eggs.
- (3) Heat oil in wok (medium), add the garlic and ginger, stirring 30 seconds.
- (4) Add the pork, cooking until it loses its pink color
- (5) Add the soy sauce, cook for 1 minute more.
- (6) Add bamboo shoots, shiitakes, lily buds, tree ear fungi, stir quickly for 1 minute.

- (7) Stir in chicken broth, sherry, and vinegar.
- (8) Stir cornstarch/water mix one last time and add it to the soup.
- (9) Add the tofu and bring the soup to a boil.
- (10) Turn the heat to low, add the green onions.
- (11) Add the beaten eggs in a slow stream, stirring several times.
- (12) Turn off the heat and add the sesame oil, chili oil, white pepper. Season to taste and serve immediately.

NOTES

Like many Chinese recipes, it takes longer to prepare the ingredients than it does to cook the soup. As I understand it, hot and sour soup, traditionally, is a Northern Chinese way of using leftovers. Therefore, there are many, many variations possible, particularly in the dried ingredients. We never make it exactly the same way twice. I recommend using the shiitakes at least; most any grocery store has them. You may find tree ears and lily buds in an oriental food store.

RATING

Difficulty: easy to moderate Time: about an hour Precision: no need to measure.

Hot and Sour soup

Ingredients

- o 1-2cm fresh root ginger
- o 1 medium sized hot green chilli (cored and seeded)
- o 2 cloves garlic
- o 2 1/2 cups water
- o 1 vegetable stock cube (2 cup size)
- o Juice of one lemon
- o 1 tbsp vinegar
- o 3 tbsp dark soy sauce
- o 1/3 tsp dried ginger
- o 1 tsp five spice powder
- o 4 spring onions
- o 1 medium sized red sweet bell pepper

- o 1 medium sized yellow sweet bell pepper
- o 225g tin water chestnuts
- o 225g tin bamboo shoots

Method

Chop the ginger, chilli pepper and garlic finely. Simmer for ten minutes in 2 1/2 cups of water.

Core, seed and chop the red and yellow peppers into strips. Slice the water chestnuts and bamboo shoots. Add these and the other remaining ingredients. Cook until the vegetables are cooked, but still crisp. Adjust the seasoning to sour and spicy, and make the liquid up to 7-8 cups (around 3 pints).

Serves 4 as a starter to a chinese meal.

Units

All units and measures are metric American. A UK imperial measure version is available from foster@jumbly.enet.dec.com

HOT & SOUR SOUP

This is a recipe from a good chinese restaurant in Cincinnati.

- 1 Qt chicken broth
- 2 oz shredded pork tenderloin
- 2 oz shredded bean curd
- 2 Tblsp shredded bamboo shoots
- 2 Tblsp shredded cloud ears
- 2 Tblsp dry lily buds
- 1 Tblsp fresh ground black pepper
- 1 tsp salt
- 1 tsp sugar
- 1 tsp dark soy sauce
- 3 Tblsp cider or rice wine vinegar
- 2-3 tsp cornstarch dissolved in 2 Tblsp water
- 1 egg, beaten
- few drops sesame oil
- 2 Tblsp minced scallions or green onions

In a heavy kettle, bring the broth to a boil. Meanwhile soften the shredded cloud ears and dry lily buds in water to cover. Drain well. Add the pork, bean curd, bamboo shoots, cloud ears and lily buds to the boiling stock. Bring again to a boil and stir in the pepper, salt, soy sauce, and vinegar. Slowly stir in the dissolved cornstarch until desired thickness. Slowly pour the egg into the soup, whisking constantly to form thin strands of egg. Remove from heat and add oil. Ladle into bowls and garnish with minced scallions. Serves 4. Preparation time: ~20min
Cooking time: ~20 min

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[amyl](#)

COLLECTION: Hot & Sour Soups

From: Sarah Henderson sehender@reed.edu

Date: Tue, 10 Aug 1993 11:33:50 -0700 (PDT)

Hot and Sour Soup

from Jeff Smith's Three Ancient Cuisines.

Hot & Sour Soup(Chinese)

*Add garlic and red chili paste for more heat.

6 cups chicken stock(seasoned with some ginger)
2 Tbsp. light soy sauce
1/4 lb. lean pork, in 1/4 inch cubes
6 dried Chinese mushrooms(soaked 3 hrs., drained, julienned)
3/4 tsp. ground white pepper or more to taste
1/4 cup white vinegar--more or less to taste
5 Tbsp. cornstarch mixed with 5 Tbsp. water
salt if needed
1/2 cup bamboo shoots, julienned
1/4 dried cloud ears, soaked 1 hr., drained, and shredded
1 cake bean curd, cut into 1/4 inch cubes
4 eggs, beaten

Garnish

cooked ham, cut in slivers
green onion, chopped
sesame oil to taste
grated carrot
ground black pepper

Bring stock to simmer, add soy sauce, pork, and mushrooms. Simmer 10 minutes. Add pepper, vinegar, and thicken with cornstarch mixture. Adjust seasonings to taste. Add bamboo, cloud ears, and bean curd. Bring to simmer and pour in eggs in a very thin stream over the surface of the soup. Wait 10 seconds and stir gently. Add garnishes and serve.

from Madhur Jaffrey's Far Eastern Cookery.

Hot & Sour Shrimp Soup(Thai)

1 lb. med. shrimp
2 sticks fresh or 2 Tbsp. dried lemongrass
4 fresh or dried kaffir lime leaves or
 1 Tbsp. finely grated lemon zest
1 1/2 quarts chicken stock
1 Tbsp. fish sauce or salt to taste
3 Tbsp. fresh lime juice or to taste
1 tsp. Thai chili paste(nam prik pow) or
 substitute 1/4 tsp. cayenne, 1/4 tsp. sugar, 1/2 tsp. oil
15 oz. can straw mushrooms or 12 med. fresh mushrooms
3 fresh hot green chilies
3 Tbsp. cilantro

Wash, peel, de-vein shrimp. Save shells. Wash shrimp again, drain, pat dry, cover and refrigerate. If using fresh lemongrass, cut each stick into three 2 inch pieces--starting from rounded bottom end. Discard straw-like top. Lightly crush the 6 pieces.

In a pan, combine lemongrass, lime leaves, stock, and shrimp shells. Bring to boil. Lower heat and simmer gently for 20 minutes. Strain stock, then add fish sauce, lime juice, and chili paste. Adjust fish sauce and lime juice to taste. *Add more chili paste for more heat.

Drain straw mushrooms and add to stock. (If using fresh mushrooms, quarter them and drop in lightly salted boiling water. Boil 1 minute. Drain and add to stock.) **The soup can be prepared to this point several hours ahead of time and stored in the refrigerator.**

Prepare garnish shortly before serving. Cut green chilies into fine rounds. Wash and dry cilantro. Just before serving, heat the soup, when it begins to boil, drop in peeled shrimp. Cook on medium heat for 2 minutes or just until shrimp turn opaque. Garnish with chilies and cilantro leaves. Serve hot.

[mara](#)

Hot and Sour Vegetable Soup

From: amcmicha@mason1.gmu.edu (F Andrew McMichael)

Date: Fri, 17 Sep 1993 11:07:08 -0400

Ingredients:

- 8 c. Vegetable Stock
- 1/2 lb. Mushrooms
- 1 Can Straw mushrooms
- 6 Shitake mushrooms- Soaked in warm water 20 min. and sliced
- 2 c. Bok choy leaves- Finely shredded
- 2 c. Dried seaweed- Broken into pieces [may be presoaked]
- 1 c. Dried bean curd sheet- Broken into pieces

- 1/2 c. Vinegar
- 1 tsp. White pepper
- 3 Cloves Garlic- Crushed
- 1-1/2 tsp. Sesame oil
- 3/4 tsp. Sugar
- 1 tb. Dark soy sauce
- 6 Dried red chilies

- 4 tb. Corn starch mixed into 3 tb. cold water
- 3 Green onions- Shredded

Mix vinegar, white pepper, garlic, sesame oil, sugar, soy sauce, and red chilies in bowl and set aside.

Bring stock to a boil and add mushrooms, bok choy, seaweed, and bean curd. Boil for 2 - 3 minutes.

Add vinegar mixture and simmer 2 minutes.

Add corn starch solution and stir until clear. Ladle into bowls and garnish with onions.

The seaweed is optional, but gives it an interesting flavor. This is an entire meal in and of itself.

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Lentil Soups

Index

- [Lentil Soups : COLLECTION](#)
- [Lentil & Brown Rice Soup](#)
- [Lentil soup with liver dumplings](#)

[amyl](#)

COLLECTION: Lentil Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:17 +0200

Contents

- [Armenian Lentil Soup \(Stephanie da Silva\)](#)
- [Christo's Lentil-Spinach Soup \(Susan Kennedy\)](#)
- [Leek And Lentil Soup \(Stephanie da Silva\)](#)
- [Lentil Soup \(1\) \(Stephanie da Silva\)](#)
- [Lentil Soup \(2\) \(Stephanie da Silva\)](#)
- [Lentil Soup \(3\) \(Stephanie da Silva\)](#)
- [Lentil Soup \(Little red-headed girl\)](#)
- [Lentil-Spinach Soup \(Little red-headed girl\)](#)
- [Lentil Vegetable Soup \(Tara McDermott\)](#)
- [Quick Lentil-Kale Soup \(Ted Wayn Altar\)](#)

%%

From: arielle@taronga.com (Stephanie da Silva)

Source: A Chef from the Culinary Institute of America (CIA)

ARMENIAN LENTIL SOUP =====

Ingredients + Instructions: -----

- 1 cup chopped onion
- 1/2 cup sliced carrots
- 1/2 cup sliced celery
- 3 cup peeled, cubed eggplant
- 1 cup diced green pepper
- 3-6 cloves garlic, minced

Saute in olive oil until lightly browned

Add: ----

- 6 cup stock (I use chicken)
- 1 1/2 cup lentils

COLLECTION: Lentil Soups

- 1 1/2 cup chopped tomato
- 4 oz. dried apricots, sliced (yes!)
- 1/4 tsp cinnamon
- 1/4 tsp allspice
- 1/4 tsp cayenne
- 1 tblsp paprika
- 1 1/2 tsp salt

Simmer until lentils are tender

Finish with:

- 3 tblsp parsley
- 1 tblsp mint

Adjust seasonings to your taste. Bon Appetit!

%%%

From: kennesm@ns.network.com (Susan Kennedy)

CHRISTO'S LENTIL-SPINACH SOUP

=====

Ingredients:

- 2 cup diced yellow onions
- 1/4 cup olive oil
- 6 cup chicken stock
- 1 lb (2 1/4 c.) green lentils
- 1 lb chopped frozen spinach
or 1 qt. fresh leaves, stemmed, washed, and loosely packed
- 2 tsp ground black pepper
- 1/4 cup fresh lemon juice
- salt to taste

Instructions:

In a deep saucepan, saute onions in olive oil until transparent, but not brown. Add chicken stock and bring to boil. Add lentils and return to moderate boil. If using frozen spinach, add it at this point; if using fresh spinach, julienne the leaves and add when the lentils have been cooking 20 minutes. The soup should cook a total of 30 to 40 minutes, depending on the dryness of the lentils. Finish the soup with black pepper, lemon juice, and salt. Makes 6 servings.

1/6 recipe: 288 calories; 1620 mg. sodium; 12 gm. fat

%%%

From: arielle@taronga.com (Stephanie da Silva)

LEEK AND LENTIL SOUP

=====

Ingredients:

- 1 oz orange split lentils
- 1 medium leek, washed and chopped
- 1 rasher bacon, chopped
- 1 carrot, chopped
- 1/2 oz butter or margarine
- about 7 fl oz water or ham stock
- 2 fl oz milk
- salt and pepper

Instructions:

Wash and drain the lentils in a small sieve.

Heat the fat in a medium saucepan and fry the chopped bacon a little. Add the leeks, carrot and lentils and saute together for about 10 minutes, stirring frequently to prevent sticking.

Pour in the water or stock and milk, stir, bring to the boil and simmer for about 30 minutes.

Liquidise the soup in a blender or food processor, seasoning well with salt and pepper to taste. Reheat and thin down if necessary with more milk.

If you prefer to use brown or green whole lentils, which have a lovely flavour, instead of the orange split lentils, simmer 1 oz in a small saucepan in 6 fl oz of water for 40 minutes first. Then fry the bacon and the vegetables together for 10 minutes and add with the fat to the simmering lentils. Pour in the 7 fl oz water or stock and the milk, bring to the boil and simmer for about 20 minutes. Liquidise and finish as in the recipe above.

When cooking dried pulses, do not add salt until they are tender.

%%%

From: arielle@taronga.com (Stephanie da Silva)

LENTIL SOUP (1)

=====

Ingredients:

- 0.5 cup broken pink lentils
- 0.25 cup medium bulgur
- 6 cups water
- 0.25 cup each of chickpeas and dry beans (optional)
- 8 cups of broth or bouillon
- 1 carrot
- 2 stalks of celery
- 2 onions
- 1 tblsp chopped green pepper
- 2 tblsp dry mint (or chopped fresh)
- 2 tblsp butter
- 3 tblsp chopped parsley
- salt & pepper to taste

Instructions:

Soak chickpeas and beans overnight. Cook lentils, bulgur, beans and chickpeas in the 6 cups of salted water until thoroughly cooked. Cut up other vegetables and cook in the 8 cups of broth or bouillon.

Fry onions in butter until light brown. Mix mint and parsley with butter and onions and pour over soup. Serve hot.

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From: arielle@taronga.com (Stephanie da Silva)

LENTIL SOUP (2)

=====

Ingredients:

- 500g (1 lb) red lentils
- 1.8 l (3 pints) meat or chicken stock
- 1 tsp ground cumin
- Salt and Pepper to taste
- Pinch of Cayenne (optional but good)

Instructions:

Put lentils in a large pot with stock and Bring to a boil. Remove any scum and simmer for 30 minutes or until lentils disintegrate. Add salt, pepper, cumin and cayenne when the lentils begin to soften. Add water if it gets too thick.

Garnish with fried onions and garlic flavored with coriander, parsley or dill, pita and a lemon wedge.

Note:

This recipe requires a good tasting stock. DON'T use cubes!!

To make chicken stock:

Get some chicken bones from your local butcher or save and freeze them when you de-bone chicken breasts.

Prepare a mirepoix (chopped carrots, onions or shallots, celery or celery root (preferable, also known as celeriac) and garlic) exact quantities depend on the volume of stock you are making and your own personal taste.

Sweat the mirepoix on medium heat with a little oil (let the veggies cook alone for a while)

If using fresh bones , add them to the mirepoix and heat them up. Do not do this for frozen bones and meat as too much blood will be released later and cloud the stock.

When the bones are hot, add very cold water (as much as you want, depends on how much bones you have).

Add a few peppercorns and whatever other herb and spice you like (oregano is nice)

Simmer for 3-4 hours removing scum frequently.

Strain stock through a couple layers of cheesecloth

%%%

From: arielle@taronga.com (Stephanie da Silva)

LENTIL SOUP (3)

=====

Ingredients:

- 1 bag lentils
- 1 1/2 - 2 cups carrots, chopped fine (I like to use a little more carrots)
- 1 1/2 cups white or yellow onion, chopped fine
- 1 cup celery, chopped fine

salt
pepper
cayenne pepper (optional)

Instructions:

Wash your lentils well, and check them for rocks and bugs, etc. Combine the lentils and the vegetables in a big pot with about 4 cups of water (that's an estimate, use a little more if that doesn't seem like enough, but try not to use *too much*). Bring this to a boil, and then let it simmer until it has cooked down some and your lentils are soft.

Then take the soup a cupful at a time and blend it in your blender until it is smooth (you will need a second pot to transfer it into after blending it). Your soup should be fairly thick by now, and bring it to a boil once again, and then let it simmer another fifteen or twenty minutes.

Last but not least, add 1 whole teaspoon of pepper, a teaspoon of salt, and a couple of pinches of cayenne pepper.

The original recipe for this soup said to serve it with a dab of sour cream in the center of the bowl, which seems odd to me, but it's kind of tasty in a strange way. It's also very good with pita bread or any kind of Indian bread because it's very thick and easy to pick up with a hunk of bread.

%%%

From: carrot@bear.stonemarche.org (Little red-headed girl)

LENTIL SOUP
=====

Ingredients:

- 1 onion, chopped
- 2 carrots, chopped
- oil, not virgin olive
- 1 cup lentils
- 1 can tomatoes, (lb? 14 oz? I forget)
- 3 cups water
- 1 tsp salt
- grated Swiss cheese (optional)
- Herbs: bay leaf, basil, marjoram, rosemary
- Spices: cumin, tumeric, coriander, ginger, garlic powder, chili powder

Instructions:

In soup pot, saute onion and carrots til onions soft. Add herbs, approximately 1/4 tsp. each of basil, marjoram, and rosemary. (ok without marjoram and basil) Stir about 2 minutes to soften herbs. Add lentils and stir about 2 minutes more. Add water, tomatoes, salt and spices. Add the spices in the order given, adjusting quantities by smell. Use LOTS of cumin. After all added, you can go back and adjust seasonings. Cover and simmer til done, maybe 45 minutes. You can sprinkle the cheese on top of each bowl, unless you want strictly vegan food.

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From: carrot@bear.stonemarche.org (Little red-headed girl)

LENTIL-SPINACH SOUP
=====

Ingredients:

-
- 2 tblsp olive oil
- 1 large onion, chopped
- 1 pound lentils, rinsed and drained
- 4 cups homemade chicken stock
- 4 cups water
- 1 pound fresh spinach, washed, stemmed and torn into bite-size pieces
- 1/2 tsp freshly ground black pepper
- 1/8 tsp ground allspice
- 4 ounces shredded part-skim mozzarella cheese or 4 ounces lightly beaten plain low-fat yogurt

Instructions:

In a large stock pot or Dutch oven heat oil over medium-high heat. Add onion and saute until golden brown, 3 to 4 minutes. Stir in lentils, stock and water. Bring to a boil, reduce heat and cover. Simmer 45 to 60 minutes, or until lentils are tender, stirring occasionally.

Stir in spinach, pepper and allspice. Simmer, covered, 15 minutes longer. Thin the soup with additional chicken stock or water, if desired.

Serve hot, topped with either shredded cheese or whipped yogurt.

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From: tara@starburst.umd.edu (Tara McDermott)

LENTIL VEGETABLE SOUP

=====

You will need a 4.5 quart pot or larger to make this recipe. For smaller pots use slightly less portions of vegetables and water - this is so easy to just play by ear.

Ingredients:

- 4 stalks celery
- 1 - 2 carrots
- 2 yellow onions
- 3 - 4 red potatoes
- 1 1/2 - 1 3/4 cups green lentils
- 6 - 8 cloves garlic
- 2 bay leaves
- 1 tsp oil
- 1/2 tsp each: rosemary, sage, oregano, basil, marjoram, thyme
- 1 tsp sea salt
- 7 - 8 cups water
- 2 - 3 tblsp red wine vinegar

Instructions:

Wash and sort lentils. Put into pot with bay leaves and add water. Cover, and bring to a boil. In a skillet, add all vegetables except potatoes, garlic, spices, salt and oil. Add a little water to prevent them from sticking. Saute until the vegetables become soft. Add into the lentils. Cook the lentils for about 40-50 minutes, and then add the chopped potatoes (skin on, in 1/2" pieces) and cook an additional 15 minutes. Remove from heat, and add red wine vinegar. If possible, let sit for several hours before serving. This soup ages well, often tasting better the next day.

%%%

From: altar@beaufort.sfu.ca (Ted Wayn Altar)

QUICK LENTIL-KALE SOUP

=====

(Serves about 4 to 6)

Ingredients:

- 1 cup lentils
- 7 cups water
- 4 cups (about 1 lb) chopped kale (or spinach, or chard).
- Alternatively, the kale could be cut into 1/2 inch strips

- 1 large onion, chopped
- 1 celery stalk, chopped
- 3 tomatoes, chopped
- 1 medium carrot, chopped.
- 3 tblsp chopped parsley
- 1 bay leaf
- 1/4 tsp ground thyme
- 1-2 tblsp soy miso (optional)
- pinch of pepper

Instructions:

Cook for about 30 to 60 minutes the lentils in a heavy pot (beans tend to stick to the sides of thin pots).

While the lentils are cooking briefly saute the onions in water and add parsley, bay leaf. When onions are soft add the celery. Stir for about 2 minutes then add the carrots. Briefly saute until the carrots are brighter in colour but still a little crunchy. Add the lentils and tomatoes and stir the kale into the lentils. Keep stirring.

When the kale is wilted, add water and the rest of the seasoning. Simmer the soup for about 5 to 10 minutes.

Note: Kale is a pretty good source of calcium!

%%%

[mara](#)

Lentil & Brown Rice Soup

From: tmc141@skorpio.usask.ca (Todd M Cocks)
Date: Wed, 15 Sep 1993 18:01:38 +0000 (GMT)
Cross Index Soup, Vegetarian

This is a real easy to make vegetarian soup. Very hearty, very tasty.

1 envelope onion soup mix
4 1/2 cups water
3/4 cups dry lentils, rinsed and drained
1/2 cup uncooked brown rice
1 can coarsely chopped, whole peeled tomatoes, undrained
1 medium carrot, coarsely chopped
1 large stalk celery, coarsely chopped
1/2 tsp basil leaves
1/2 tsp oregano
1/4 tsp thyme leaves
1 tbsp finely chopped parsely
1 tbsp apple cider vinegar
1/4 tsp pepper

In large saucepan, combine onion soup, water, lentils, rice, tomatoes, carrot, oregano, thyme and basil together. Bring mixture to a boil and simmer covered stirring occasionally 45 mins or until lentils and rice are tender. Stir in parsely, vinegar and pepper and serve. Great with rye bread.

[amyl](#)

Lentil soup with liver dumplings

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Thu, 4 Nov 1993 11:00:00 +0100

Categories: Soups

Servings: 4

MMMMM-----SOUP-----

1 sm Onion, finely chopped
30 g Bacon (1 oz), diced
1/4 Leek, diced
20 g Butter (0.75 oz)
80 g Red lentils (2.75 oz)
1 l Chicken broth (2 pints)
1 dl Whipping cream (1/2 cup)

MMMMM-----LIVER DUMPLINGS-----

100 g Chicken liver (3.5 oz)
40 g Butter (1.5 oz)
80 g Bread crumbs (2.75 oz)
2 Egg yolks
1 Egg white

Saute the onion and the bacon in the butter, add the leek and the lentils, saute for a moment. Moisten with bouillon, bring to the boil and simmer until the lentils are tender.

Meanwhile skin the liver and press through a fine sieve. Beat the butter until smooth, add the liver and mix well. Stir in egg yolks and bread crumbs, season with salt and pepper. Beat the egg white until stiff, fold into liver mixture.

In a skillet bring water to a simmer, add salt. Form dumplings with two teaspoons and poach for 5 minutes. Remove from water and place in a kettle filled with cold water.

In a blender liquidize the soup. Strain through a sieve and return to saucepan. Add the cream and bring to a boil. Correct seasoning, add the dumplings and reheat.

From: P.Buehrer, The new swiss cuisine, Medon-Verlag, Luzern, ISBN 3-906994-06-6

[amyl](#)

Peanut Soups

Index

- [Peanut Butter Soup](#)
- [Peanut Soup \(1\)](#)
- [Peanut Soup \(2\)](#)

[amyl](#)

Peanut Butter Soup

From: rbailly@cod.nosc.mil (Richard M. Bailly)

Date: Mon, 13 Sep 93 15:47:24 -0700

This is an adaptation from several different recipes that I have tried over the years. You will notice that there are a few options to select from. The options are dependant on whether you like a red tomato base or whiter flour base to your soup. Kind of like choosing your clam chowder.

1/2 cup diced onions
1/2 cup diced celery
1/2 cup diced green pepper (less if you are not a Vitamin A or pepper lover).
2 cloves minced garlic
3T butter
3 to 4T all purpose flour (You can judge the consistency you like) I like mine rather thick.
2 1/2 cup chicken broth (Optionally use water)
5 cups milk
1 cup half and half cream. (You can vary this mixture depending on how rich you like your soup. Sometimes I make it even more decadent than 1 cup of cream.
1 cup creamy peanut butter. I really prefer the old fashioned natural best.
2T Tomato Paste. You decide whether you like this ingredient. I do not, but then I like New England clam chowder.
3T Soy sauce
Chopped peanuts for garnish

Saute onions, celery, green pepper and garlic in the butter until onions are translucent. Add flour and cook for 2 to 3 minutes, until you have a light roux. Stir in water, Add milk slowly. Bring to a boil. Add peanut butter, tomato paste (optional), and soy sauce. Reduce heat and simmer approximately 15 minutes.

Serve hot with chopped peanuts for garnish.

Enjoy!

[amyl](#)

Peanut Soup

From: eliz@ai.mit.edu (Elizabeth Willey)

Date: 24 Aug 93 20:17:43

Actually, this is called GROUNDNUT STEW and it comes from an ancient magazine clipping labelled "Foods with a Foreign Flair" with an oil of Olay ad on the back, mid-Sixties vintage.

2 pounds stew meat, cut in 1-inch chunks
2 teaspoons salt
1/2 teaspoon pepper
2 medium onions
2 medium tomatoes [nb: Roma best]
2 tablespoons salad oil [nb: peanut oil best]
1 cup unsalted peanuts, coarsely broken
4 cups hot cooked rice

In a covered medium saucepan, cook meat, 1 1/2 cups water, salt, and pepper for 1 1/2 hours or until tender.

Meanwhile, in covered electric blender container at low speed [nb: this is pre-Cuisinart], blend onions and tomatoes until smooth (or chop onions and tomatoes very fine.)

In large skillet over medium-high heat, in hot oil, cook onion-tomato mixture for 5 minutes.

Add meat mixture and peanuts, cook about 20 minutes until sauce cooks down slightly.

Serve over hot rice. [Allegedly] 6 Servings.

Accompaniments: Pass small bowls of shredded coconut, orange segments, pineapple chunks, and fried onions to sprinkle over individual servings of stew, if you like.

You can serve this with the rice below, recipe given on same page:

JOLOFF RICE

2 tablespoons salad oil

Peanut Soup

2 medium onions, coarsely chopped

3 medium tomatoes, cut in chunks

1/3 cup tomato paste

1 1/4 teaspoons salt

1/3 teaspoon thyme leaves

1/8 teaspoon cayenne pepper [needless to say, you may want more]

1 cup long-grain rice

In large saucepan over medium-high heat, in hot oil, cook onions until golden. Add 1 1/2 cups water, tomatoes, tomato paste, and seasonings; cook 10 minutes. Add rice; cover pan and cook over low heat 25 to 30 minutes until rice is tender, stirring frequently. Makes [allegedly] 6 servings.

[mara](#)

Peanut Soup (2)

From: demers@ere.umontreal.ca (Demers Serge)

Date: Thu, 26 Aug 93 19:46:15 -0400

2 tsp butter
1/2 cup of finely chopped celery
1 garlic clove finely chopped
1 Tbsp of flour
4 cups of unsalted chicken stock
1/2 cup of light cream
2 Tbsp of peanut butter
1/4 tsp of salt
1/4 tsp of cayenne pepper [to taste]
2 scallions, trimmed and thinly sliced in ovals

Melt butter in a heavy-bottomed pot over medium heat.
Add celery and garlic and cook two minutes.
Stir in flour and cook one more minute stirring constantly.
Whisk the stock, peanut butter, salt and pepper, and simmer for
15 minutes.
Stir in the scallions and the cream, let the soup heat through
and serve.

[mara](#)

Potato Soups

Index

- [Potato Leek Soup](#)
- [Potato Soups : COLLECTION \(1\)](#)
- [Potato Soups : COLLECTION \(2\)](#)
- [Sweet'n'Sour Potato Soup](#)

[amyl](#)

Potato Leek Soup

From: ajh@diamond.idbsu.edu (Andrew Huang)

Date: 11 Nov 93 14:34:31

Potatoe Leak Soop: (Fit for a VP!)

enough stock: good chicken stock, home made preferred, can ok, bouillion at your risk

enough potatoes: cubed to 1/2" blocks, water to cover, cook til soft, drain, reserving water to make bread.

enough leeks: trim roots and tough greens off, split and clean thoroughly, chop crosswise into 1/4 strips

Olive oil: In large stock pot, use sufficient oil and cook leeks gently til soft; add potatoes. grate white pepper, add stock to cover, bring to simmer.

blenderize: ladle stock and potatoes into blender and blend til smooth. This will take several passes unless you have monster blender.

Adjust seasoning or consistency: salt, pepper, reserved potato water.

proportions: balance leeks and potatoes according to taste. Balance stock according to strength and consistency.

variations:

- add onions just like leek

- celery leaves are excellent in this type of soup

- celery root substitute/add for potatoes but don't cook as long

- fennel/anis

- milk/cream could be added easily to benefit, but not necessary if stock is good

In the summer: serve cold with dollops of yogurt and lots of white peppers.

-andy

[amyl](#)

COLLECTION: Potato Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:20 +0200

Contents

- [Baba's Potato Soup \(Stephany\)](#)
- [Baked Potato Soup \(Stephanie da Silva\)](#)
- [Green Onion And Potato Soup \(Stephanie da Silva\)](#)
- [Leek And Potato Soup \(Stephanie da Silva\)](#)
- [Mashed Potato Soup \(Stephanie da Silva\)](#)
- [Potatoe Soup - Country Style \(Orla Hegarty\)](#)
- [Potato Soup \(Kartoffelsuppe\) \(Stephanie da Silva\)](#)
- [Potato Soup \(Michael J. Edelman\)](#)
- [Potato Soup \(Patricia A. Hansen\)](#)
- [Potato Soup \(Patricia Friedman\)](#)
- [Tomato Potato Soup \(Patricia Friedman\)](#)

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From: skgalich@gallua.gallaudet.edu (Stephany)

BABA'S POTATO SOUP
=====

Peel and cube the potatoes (as if you were going to mash them) place them in salted water and cook until done.

In a skillet melt a stick of butter (butter works best, I guess you could use margerine) and dice a good sized onion into the butter and cook until transparent.

When the potatoes are cooked, take an old "hand masher" and knock the potatoes apart (in the water) don't mash them, just knock 'em apart. Add the butter and onions to the pot of potatoes. (after she added the butter and onions to the pot, she always took a dipper of water out of the potatoes and put it in the hot skillet and warmed it and added it back to the potatoes, sometimes she did it twice). Allow this to continue cooking...

In a large glass or cup (with a pour spout) mix an egg or two with flour

(it should be runny enough to pour, just about pancake batter consistency or looser. if it gets too thick you can add a little water) Pour the "drop noodles" into the boiling soup, stir gently as you pour the batter. When the "noodles" float to the top they are done and the soup is ready to eat.

No measurements - sorry I learned by watching and my grandmother didn't measure much of anything.

%%%

From: arielle@taronga.com (Stephanie da Silva)

BAKED POTATO SOUP
=====

Ingredients:

- 4 large potatoes
- 2/3 cup butter
- 2/3 cup flour
- 1 1/2 qt milk
- 4 green onions, chopped
- 1 cup sour cream
- 2 cups crisp-cooked, crumbled bacon
- 5 ounces Cheddar cheese, grated
- salt and pepper to taste

Instructions:

Heat oven to 350F degrees and bake the potatoes until fork tender. Melt butter in a medium saucepan. Slowly blend in flour with a wire whisk until thoroughly blended. Gradually add milk to the butter-flour mixture, whisking constantly. Whisk in salt and pepper and simmer over low heat, stirring constantly.

Cut potatoes in half, scoop out the meat and set aside. Chop half the potato peels and discard the remainder. When milk mixture is very hot, whisk in potato. Add green onion and potato peels. Whisk well, add sour cream and crumbled bacon. Heat thoroughly. Add cheese a little at a time until all is melted in.

%%%

From: arielle@taronga.com (Stephanie da Silva)

GREEN ONION AND POTATO SOUP
=====

Ingredients:

5-6 medium sized potatoes
half a bunch of green onions, sliced
1 (or more) shiitake or Chinese black mushroom (I also like to toss in a few dried porcini mushrooms)
1 chicken leg
1 cup milk
pepper
bay leaves

Instructions:

Soak the mushroom in hot water for 30-45 minutes.

Peel and slice the potatoes. Saute the onions in a little bit of olive oil over medium heat. Add the potatoes and a quart of water. Put in the bay leaves and the chicken leg. Simmer for an hour.

Dice the mushroom and add the mushroom pieces and the soaking water to the soup.

When the potatoes are done, smash them with a fork or a potato masher and stir the soup well. Add the milk and season with salt and pepper. Oh, before you smash the potatoes, take the chicken leg out and cut the chicken into little pieces and add it back in.

Note:

If you're watching your cholesterol, leave out the chicken and the milk. The soup is still good without them.

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From: arielle@taronga.com (Stephanie da Silva)

LEEK AND POTATO SOUP

=====

(Serves 4)

Ingredients:

2 tblsp butter
6 to 8 leeks, white parts only, sliced
3 to 4 potatoes, peeled & chopped
2 tblsp flour
1/3 cup sour cream

4 cups hot water
Chopped chives
Salt & pepper to taste

Instructions:

Melt butter in heavy skillet. Saute leeks until tender. Do not brown. Remove pan from heat. Sprinkle flour over leeks, and return pan to low heat. Cook several minutes, stirring constantly, until flour is well blended. Remove from heat. Add hot water, 1/2 cup at a time, stirring constantly until blended. Season with salt & pepper. Heat to simmer, add potatoes, and cook, partially covered, 20 minutes or until potatoes are tender. Stir in sour cream and serve, or press mixture through food mill. Garnish with finely chopped chives.

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From: arielle@taronga.com (Stephanie da Silva)

MASHED POTATO SOUP

=====

(Serves 4)

Ingredients:

2 tblsp butter
2 cups cream
2 carrots, peeled & chopped
1 cup mashed potatoes
1 stalk celery, chopped
1 onion, peeled & chopped
Salt & pepper to taste
Chopped parsley

Instructions:

Melt butter in saucepan and saute carrots, celery and onion until tender. Add cream and heat almost to a boil. (Do not boil.) Add potatoes and stir until blended. Season with salt and pepper. Garnish with chopped parsley.

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From: ohegarty@watserv1.uwaterloo.ca (Orla Hegarty)

POTATOE SOUP - COUNTRY STYLE

=====

(Yield: 6 cups)

Ingredients + Instructions:

Cut 4 peeled potatoes, lengthwise, into quarters. Then slice thinly and measure (approx. 4 cups).

Place in a large suacepan and add:

- 1 cup thinly sliced onions
- 1 tsp celery salt
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups boiling water

Bring to a boil. Cover and simmer 30 minutes or until vegetables are tender.

Add:

- 2 cups milk
- 1/4 cup chopped parsley

Cover and simmer 10 minutes longer. Season to taste.

Sprinkle each serving with 1 tablespoon shredded old cheddar cheese.

%%%

From: arielle@taronga.com (Stephanie da Silva)

POTATO SOUP (KARTOFFELSUPPE)
=====

Ingredients:

- 2 medium sized onions, diced
- 1 bunch soup vegetables (carrot, leeks, & parsley)
- 15 g margarine
- 250 g potatoes, peeled and diced
- 500 ml stock
- salt
- pepper
- basil
- 1 bread roll
- 15 g butter
- chives

Instructions:

Saute onions and soup vegetables in margarine. Boil potatoes and sauteed vegetables in stock until tender. Pass the soup through a seive. Reheat and season with salt and pepper and basil. Cut bread roll into cubes and fry in the butter until browned. Serve the soup sprinkled with croutons and 2 Tbs finely chopped chives.

%%%

From: mje@pookie.pass.wayne.edu (Michael J. Edelman)

POTATO SOUP
=====

Start some onions sauteeing in a little butter or oil. Maybe one large onion, chopped fine.

Peel a few potatos and chop into small pieces. When the onions are done, add the potatos, and some salt to taste.

Add 3-4 cups of chicken stock. Cook on low heat until the potatos are soft.

Add 3 cups of milk, some cooked peas, herbs (dill would be nice) and fresh pepper.

Heat thoroughly and serve. A nice addition is about 8 oz of chopped lox, which can be had inexpensively as trimmings at many delis. Other fish soups can be made on this basic recipe. Smoked haddock works well here, too.

%%%

From: pattyh@sequent.com (Patricia A. Hansen)

POTATO SOUP
=====

Chop up an onion or two (depending on how big they are) and several stalks of celery, including some leaves. Saute in margarine until soft in a big pot. In the meantime, peel as many potatoes as you like. I usually peel enough to cover the bottom of the pot in a fairly deep layer. Cut the potatoes in half or fourths, depending on how big they are. Cover with water and simmer until the potatoes are done. Take a potato masher and mash the potatoes until they're reduced to bite-sized pieces. You'll get some chunks and a nice, thick broth. Add one or two cans of evaporated milk (again, depending on how big your pot is). Salt and pepper to taste. A nice touch is to add very crisp bacon, crumbled up, to the finished soup in the last few minutes of cooking. Garlic

croutons are mandatory.

%%

From: frdm@slib1620selu.edu (Patricia Friedman)

POTATO SOUP
=====

Ingredients:

- 2 smoked ham hocks or 3 links of sausage
- 1/2 gallon water
- 6 bay leaves
- 8 medium potatoes, diced
- salt and pepper to taste

Instructions:

Mix ingredients together and cook about 30 minutes on medium heat. Cut up potatoes and add to mixture. Cook until potatoes are done. Combine 1/4 cup flour and 1 pint whipping cream and blend until smooth. Add to the soup mixture. Let simmer until smooth and well blended.

Note: You may want to half this recipe for a smaller amount of soup.

%%

From: frdm@slib1620selu.edu (Patricia Friedman)

TOMATO POTATO SOUP
=====

Ingredients:

- 10 medium potatoes, peeled and cubed
- 1 can tomato paste
- 4 to 5 tblsp flour
- 3 tblsp sour cream
- milk
- salt to taste

Instructions:

Cover potatoes with water. Add a little salt and boil until tender. Dilute tomato paste with a little water and add to potatoes. Mix in a small bowl or cup, flour and just enough milk to form a paste. Stir until smooth. Add sour cream; stir until blended, then add more milk.

Stir and pour into soup. Simmer for 20 minutes.

%%%%%%%%%

[mara](#)

Potato Soups : COLLECTION

From: r.gagnaux@chnet.ch (Rene Gagnaux)
Date: Wed, 22 Sep 1993 12:00:00 +0200

Title: Potato, olive and anchovy soup
Categories: Soups
Servings: 6

2 x Onions, peeled and chopped	1 3/4 l	Water (3 pints)
3 tb Extra virgin olive oil	110 g	Black olives (4 oz), stoned
900 g Red-skinned potatoes (2 lb) - scrubbed	12 x	Anchovy fillets

Soften the onions in 2 tb of olive oil in a heavy, covered pan.

Cut up the potatoes into quarters and boil them in 1.75 l of water until they are just soft. Drain them, reserving the potato water, and cut them up into smallish pieces.

Add another tb of oil to the onions, then add the potatoes. Stir, adding as you do so the olives and the anchovy fillets, and allow the flavours to become well mingled. Add the potato water, bring to the boil and simmer for 5 ... 10 minutes before liquidizing.

(From: Brigid Allen, The soup book, M Papermac, ISBN 0 333 58224 1)

Title: Potato soup with roast garlic
Categories: Soups
Servings: 6

700 g Potatoes (1 1/2 lb)	2 x	Carrots
35 x Large cloves garlic (4 ... 5 - heads !!)	1 1/2 l	Water (2 1/2 pints)
3 tb Extra virgin olive oil	1 ts	Sea salt
1 x Onion		Black pepper

Peel the cloves of garlic and roast them in 1 tb of the olive oil in a moderately hot oven, 190 oC/375 oF, for 15 ... 20 minutes, until they are just golden and soft but not brown.

Peel and quarter the onion, peel and slice the carrots, scrub (but do not peel) the potatoes and cut them into 2.5 cm (1 in) thick cubes. Boil all the together for about 15 minutes in the water with 1 ts of sea salt until the carrots and potatoes are soft.

Add the roast garlic cloves and their residual oil to the vegetables, cool slightly and liquidize. Season with pepper and stir 2 tb of olive oil into the soup before serving.

(From: Brigid Allen, The soup book, M Papermac, ISBN 0 333 58224 1)

[amyl](#)

Sweet'n'Sour Potato Soup (My Mom's Style)

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 7 Sep 93 11:09:31 +0200

Ingredients:

1 kg potatoes, peeled
1/2 kg sausage (NO smoked)
1-2 tblsp butter or margarine
1 cube broth
vinegar to taste
sugar to taste
salt + pepper to taste

Instructions:

Boil potatoes with a little salt. Drain and reserve the water. Mash potatoes together with butter/margarine. Add potato water and stir until you have a smooth soup. If it's too thick add some additional water. Cut sausage in small pieces and add to the soup. Heat and season to taste with vinegar, sugar, salt and pepper.

If you like it you can dice and fry some onions separately in a pan and add them to the soup. As I can't stand them, I don't...

[amyl](#)

COLLECTION: Avgolemo

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:11 +0200

Contents

- [Avgolemeno \(Erik. A Speckman\)](#)
- [Kotosoupa Avgholemono \(Egg-Lemon Chicken Soup\) \(Stephanie da Silva\)](#)
- [Soupa Avgolemono \(Greek Egg-Lemon Soup\) \(Karen Mintzias\)](#)

%%%

From: especkma@reed.edu (Erik. A Speckman)

Source: _The Way Yia Yia Did It_ from the Greek Orthodox Ladies
Philoptochos Society, Saint Sophia Greek Orthodox Church,
San Antonio, Texas.

AVGOLEMENO
=====

Ingredients:

- 1/2 cup uncooked rice or orzo (rice shaped pasta, which I prefer)
- 7-8 cup stock (I use chicken)
- 2 tblsp water
- 2-3 eggs
- juice of 1 lemon
- salt and pepper to taste

Instructions:

Prepare a stock by boiling slowly lean lamb, meat bones, or chicken with enough water to cover. Strain stock when meat is done. 1/2 hour before serving, boil stock and add rice or orzo. When orzo is done, reduce heat to simmer. In a bowl, beat eggs with 2 Tbsp. water and the lemon juice. Spoon broth into egg mixture STIRRING CONSTANTLY to prevent curdling. After adding about 5 Tbsp. broth to eggs, add eggs to the broth on the stove STIRRING CONSTANTLY. Remove from heat. It should be slightly thick. Serve immediately. I like this pretty "lemony", so I sometimes add more lemon.

%%%

From: arielle@taronga.com (Stephanie da Silva)

KOTOSOUPA AVGHOLEMONO (EGG-LEMON CHICKEN SOUP)

=====

Ingredients:

- 6 cups chicken broth
- 6 tblsp rice or orzo
- 3 eggs
- juice of 1 large lemon (or more)

Instructions:

Bring broth to boil and add rice or orzo. Cover and cook for 20 minutes (rice) or 10 minutes (orzo). While the rice cooks, lightly beat the eggs and the lemon juice together. Remove the broth from heat. Slowly mix about one cup of the hot broth into egg-lemon mixture. Add to the soup gradually while stirring. Serves six.

%%%

From: Karen.Mintzias@fl129.n102.z1.calcom.socal.com (Karen Mintzias)

Source: "The Food of Greece" by Vilma Liacouras Chantiles; Avenel Books, New York.

SOUPA AVGOLEMONO (GREEK EGG-LEMON SOUP)

=====

(Servings: 6)

Ingredients:

- 2 qt Chicken broth; strained
- 1/2 cup Raw long grain white rice
- 2 Whole eggs or egg yolks
- 2 Lemons; (juice only)
- Salt

Instructions:

Bring the broth to a full boil in a soup kettle. Gradually add the rice, stirring constantly until the broth boils again. Reduce the heat, cover, and simmer until the rice is just tender, not mushy, 12 to 14 minutes. Remove from the heat and keep warm while preparing avgolemono. Beat the eggs for 2 minutes. Continue to beat, gradually add the lemon juice.

Slowly add some of the hot broth to the egg-lemon mixture, beating steadily. Stir the mixture into the soup and cook over minimum heat,

without boiling, until the soup thickens to coat a spoon. Taste for salt, and keep warm over hot water until ready to serve. Pass the pepper mill at the table for additional zest.

Note:

If desired, bite-sized pieces of cooked chicken may be added to soup before adding the rice.

%%%

[mara](#)

Baked Potato Soup

From: holsend@mhd.moorhead.msus.edu

Date: 17 Sep 93 08:37:50 -0600

This is a rich, but great potato soup.

4 large potatoes

2/3 cup butter

2/3 cup flour

1 1/2 quarts of milk

Salt and Pepper

4 green onions

1 cup sour cream

2 cups crisp-cooked, crumbled bacon

5 ounces of grated cheddar cheese

Procedure

Heat oven to 350 degrees and bake the potatoes until for tender.

Melt butter in a medium saucepan. Slowly blend in flour with a wire whisk until thoroughly blended. Gradually add milk to the butter-flour mixture, whisking constantly. Whisk in salt and pepper and simmer over low heat, stirring constantly.

Cut potatoes in half, scoop out the meat and set aside. Chop half the potato peels and discard the remainder. When milk mixture is very hot, whisk in potato. Add green onion and potato peels. Whisk well, add sour cream and crumbled bacon. Heat thoroughly. Add cheese a little at a time until it is all melted in.

Serve with crusty French Bread and fresh butter. Mucho Goodo!

[amyl](#)

COLLECTION: Bean Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:12 +0200

Contents

- [Bean Soup Roman Style \(Ruth\)](#)
- [Hearty Bean And Vegetable Stew \(Michelle Dick\)](#)
- [Navy Bean Soup \(Ima Dove\)](#)
- [Pasta E Fagioli Soup \(Bob Guilbeau\)](#)

%%%

From: ruths@brownvm.brown.edu (Ruth)

Source: The Talisman Italian Cook Book

BEAN SOUP ROMAN STYLE

=====

(Serves 8)

Ingredients:

- 1 tblsp leaf lard
- 1/8 # salt pork, chopped fine
- 1 medium onion, chopped fine
- 1 clove garlic, chopped fine
- 1 stalk celery, chopped fine
- 2 fresh tomatoes, peeled and cut into pieces
- 1 tsp salt
- 1/2 tsp pepper
- 1 qt warm water
- 2 cups cooked whwhite beans
- 1 cup elbow macaroni
- 2 tblsp grated Roman cheese

Instructions:

Melt lard in sauce pan, add chopped salt port, onion, garlic celery and brown well. Add tomatoes, salt, pepper, warm water and beans. Cook 5 minutes. Add elbow macaroni and cook 8 minutes longer. Sprinkle with Roman cheese and serve.

%%%

From: artemis@rahul.net (Michelle Dick)

Source: Dr. Dean Ornish's Program

Most soups and stews can be prepared in a crock pot. Just decrease the liquid ingredients (not as much liquid will evaporate from a closed slow-cooker) and let it rip for 6 or more hours.

HEARTY BEAN AND VEGETABLE STEW

=====

(Servings: 12)

Ingredients:

- 1 lb beans, assorted, dry
- 2 cup vegetable juice
- 1/2 cup dry white wine
- 1/3 cup soy sauce
- 1/3 cup apple or pineapple juice
- vegetable stock or water
- 1/2 cup celery -- diced
- 1/2 cup parsnips -- diced
- 1/2 cup carrots -- diced
- 1/2 cup mushrooms -- diced
- 1 onion -- diced
- 1 tsp basil, dried
- 1 tsp parsley, dried
- 1 bay leaf
- 3 clove garlic -- minced
- 1 tsp black pepper -- ground
- 1 cup rice or pasta -- cooked

Instructions:

Sort and rinse beans, then soak overnight in water.

Drain beans and place in crockpot. Add vegetable juice, wine, soy sauce, and apple or pineapple juice. Cover with vegetable stock or water; the amount added depends on whether you prefer a soup (more liquid) or a stew (less). The juice adds just a tad of sweetness and the soy sauce adds depth and the tang of salt.

Cook at high for 2 hours. Add vegetables, herbs, and spices, and cook for 5-6 hours at low until carrots and parsnips are tender. When tender, add rice or pasta and cook for one additional hour.

Notes:

For beans use 3 or 4 kinds, such as: black, red kidney, pinto, baby lima, lentil, and green and/or yellow split peas.

Nutritional Values per Serving:

Calories	170
Fat	0.3 g
Cholesterol	0 g

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From: liberty@liberty.com (Ima Dove)

NAVY BEAN SOUP

=====

Ingredients:

- 1 lb Navy Beans
- 1 large onion
- 2 small jalapeno peppers (if you're brave, otherwise omit)
- 1 large ham bone

Simmer in about 3 quarts of water all day in crockpot on high. (3 - 4 hours on top of stove).

Serve with chopped tomato and chopped onion.

%%

From: beau@starcaster.sps.mot.com (Bob Guilbeau)

PASTA E FAGIOLI SOUP

=====

(8 servings)

Ingredients:

- 1/2 lb dried cannellini or navy beans
- 1/2 lb dried kidney beans
- 1/4 cup olive oil
- 1/4 lb salt pork, diced fine
- 1 large onion, chopped fine
- 5 garlic cloves, peeled and mashed
- 4 celery stalks, including leaves, sliced thin
- 3 tsp salt

- 2 tsp crushed red pepper
- 1 tsp freshly ground black pepper
- 1 tsp oregano
- 1 tsp basil
- 1 16 oz. can Italian tomatoes, drained, tomatoes chopped coarsely
- 1/4 cup snipped fresh parsley, preferably Italian
- 1/2 cup julliened carrot
- 1/2 lb ground sirloin
- 1 egg
- 4 tblsp seasoned bread crumbs
- 1/2 lb ditalini (tiny, tube shaped pasta)
- Freshly grated Romano, Parmesan or Pecorino cheese

Instructions:

Rinse and pick over the dried beans. Soak overnight in cold water. Drain, then place in stockpot with 10 cups cold water. Bring to a boil, then reduce heat to simmer while preparing vegetables. Heat the olive oil in a heavy skillet over medium-high heat. Add the salt pork and cook, stirring frequently, until the fat melts and the meat begins to brown, about 15 minutes. Do not allow to burn.

Add the onion and garlic and saute gently until the onion is golden. Add this mixture to the beans, along with the celery, salt, red and black pepper, oregano and basil. Cover and simmer until beans are tender, about 2 1/2 hours, checking frequently to make sure the liquid has no evaporated too much. There has to be enough liquid to cook the meatballs and pasta in the final cooking stage. Add more water if necessary.

About 30 minutes before the soup is finished simmering, add the tomatoes and their juices and the parsley. Combine the ground meat with the egg and bread crumbs and roll into miniature balls. Add to the simmering soup. Add the carrot.

About 20 minutes later, add the ditalini and cook until tender. Serve with the grated cheese.

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[mara](#)

Beef Barley Soup

From: loosemore-sandra@CS.YALE.EDU (Sandra Loosemore)

Date: 4 Sep 1993 10:04:53 -0400

Start by browning the beef in your soup pot. I use about a pound of stew beef, cut into bite-sized pieces. Add about 6 cups of water and 1/3 cup of barley, and bring to a low boil. Skim off the scum that forms, and add various herbs and spices to flavor the broth (hint: use soy sauce instead of salt if you want a dark-colored broth). Let this simmer for an hour or so, then start adding the vegetables: carrots, rutabaga, onion, celery, tomatoes. When the carrots are done, it's ready to eat.

[amyl](#)

2 Beer Cheese Soups : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)
Date: Wed, 15 Sep 93 10:39:19 +0200
Cross Indexed Soup, Cheese

From: arielle@taronga.com (Stephanie da Silva)

BEER AND CHEESE SOUP
=====

Ingredients:

- 1 cup diced onions
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced mushrooms
- 3/4 cup butter
- 1/2 cup flour
- 1 tsp dry mustard
- 5 cups chicken or vegetable stock
- 1 bunch broccoli
- 11 fl oz beer (use a can or bottle and save a swallow for the cook!)
- 6 oz cheddar cheese, grated
- 2 tblsp grated parmesan cheese
- salt & pepper to taste

Instructions:

Saute' the diced vegetables in butter.

Mix flour and mustard into sautaed vegetables. Add the chicken or vegetable stock to mixture and cook for five minutes.

Break broccoli into small flowerets; cut stems into bite-sizes pieces. Steam until tender-crisp. Add beer and cheeses to the soup. Simmer 10-15 minutes. Check seasonings.

To serve, place some broccoli into a soup bowl and ladle the soup over it.

%%

From: arielle@taronga.com (Stephanie da Silva)

CHEDDAR BEER SOUP

=====

Ingredients:

- 10 oz frozen mixed vegetables
- 4 tblsp margarine
- 1/4 cup flour
- 1 tsp salt
- 1 tsp dry mustard
- 2 cups milk
- 1 tsp worchestershire sauce
- 2 cups shredded cheese (medium sharp cheddar or your favorite)
- 1 cup beer (preferably English ale, ie- Bass Ale)

Instructions:

Cook vegetables and drain.

Melt margarine, stir in flour, salt, and mustard. cook over low heat until smooth. Remove from heat. Add milk and worchestershire. Heat mixture until it coats the spoon. Add cheese.

Cook over medium heat until cheese melts. Stir in beer and vegetables bring to a simmer. Cook about 15 minutes. Serve with preferred garnishes (croutons, paprika, whatever).

%%%

[amyl](#)

COLLECTION: Borscht

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 12 Aug 93 09:33:37 +0200

Contents

- [Borscht \(Susanne\)](#)
- [Borschtsch Ukrainsky \(Micaela "Stayka" Pantke\)](#)
- [Irene's Cold Borscht \(Garry Howard\)](#)
- [Irene's Hot Borscht \(Garry Howard\)](#)
- [Vegetarian Borscht \(Micaela "Stayka" Pantke\)](#)
- [Whole Beet Borscht \(Valerie Leppert\)](#)

%%

From: shavelson@binah.cc.brandeis.edu (Susanne)

BORSCHT

=====

(Serves about 4)

Ingredients:

1 can	whole beets
4 cup	water
1	whole onion, peeled
salt	
2 heaping Tblsp	sugar
1/4-1/2 tsp	sour salt (found in the kosher food section of many supermarkets--lemon juice may also be used)

Instructions:

Simmer onion in water 10 min. Add grated (shredded) beets with juice and all other ing. Simmer 5 min. more. Taste and adjust seasonings (should taste sweet/sour). Serve hot or cold.

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From: hz225wu@unidui.uni-duisburg.de (Micaela "Stayka" Pantke)

Source: My Russian Teacher, Mrs. Jocks

BORSCHTSCH UKRAINSKY

=====

Ingredients:

500g beef, cut in pieces
300g beet roots
200g white cabbage
200g carrots and onions (I'm not sure if it is meant that you should
take 200g each or 200g of everything together. Just try it...)
100g tomatoes, or 2 tblsp tomato puree
1 tblsp vinegar
1-2 tblsp butter or lard
1 bay leaf
parsley
sugar, salt and pepper to taste
sour cream

Instructions:

Cook beef in bouillon. (The exact amount wasn't mentioned in the original recipe. I assume it should be 'enough'...)

Cut beet roots, carrots, parsley and onions in strips and put them into another large pan. Add tomatoes or tomato puree, vinegar, sugar and a little bit beef broth with lard (or 1-2 tablespoons butter). Cover with lid and cook for a while. Stir the vegetables from time to time. If necessary add some more broth or water.

After 15-20 minutes add finely cut white cabbage to the veggies, stir everything together and cook 20 more minutes. Then cover everything with the beef bouillon and add the cooked meat. Season with pepper, salt and a bay leaf. Add some more vinegar to taste and cook until the vegetables are done.

Serve with a spoonful of sour cream on each bowl of soup.

Variations:

You can add cut potatoes 5-10 minutes before the Borscht is finished. Furthermore you might add cooked bacon or sausages.

Note:

This was a real translation stunt for me, as I translated this recipe directly from Russian into English. I hope I did not make too many mistakes...

%%%

From: garhow@hpubmaa.esr.HP.COM (Garry Howard)

IRENE'S COLD BORSCHT

=====

(Servings: 8)

Ingredients:

- 3 Medium Size Beets
 - 2 Cucumbers
 - 2 1/2 qt Water
 - 2 Half Sour Deli Pickles
 - 3 Medium Potatoes
 - 6 Scallions (Green Onions)
 - 8 Boiled Eggs
- Sour Cream

Instructions:

Add beets to water in a large pot and bring to a boil. Cook until done, about 45 minutes. Add salt. Remove pot from stove to cool.

When cooled coarsely grate beets and return to water. Add juice of 1 lemon. Chill in refrigerator overnight.

Coarsely chop boiled potatoes, cucumbers and/or pickles, and scallions. You can use only cucumbers instead of pickles. If you use pickles, be sure to get deli-style, half sour pickles, not regular dill pickles.

Cut the hard boiled eggs in half. Put some chopped potatoes, cucumbers, scallions, and two halves of an egg into individual soup bowls. Add the chilled beets to the bowls. Put a dollop of sour cream into each bowl. Sprinkle with dill and serve.

%%%

From: garhow@hpubmaa.esr.HP.COM (Garry Howard)

IRENE'S HOT BORSCHT

=====

(Servings: 8)

Ingredients:

- 3 Medium Beets

- 1 clove garlic
- 2 tblsp butter or margarine
- 1/4 l (1 cup) dry white wine
- 1/4 l (1 cup) vegetable broth
- 1 bay leaf
- 1 tsp cumin seeds
- 1 bunch of pot-herbs
- 1/2 small head of white cabbage (ca. 500g)
- 500g potatoes
- 1-2 tblsp vinegar
- 150g creme fraiche (or sour cream)
- Salt and pepper to taste

Instructions:

Wash beet roots and cut them into slices. According to size cut the slices in halves or quarters. Mince garlic and onions and fry in hot lard. Add beet roots and steam shortly. Then pour wine and broth into the pan. Add bay leaf and cumin seeds, cover pan with lid and boil for about 30 minutes at medium heat.

Wash pot-herbs. Wash and dice carrots and celery, cut leek in strips. Wash cabbage, remove stalk and cut in small pieces. Wash, peel and dice potatoes. Add the vegetables to the beet roots 20 minutes before the cooking is finished and boil everything together.

Season Borscht with salt, pepper, vinegar and cumin. Serve with a spoonfull of creme fraiche on every bowl of soup.

%%%

From: vleppert@casbah.acns.nwu.edu (Valerie Leppert)

Source: Laurel's Kitchen:

WHOLE BEET BORSCHT

=====

Ingredients:

- 8 * beets with tops
- 1 medium potato, diced
- 1 small onion, chopped
- 2 quarts vegetable stock
- 2 T oil
- 2 T whole wheat flour
- juice of 1 lemon
- 2 t salt

- 1/8 t pepper
- 2 t brown sugar

* My note: Always try to get the beets with their leaves. The leaves are very nutritious in the soup and it will give you some indication of the freshness of the beets, don't buy wrinkled beets.

optional:

- 1/4 t paprika
- 1/2 t dill weed

(I include any vegies I can find in my refrigerator. Cabbage works well.)

Instructions:

Wash beets and beet tops. Chop tops fine and set aside. Peel and grate the beets and cook with the potato and onion in the vegetable broth. Simmer the vegetables until they are well cooked.

Mix oil and flour and cook over low heat for 2 min. (First time I have heard of making a roux for borscht!). Add one cup of soup slowly and cook until sauce thickens, stirring consantly. Return sauce to soup pot.

Season the soup and add the lemon juice. Stir in beet greens and cook 5-10 min. Adjust seasonings.

Makes three quarts (a wee recipe).

Serve topped with plain yogurt or sour cream. Good in winter with French bread and butter.

%%%

[mara](#)

Buendner Gerstensuppe (Barley soup)

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sun, 3 Oct 1993 12:00:00 +0100

A classical soup from 'Graubuenden' :

Servings: 4

2 x Onions	1 dl Dry white whine (1/2 cup)
1 x Bay-leaf	2 l Bouillon (8 cup)
2 x Clove	2 dl Whipping cream (7/8 cup)
100 g Knob celery (3.5 oz)	70 g Butter (2.5 oz)
2 x Carrots	Salt
2 x Leek	Freshly ground pepper
200 g Air-died beef or smoked - bacon (7 oz)	160 g Lamb sirloin
1 x Salted pork knuckle,cooked	1 tb Clarified butter
100 g Pearl barley (3.5 oz)	Parsley, Marjoram

Chop 1 onion finely. Clean, trim, wash and dice/slice vegetables. Dice beef or bacon. Bone knuckle and cut into small pieces. Heat 30 g butter (1 oz) in a large saucepan, saute' onions and vegetables. Add barley and beef(bacon), saute' briefly. Add knuckle and moisten with wine, cover with bouillon, add the onion (bay-leaf picked on with the cloves). Bring to boil and simmer for 1 1/2 to 2 hours.

Stir cream and 40 g (1.5 oz) butter in soup, season with salt and pepper.

Season lamb, heat clarified butter and sear meat on both sides for 3 minutes (don't overcook !). Slice lamb thinly, add to soup.

Serve in soup-plates, sprinkle with chopped parsley, garnish with marjoram.

[amyl](#)

Busecca ticinese

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Fri, 24 Sep 1993 12:00:00 +0200

Title: Busecca Ticinese (Tripe soup with garlic bread) TICINO

Servings: 6

3 tb Borlotti beans	1 tb Tomato paste
3 x Carrots	1 1/4 l Bouillon (5 cups)
1 x Leek	1/4 ts Caraway seeds
1 x Small knob celery	1 x Twig thyme
500 g Honeycomb tripe (1 lb)	80 g Parmesan, grated (2.75 oz)
30 g Butter (1 oz)	1 x Twig parsley
1 x Clove garlic, mashed	Salt, freshly ground pepper
200 g French bread (7 oz)	10 g Gruyere, grated (0.25 oz)
50 g Butter (1.75 oz)	1 tb Parsley
4 x Cloves garlic, mashed	Salt, freshly ground pepper

Preparation: 30 minutes, cooking time: 3 hours

Yields 6 servings as a first course, as a main course double the ingredients.

Soak beans overnight. Drain beans. Cook in lightly salted water until tender. Drain. Set aside.

Clean, trim and wash the vegetables (carrots, leek, celery). Slice the carrots finely, slice the leek diagonally, slice the celery finely and cut into squares.

Cut the tripe into strips 4 cm (1 9/16 in) long and 2 mm (1/16 in) wide. Fill a kettle with water, add salt, bring to the boil. Add tripe and cook for 2 1/2 hours. Drain.

In a saucepan heat butter. Saute' vegetables briefly. Add tripe, garlic and tomato paste. Saute' briefly. Moisten with bouillon, simmer for 20 minutes. Season with caraway, thyme, salt and pepper. Add Borlotti beans and heat.

Serve in soup plates, sprinkle with cheese (Parmesan) or serve separately. Garnish with parsley.

Garlic bread: cut bread into slices, toast in oven. Beat butter until creamy, chop parsley finely, blend butter with garlic, cheese (Gruyere)

Busecca ticinese

and parsley. Season with salt and pepper. Spread bread with butter mixture, gratinate under broiler until golden brown. Serve with soup.

[amyl](#)

Cabbage Soup ("Of Cabbages and Cod")

From: amy@tigger.cs.colorado.edu (Amy Morgenstern)

Date: Thu, 26 Aug 1993 05:04:13 GMT

Here is a recipe that my mother created once when she had some leftover shrimp and cabbage. It has since become a family favorite.

"Of Cabbages and Cod"

1/2 head cabbage
1 onion chopped
3 cloves of garlic, minced
1 can of cream of whatever soup
1 can chicken broth
1 LB cod
1 LB shrimp
white wine
1 can tomatoes

Cook cabbage, onion and garlic until soft. Add chicken broth, soups, wine and tomatoes. Simmer 1/2 hour. Add cod, cook until almost flaky. Add shrimp and continue to cook until the shrimp is done.

[mara](#)

Callaloo soup

From: trev@fiveg.icl.co.uk (Trevor Hall)

Date: Thu, 21 Oct 93 06:49:59 BST

Serves 6

1 large crab
20 or so okra (ladies fingers), chopped
1lb callaloo (substitute spinach leaves), shredded
1 pint coconut milk
3 tablespoons groundnut oil
6 cloves garlic, crushed
2 onions, finely chopped
bunch of spring onions (10-12), chopped
Hot pepper sauce (e.g. Tabasco), to taste
pinch dried thyme
black pepper
salt

Optional ingredients :- a couple of ounces of salt cod or salt pork.

Fry onions until soft. Add the thyme,pepper,salt, garlic and cook for a few minutes. Put in the okra and callaloo ,cover and simmer gently for 5 minutes or so. Add the coconut milk and bring back to simmer then put in the crab meat (including the cracked claws), the spring onions and Tabasco. Cover and simmer on a low heat for 30 minutes.

For a less 'chunky' soup remove claws and divest them of their meat. Blend in a liquidiser then add lots of cream to taste. Re-heat gently.

[amyl](#)

COLLECTION: Chicken Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:14 +0200

Contents

- [Chicken And Mushroom Soup \(Stephanie da Silva\)](#)
- [Chicken Soup \(Michael "Mike" J. Edelman\)](#)
- [Chicken Stock \(Stephanie da Silva\)](#)
- [Gingery Chicken And Spinach Soup \(Marcie A. Wallace\)](#)
- [Ramen Fireside Chicken Soup \(Mary Stevenson\)](#)
- [Thai Chicken And Coconut Milk Soup \(Scott Fisher\)](#)
- [Thai Chicken Coconut Soup \(Stephanie da Silva\)](#)
- [Vietnamese Pho \(Chicken/Noodle Soup\) \(Adam Finkelstein\)](#)

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN AND MUSHROOM SOUP
=====

Ingredients:

- 2 cloves garlic, crushed
 - 4 sprigs coriander
 - 1.5 tsp peppercorns, crushed
 - 1 tblsp vegetable oil
 - 4.5 cups chicken stock
 - 5 Chinese dried black mushrooms, soaked for about 1 hr. and
 coarsely chopped
 - 1.25 tblsp fish sauce
 - 4 oz chicken (or a bit more), cut into strips
 - 2 green onions, thinly sliced
- Coriander to garnish

Instructions:

Using a pestle and mortar or sm. food processor, pound or mix garlic, coriander sprigs and peppercorns to a paste. In wok, heat vegetable oil, add paste and cook for 1 min., stirring. Stir in stock, mushrooms & fish sauce. Simmer 10 mins.

Add chicken, reduce heat & cook gently for 5 mins. Scatter green onions and coriander over surface to garnish.

%%%

From: mje@pookie.pass.wayne.edu (Michael "Mike" J. Edelman)

CHICKEN SOUP
=====

Chicken soup as made my my mother and millions of other nice Jewish ladies:

Get an old chicken - they have *much* more flavor. An old 'stewing' hen is good. The ones at the kosher butcher cost more but seem to be worth it. The young supermarket hens have no flavor.

Put chicken in pot. Cover with water. Add an onion, a couple of carrots, a couple of parsnips, a handful of dill weed (fresh), and a little salt. Bring to a boil, reduce heat, and let simmer for an hour or more.

Carefully remove chicken and vegetables. Skim fat from soup. An easy way to do this is to toss in a handful of ice cubes and skim them out with the fat that congeals around them.

Serve the soup with kreplach, matzoh balls, egg noodles or rice.

If you've removed the chicken carefully and intact, place it on a baking dish or pan and roast in the oven at 350 or so until the skin is crispy and golden. Voila! Gedempte Chicken! My maternal grandmother used to make this, or so I am told.

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN STOCK
=====

Get some chicken bones from your local butcher or save and freeze them when you de-bone chicken breasts.

Prepare a mirepoix (chopped carrots, onions or shallots, celery or celery root (preferable, also known as celeriac) and garlic) exact quantities depend on the volume of stock you are making and your own personal taste.

Sweat the mirepoix on medium head with a little oil (let the veggies cook alone for a while).

If using fresh bones , add them to the mirepoix and heat them up. Do not do this for frozen bones and meat as too much blood will be released later and cloud the stock.

When the bones are hot, add very cold water (as much as you want, depends on how much bones you have).

Add a few peppercorns and whatever other herb and spice you like (oregano is nice).

Simmer for 3-4 hours removing scum frequently.

Strain stock through a couple layers of cheesecloth

%%%

From: mw0o+@andrew.cmu.edu (Marcie A. Wallace)

Source: Monday to Friday Cooking by Michele Urvater

GINGERY CHICKEN AND SPINACH SOUP

=====

Ingredients:

- 1 onion
- 1 piece (1/2 inch long) fresh ginger or 3/4 tsp ground
- 1 tblsp Oriental Sesame oil [she says you can substitute vegetable oil, but I think the sesame is crucial]
- 6 cups chicken broth or water
- 1 pkg (10 oz) frozen chopped spinach
- 1 lb boneless, skinless chicken or turkey breast
- 1/2 bunch scallions or 1 small bunch coriander
- 2 cups vermicelli, fine egg noodles, orzo or pastina [my SO uses (Mrs. Weiss's brand) Kluski noodles--I reccomend using hearty noodles like these instead of the delicate pastas recommended!!]
- 3-4 tblsp lemon juice
- salt & pepper to taste
- toasted sesame seeds
- [my SO adds garlic too]

Instructions:

1. Finely chop the ONION. Peel and mince GINGER.
2. Heat SESAME OIL in soup pot over medium heat. Add ONION and GINGER

[and GARLIC], increase heat to high and saute for a few seconds to release aroma. Add the BROTH and FROZEN SPINACH. Cover the pot and bring the liquid to a boil. Reduce the heat and simmer until spinach is thawed (~10 minutes).

3. Meanwhile, cut the CHICKEN into thin shreds or 3/4 inch chunks. Slice the SCALLIONS, including about four inches of the green tops (or rinse, stem and mince CORIANDER).

4. When the spinach has thawed, stir the soup, then add the CHICKEN and NOODLES. Cover and simmer until the noodles and chicken are cooked (~5 minutes). Add the SCALLIONS (or CORIANDER) and the LEMON JUICE. Season to taste with SALT and PEPPER.

5. Serve immediately, passing the TOASTED SESAME SEEDS for sprinkling over each portion.

%%%

From: mary@steve.analog.ingr.com (Mary Stevenson)

RAMEN FIRESIDE CHICKEN SOUP
=====

Ingredients:

- 1 medium carrot, sliced
- 1 rib celery, sliced
- 3/4 cup mushrooms, sliced
- 2 tblsp butter or margarine
- 2 packages Maruchan Ramen Chicken Flavor
- 4 cups water
- 1-1/2 cups cooked shredded chicken or turkey
- 2 tblsp flour
- 2 green onions, sliced
- 4 tblsp grated parmesan cheese
- 2 tblsp finely chopped parsley

Instructions:

Saute carrots, celery and mushrooms in butter until tender. Add noodles, 3-1/2 cups water, seasoning packets and chicken to vegetables. Cook for 3 minutes. Thoroughly combine flour and remainign 1/2 cup cold water. Stir into soup. Cook and stir until thickened. Stir in green onions. Serve immediately, garnished with cheese and parsley.

%%%

From: megatest!sfisher@uu2.psi.com (Scott Fisher)

THAI CHICKEN AND COCONUT MILK SOUP

=====

(Tom ka gai or kai tom ga)

Ingredients:

1 12-ounce can coconut milk, such as Chaokoh
1/4 lb chicken breast, cut into small chunks
juice and grated peel of 1 lime
1 4" piece of lemon grass, cut into very thin (1/16") slices on the
diagonal
3-4 slices of galanga (fresh ginger may be substituted)
Hot chile peppers to taste -- preferably Thai birds, with serranos an
acceptable substitute (though I've used sweet Fresno chiles
in a variation I'll describe below), cut into thin circles
Cilantro for garnish

Instructions:

Pour the lime juice on the chicken and let stand while you prepare the rest of the soup. In a medium saucepan, place the coconut milk, lemon grass, grated lime peel, galanga or ginger, and (optionally) chiles. (The optional part is that if you don't want the whole dish to taste spicy, add the chiles later; the earlier you add them, the hotter the resulting dish.) Bring the coconut milk to a simmer.

When the soup is simmering, add the lime-soaked chicken pieces and stir to distribute them. Reduce the heat so the soup stays just below a boil and cook for 12 to 15 minutes, or till the chicken pieces are finished cooking. Remove from heat and serve immediately with fresh cilantro leaves for garnish.

Now, the **best** way I ever had this soup was with pieces of fresh grouper instead of chicken. I also added slices of kumquats instead of the ginger, and used the sweet Fresno chiles instead of Thai birds. We also served it over Vietnamese rice noodles. Was it southeast Asian or Caribbean? Who cares, it was wonderful. If you can't find grouper, it'd be good with any tender, delicate white fish -- sole, maybe, or a very fresh sea bass, or maybe little chunks of monkfish. I believe I've had this with shrimp as well. (Grouper, BTW, is a type of fish common in the Caribbean and, if I recall, in other warm-water parts of the world; the flesh is very white, very tender, and quite delicately flavored. I've seen it in one Asian grocery store in the Bay Area, as well as in the Bahamas, so I'd guess that Gulf Coast netters should be able to find it readily.)

Notes:

1. Galanga is similar to ginger, an edible rhizome available in most Asian groceries. If not available fresh, you can usually find it frozen. (Well, this is the SF Bay Area; if you can't find it at Tin Tin or the New Castro Market, you have to have friends smuggle it in from Bangkok for you... Other parts of the country may vary.)

2. Chile peppers add a lot to the dish; I've had it so hot that I could barely eat it, and I've had it completely smooth, sweet and mild. I like it in the middle.

3. Lemon grass adds a lot to the flavor and aroma, but as near as I can tell it isn't edible unless you puree it. (If there's sufficient demand, I'll print my recipe for Vietnamese turkey fajitas.) I just eat around the slices of lemon grass and ginger.

%%%

From: arielle@taronga.com (Stephanie da Silva)

Posted by Tamar More based upon an ingredient list

THAI CHICKEN COCONUT SOUP
=====

Ingredients:

- 3-4 cans coconut milk (make sure it's the unsweetened kind)
- 3 tblsp chopped scallions
- 1-3 tsp lemon grass
- cilantro (preferably fresh. I sometimes leave this out. Niels says that's defeating the whole point, but I think it still comes out great)
- tofu cubed into smallish pieces.
- chicken also cubed to bite size.
- mushrooms
- 1 carrot grated
- juice from loads of limes (8? i can never put in enough)
- serrano chillies (or any other hot chili pepper, again preferably fresh, but powdered will do)
- 1 tsp galanga powder

Instructions:

Heat the coconut milk in a pot. Add everything else. As the lemon grass is inedible, put it in a tea ball and immerse the ball in the soup so you can retrieve it later. Cook until the chicken is done and the soup is hot (30 minutes?). Taste to see if it needs more limes (it always does) or more hot peppers (it's better to start mild and build up to the desired level of spicyness).

%%%

From: jef2f@livia.acs.Virginia.EDU (Adam Finkelstein)

VIETNAMESE PHO (CHICKEN/NOODLE SOUP)
=====

Chicken Broth:

Slowly cook whole chicken or 2 with some ginger, scallions onion carrot few cilantro leaves covered with h20 until its reduced by half. Ours takes 2 days (48 hours no shit). Save worthwhile meat from chicken, strain broth pressing out all cooked down ing. through strainer or sieve, chill in fridge to facillitate fat removal the next day.

Buy rice sticks from Asian grocery (1 lb is good for 4 people) and Nuoc maum (sp) sauce. I perfer lighter sauce to the darker pastis sauces one can get - rule of thumb for this is to buy the most expensive bottle (they are around 3.50 or so.)

Further Ingredients:

- 1 ginger root
- hot chiles
- Fresh Basil
- 1 white onion
- Fresh cilantro
- Bean Sprouts (mung)
- Cucumber
- lemons or limes
- vineger
- Garlic

Cook noodles until done (2-2.5 min) in broth. In big bowls serve noodles & broth. Garnish with sprouts, basil, cucumber(julienne), lemmon/lime, cilantro shredded cooked chicken fom broth vinegar soaked raw onion rounds.

Each diner adds as much or as little of following sauce (start out slowly and add as you see fit):

- 1/4 cup nuoc maum sauce
- 1 cup h20
- 2 tbs lemon/lime juice or vinegar
- 1/4 tsp sugar (i usually don't add)
- 2 tbs minced ginger
- 1-10 ground hot chiles
- 2-4 cloves minced garlic (i use 4)

1/4 teaspoon minced fresh cilantro leaf>

This is a great meal! Some use thinly sliced beef added right after hot broth & noodles, soup cools beef cooks - a nice change from chicken

Notes:

Get best possible chicken (free range is worth extra \$ for this meal)
Can eat for a day or two. Stuff keeps in fridge.

Craig Claiborne has good section on this in "Craig Claiborne's Favorites vol 2" pp.395 Entitled: "Hot summer, hot soup"

%%%

[mara](#)

Cockaleekie Soup

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 30 Aug 1993 23:35:25 GMT

I don't want the Cockaleekie, I want the Cress!

[mara](#)

Curried Corn and Shrimp Soup

From: mjahnke@nic.cerf.net (Meg Jahnke)

Date: 19 Jul 1993 03:05:33 GMT

(from Sunset, Sept 1992)

2 cups regular-strength chicken broth
2 medium-size tart apples (peeled, cored and chopped)
1 large onion (chopped)
1/2 tsp curry powder
1 large red bell pepper (stemmed and seeded)
4 cups cold buttermilk
1/4 cup lime juice
1 1/2 cups cooked corn kernels
1/2 cup minced fresh cilantro
1/3 lb. tiny cooked shrimp
Cilantro Sprigs (optional)

In a 4- to 5- quart pan over high heat combine broth, apples, onion, and curry. Cover and bring to a boil, then simmer until apples mash easily (about 30 min). Let cool, then cover and chill until cold, at least 3 hours or up to a day. Smoothly puree mixture in a blender or food processor.

Cut a few thin slivers from bell pepper and set aside; dice remaining pepper and put into a tureen with apple puree, buttermilk, lime juice, 1 1/4 cups of corn and minced cilantro. Ladle soup into bowls and top with shrimp, remaining corn, bell pepper strips, and cilantro sprigs.

[mara](#)

Curried Pumpkin-Apple Soup

From: kasserra@helix.nih.gov (Claudia Kasserra)

Date: Sat, 23 Oct 93 17:13:16 -0400

This is my favourite soup, and is very easy. Is from a Canadian Living magazine about 4 years ago.

1/4 cup butter
1 clove garlic
1 onion
1 leek
1 large apple, peeled and chopped
1 tbsp curry powder
2 cups chopped fresh pumpkin
4 cups stock (1 use chicken stock)
1 cup whipping cream
salt and pepper
apple wedges

Melt butter in saucepan. Saute garlic, onion, leek and apple. Stir in curry powder and cook for 1 minute, stirring constantly. Add pumpkin and stock. Bring to boil, stirring occasionally. Reduce heat and simmer until veggies are tender. Puree all in blender or food processor. Return to saucepan and stir in all of cream but 2 tablespoons. Season with salt and pepper. When serving garnish with fresh apple wedges, and pour a bit of cream over top. Looks pretty! Serves 6-8.

Hope you enjoy this.

Claudia Kasserr

kasserra@helix.nih.gov

[amyl](#)

COLLECTION: Diverse Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:23 +0200

Contents

- [Cream Corn Soup \(Timothy Williams\)](#)
- [Cream Of Cauliflower Soup \(Creme Dubarry\) \(Joanne Cook\)](#)
- [Cream Of Celery Soup \(Muffy Barkocy\)](#)
- [Cream Of Vegetable Soup \(jagordon@agsm.ucla.edu\)](#)
- [French Onion Soup \(Camille Benachour\)](#)
- [Fruit Soup \(Michael J. Edelman\)](#)
- [Garlic Soup \(Karen Chisholm\)](#)
- [Golden Summer Soup \(Sarah E. Henderson\)](#)
- [Guacamole Soup \(Gregor Bautz\)](#)
- [Hearty Kale-Quinoa Soup \(Pierre Mathieu\)](#)
- [Hungarian Cherry Soup \(Stephanie da Silva\)](#)
- [Israeli Wheat Berry Stew \(Vegan\) \(Michelle Dick\)](#)
- [Kam's Stir-Fry Kale And Tempeh \(Kam Kashani\)](#)
- [Kim Chee \(Steven Frank\)](#)
- [Kim Chi \(Steven Frank\)](#)
- [Millet Stew \(Vegan\) \(Michelle Dick\)](#)
- [Miso Soup \(Miso-Shiru\) \(Kirk Marple\)](#)
- [Pea Soup, Beauce Style \(Rosemary\)](#)
- [Persian Wedding Soup \(Karen Chisholm\)](#)
- [Pumpkin-Ginger Soup \(Melinda McBride\)](#)
- [Rich Vegetable Soup \(Lynda E. Richkind\)](#)
- [Roasted Eggplant Soup With Mozzarella Croutons \(reine des tournesols\)](#)
- [Santa Fe Ramen Soup \(Mary Stevenson\)](#)
- [Spicy Kale And Chick-Pea Stew \(Shel Talmy\)](#)
- [Spicy Sausage Soup \(Harlon Whitley\)](#)
- [Tom Kha Gai \(Cheryl Bolstad\)](#)
- [Tortilla Soup \(Harlon Whitley\)](#)
- [Ukrainian Sweet And Sour Bean And Cabbage Soup \(Lorraine M Rellick\)](#)

- [Watercress Soup \(red_trek@drycas.club.cc.cmu.edu\)](mailto:red_trek@drycas.club.cc.cmu.edu)
- [Zucchini Soup \(Christa Keil\)](#)

%%%

From: williams@snoopy@uunet.UU.NET (Timothy Williams)

CREAM CORN SOUP
=====

Ingredients:

- 1 can cream corn
- 1 can tomato sauce (16 oz. I think)
- 1-2 onions, chopped
- couple potatoes, cubed
- water, (3 cups?)
- salt, pepper to taste

Instructions:

Throw it all together and cook on low until potatoes are soft.

%%%

From: jcook@fox.nstn.ns.ca (Joanne Cook)

CREAM OF CAULIFLOWER SOUP (CREME DUBARRY)
=====

Ingredients + Instructions:

Chop:

- 1 smallish onion
- 2 leeks
- 2-3 garlic cloves

Saute in melted butter until translucent.

Add:

- 1 cut up caulifower (hold back some of the tiny florets for a garnish)
- 1 can chicken broth + 1 can water (10 oz standard Campbell's)
- 1 cup milk
- bay leaf

generous grating whole nutmeg
1 tbsp or so fresh thyme, or about 1 tsp dried (tarragon is nice, too)
lots of fresh ground white pepper

Simmer until cauliflower is soft. Take out bay leaf and puree in
blender or Cuisinart. If you like, add 1/2 cup or so whipping cream or
10% blend.

Garnish with cauliflower florets and chopped parsley.

%%

From: infmx!philly!muffy@uunet.UU.NET (Muffy Barkocy)

CREAM OF CELERY SOUP
=====

Ingredients:

- 1/2 cup butter
- 1 large onion
- 1 bunch celery
- 6 medium baking potatoes
- 5 bay leaves
- salt & pepper
- half-and-half

Instructions:

Melt the butter in the bottom of an 8-quart pot. Slice the onion (I
usually cut it in half, then slices the halves) and toss it in to cook.
Stir it around every once in a while. Slice the celery, including
leaves, but discarding the bottom inch or two (the very white part).

Toss the celery in with the onion. Stir it around while peeling the
potatoes. Peel the potatoes and cut them into bite/boiling-sized chunks
(at least eighths). When the onions are soft, toss in the potatoes.
Cover with water - use as little as possible, just enough to come to
near the top of the vegetables.

Put in some salt and some pepper. Put in the five bay leaves. Boil on
medium-high for 30 minutes (turn down to medium if it boils over too
much) or until potatoes come apart when pierced with a fork.

Take out the bay leaves. Put the cooked vegetables, with some of the
water, into a blender (fill the container about to half). Pour in a
splash of half-and-half. Blend on the highest setting until very
smooth. Pour that out and repeat until all the vegetables have been

blended. Add salt and pepper to taste when eating - be careful, you can add salt to this pretty much endlessly.

%%

From: jagordon@agsm.ucla.edu

CREAM OF VEGETABLE SOUP
=====

Ingredients:

- 1 pound fresh broccoli or green beans or asparagus
- 2 cups milk (non-fat, low fat, or half and half, your arteries)
- 2 cups water or chicken broth or veggie broth
- sour cream or non fat yogurt (optional)
- 2 tsp dill or thyme or combination
- salt and white pepper to taste

Instructions:

Cook veggies in water or broth til soft, I use pressure cooker. Puree veggies in blender or food processor. Return puree to large pot, add herbs and seasonings, bring to low simmer.

Add milk and heat, do not boil. Add dollop of sour cream or yogurt for extra creaminess.

Serve, garnish with a thin lemon slice and/or sprig of dill.

%%

From: camille@lola.inria.fr (Camille Benachour)

FRENCH ONION SOUP (LA GRATIN'EE `A L'OIGNON)
=====

Ingredients:

- 5-6 onions
- 200 g of grated Emental cheese.
- 1 l of vegetable/ meat stock.
- Butter
- A pan, a dish bearing the oven.

Instructions:

Preheat the oven at 200C. Slice the onions and fry it in some butter

until light brown. Add the litre of stock. Let cook 10 minutes, but not boil. Pour in the dish, add the Swiss cheese. Let gratiner for five minutes.

%%%

From: mje@pookie.pass.wayne.edu (Michael "Mike" J. Edelman)

FRUIT SOUP
=====

Puree in a food processor or blender:

- 3 cups fruit juice (orange, pineapple, apple, your choice)
- 1 bannanna
- 1/2 tsp dried mint (or fresh equiv)
- juice of 1 lemon
- 1 chopped peeled peach
- about a cup of cantaloupe
- 2 tsp honey, or to taste
- 1 cup sour cream, yogurt (her choice) or buttermilk

optional: cinnamon, allspice, more fruit - strawberries are a great addition.

Try it as the first course in a summer meal.

%%%

From: kc@saki.com.au (Karen Chisholm)

GARLIC SOUP
=====

Ingredients:

- 1/4 cup olive oil
- 6 cloves crushed garlic (or more to taste)
- 1-1/2 cups fresh white breadcrumbs
- 3 medium ripe tomatoes - peeled and chopped
- 1 tsp ground sweet paprika
- 1/2 tsp chilli powder
- 1 litre water
- 2 eggs, lightly beaten
- 1/4 cup chopped fresh parsley

Instructions:

1. Heat oil in large pan; add garlic. Cook over gentle heat 1-2 mins until soft but not brown. Add breadcrumbs and cook over medium heat 3 mins or until they turn a light golden brown.

2. Add tomatoes, paprika, chilli powder and water. Bring to the boil; simmer, covered, 30 mins.

3. Add eggs in a thin stream to simmering soup. Cook over low heat 2 mins longer.

4. Pour into serving bowl, sprinkle over parsley and serve.

Note: Serve hot and heavily seasoned.

%%

From: sehender@reed.edu (Sarah E. Henderson)

GOLDEN SUMMER SOUP

=====

Ingredients:

- 1 large onion, chopped
- 2 tblsp oil
- 2-3 Roma tomatoes, chopped
- 1 1/2 lbs yellow crookneck squash, chopped
- 3 cups chicken broth
- 1 cup butter milk
- 1/4 cup fresh basil, minced

Instructions:

In large pan, saute onion in oil over medium heat until golden (10 mi.) Add tomatoes and stir until soft(5 min.) Add squash and broth to pan. Bring to boil on high heat. Cover and simmer until squash is tender (15-20 min.)

Puree mixture with buttermilk in blender or food processor until smooth. Stir in basil. Serve warm or cold, garnished with some basil and thin, round slices of Roma tomato floated on top.

This is a beautiful and delicious soup.

%%

From: gregor@abulafia.oche.de (Gregor Bautz)

GUACAMOLE SOUP

=====

(Serves 4)

Ingredients:

- 1 medium green cucumber
- 2 cloves garlic, chopped (3-4 sind sogar noch besser)
- 3 spring onions, including half the green tops
- 1/2 each read and green capricums (sweet pepper), roughly chopped
- 1 tblsp chopped dill, parsley and chives
- 1 tblsp cider vinegar
- 2 tsp sugar
- 1 cup Vegetable Stock
- 1 ripe avocado
- 2 tblsp white wine
- 1 tsp salt
- 1/4 tsp white pepper
- 2 tsp olive oil
- 1 firm red tomato, diced
- 2 tblsp lemon juice
- 1 extra tsp chopped chives
- garlic croutons to serve

Instructions:

Peel and seed the cucumber and chop roughly. Put cucumber, garlic, spring onionss, capsicums, herbs, vinegar, sugar, stock and half the peeled and chopped avocado into a food processor fitted with a steel blade. Blend well, then pour into a large serving bowl and add white wine, salt, pepper, olive oil and diced tomato. From now on, it must be stirred not blended. Just before serving, stir in the remaining avocado, diced and tossed in lemon juice. Sprinkle with remaining chives. Serve with garlic croutons.

%%%

From: mathieu@geod.emr.ca (Pierre Mathieu)

HEARTY KALE-QUINOA SOUP

=====

Ingredients:

- 2 onions, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
- 2 tbs olive oil

1/4 cup sugar
1 inch stick cinnamon
2 lemons, 1 peeled and the peel reserved, both squeezed
1/2 cup brandy (optional)
2 cups sour cream

Instructions:

Crush a few of the cherry pits, then put all the pits and stems into a pan with the wine, sugar, cinnamon stick and the juice of both lemons and peel of one. Simmer for 5 minutes, then leave to steep for at least 15 minutes. Strain, bring back to a boil and add the cherries and their juice. Remove from the heat immediately and allow to cool to tepid. Stir in the brandy. Put the sour cream into a tureen, then gradually pour in the cherry soup, mixing thoroughly. Serve chilled.

%%%

From: artemis@rahul.net (Michelle Dick)

Source: McDougall Cookbook - Volume 2

ISRAELI WHEAT BERRY STEW (Vegan)

=====

(Servings: 8)

Ingredients:

5 cup Trader Joe's maranara and the rest water
1 1/2 cup Great northern beans
1 cup wheat berries
6 small potatoes -- cut in half
1 large onion -- sliced
4 clove garlic -- minced
5 tsp cumin -- ground
3 tsp tumeric
1/2 tsp black pepper -- ground
2 green peppers

Instructions:

Mix together all ingredients in crockpot. Cook at high 8 to 10 hours.

%%%

From: kamk@sco.COM (Kam Kashani)

KAM'S STIR-FRY KALE AND TEMPEH

=====

Ingredients:

- 6 oz tempeh, cubed
- 1-1/2 cup kale, coarsely chopped (or hand torn), [either red or green]
toughest part of stems removed
- 1-1/2 cup sliced cabbage (as for Mu Shu) [red cabbage is colorful]
- 1/3 cup chopped celery
- 1 medium carrot, coarsely chopped
- 2 tblsp chopped green onion [green and white parts]
- 1 tblsp minced garlic
- 2 tsp minced ginger
- peanut oil for cooking

Sauce:

- 2 tsp hoisin sauce [for a lighter sauce, use soy or Tamari]
- 2 tsp hot chili paste [I like garlic-chili paste]
- 1 tblsp rice vinegar

Instructions:

Heat 1 teaspoon of oil in a wok at high heat. Fry cabbage and celery 45 seconds, then remove from wok. Heat 1 teaspoon of oil. Fry carrots 1 minute, then remove from wok.

Reduce wok heat to medium-high. Heat 2 teaspoons of oil. Fry kale until tender, then remove from wok.

Heat 2 teaspoons oil in wok. Add ginger and garlic, fry for a few seconds, then add onion and tempeh. Cook for 1-1/2 minutes, or until tempeh starts to brown.

Return all ingredients to wok and heat. Add sauce and mix well.

Serve over rice. Makes two servings.

Note:

If you wish, you can make this hotter by frying small, whole dried chilis in the oil before adding the garlic and ginger. You could also use more chili paste.

%%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

KIM CHEE

=====

Okay, since I just made a batch after a 2 year absence of the stuff, here's the recipe I use:

Ingredients:

- 2/3 lb Napa Cabbage - sliced 1/4 inch thick
- 1/2 lb Daikon radish - peeled, sliced 1/4 inch thick
- 1 medium cucumber - peeled, sliced 1/4 inch thick
- 1 medium turnip - peeled, sliced 1/4 inch thick
- 1/2 cup salt
- 1 tblsp salt
- 3 spring onions, sliced
- 3 cloves garlic, minced
- 4 tsp fresh ginger, minced
- 1 tblsp dried chili flakes
- 2 tsp soy sauce/tamari
- 1 cup water

Instructions:

Layer whole cabbage leaves, sliced daikin, cucumber and turnip in a large bowl. Between layers, liberally sprinkle with 1/2 cup salt. Cover with water and place a wide plate or pot on top to submerge them. Leave overnight or at least 12 hours. Drain & Rinse vegetables in a colander. Julienne each vegetable into a uniform shape. return them to the large bowl, and add spring onions, garlic, ginger, chili flakes, soy/tamari, salt and 1 cup water. Toss to combine.

Spoon the vegetabels with liquid into a large crock or clean jars. Cover tightly or cap. Refridgerate for 3 days before opening. Everyday, turn jars upside down a couple of times to distribute spices, or stir vegetables in the crock. Store in refridgerator.

Notes:

Kim chee spiciness varies depending on the hotness of the chili flakes used. The longer it sites, the hotter it gets (up to a point). I cannot vouch for the authenticity of the recipe, but its about as close as I've come.

beware 'kim chee' spices in oriental food stores, as they most likely have MSG in them.

%%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

KIM CHI

=====

Ingredients:

2 heads of Chinese (or white) cabbage
1 cup of salt
1 lbs daikon (long white Oriental radish)
6 green (spring) onions
4 cloves garlic
1 inches fresh gingerroot
1 stalk of celery
1 hard, semi-ripe pear
4 tblsp ground red pepper (cayenne)
1 tblsp granulated sugar

Instructions:

1. Remove (do not discard) the outer leaves from the cabbage. Quarter the cabbage and place together with the outside leaves in a large bowl. Sprinkle on the salt. Let stand 3 hours, turning occasionally.
2. Peel the daikon and cut into long thin strips. Cut the onions into 1." strips and then shred lengthwise into slivers. Mix the daikon and onion strips together in another bowl and let sit while the cabbage and salt mixture is sitting.
3. Peel and mince garlic and gingerroot. Cut celery into 1" lengths and shred lengthwise. Peel, core, and slice the pear and then cut into long strips. Mix these ingredients together with the cayenne and granulated sugar and combine into the daikon and onion mixture.
4. The cabbage will have produced a brine after sitting. Remove the outer leaves from the brine and set aside. Take a quarter of the cabbage head, rinse it under running water then pack the daikon and onion mixture between the leaves. Set it in the bottom of a crock or other container. Repeat this procedure with the remaining three quarters. Any remaining mixture should be layered over the cabbage. Press down.
5. Place the outer leaves in a layer on top of the cabbage and cover the crock. Set a small weight on top of the cover and let sit for 3 days. The longer it sits the stronger it gets! It can be stored for a month prior to opening. Keep it in a cool (60 degree) place.

After removing the Kim Chi from the crock it can be stored in glass jars

and used as needed.

This is a strong recipe and if it is still not hot enough, diced red peppers with seeds can be added, to the daikon and onion mixture, but do so at your own risk! Enjoy.

%%

From: artemis@rahul.net (Michelle Dick)

Source: McDougall Cookbook - Volume 1

MILLET STEW (Vegan)

=====

(Servings: 6)

Ingredients:

- 1 cup millet
- 4 cup water
- 2 onions - cut in wedges
- 2 potatoes - cut in large chunks
- 2 carrots - cut in large slices
- 1 cup celery - cut in large slices
- 1/2 lb mushrooms - chopped
- 2 bay leaves
- 1/2 tsp basil
- 1/2 tsp thyme

Instructions:

Toast millet in dry skillet for about 5 minutes. Stir constantly to prevent burning.

Add all ingredients to crockpot and cook 4 hours at high or 8 hours at low.

%%

From: marple@cs.ubc.ca (Kirk Marple)

MISO SOUP (MISO-SHIRU)

=====

(Serves 4)

- 3 1/3 cups dashi
- ca. 1/2 cup nameko or shiitake mushrooms, sliced
- 1/3 cake tofu

4 tblsp red miso
4 stalks trefoil (or other green for garnish)
ground sansho pepper

Instructions:

Make dashi stock, drain tofu. Soften miso in medium-size bowl in 2
tablespoons tepid dashi, blending with a wire whisk. Gradually ladle
the miso into the stock in a medium sized pot, simmering over medium
heat (strain if a very smooth soup is desired).

Add the sliced mushrooms, the tofu (cut into 1/2 inch cubes), and the
trefoil (cut into small pieces). Simmer for a few minutes, until all
ingredients are heated through. Do not allow to boil.

Ladle into bowls and garnish with pepper. Serve immediately.

%%

From: rwarren@topaz.concordia.ca (Rosemary)

Source: A Taste of Quebec by Julian Armstrong
Commentary as written in the book.

PEA SOUP, BEAUCE STYLE

=====

(serves 8)

This hearty soup is a specialty at Auberge Benedict Arnold in St.
Georges. It's the most requested dish of American visitors, says chef
Renaud Jacques, who was born in St. Elzear. In summer, he flavors it
with fresh hrbs. The rest of the year, he uses Quebec's favorite salted
herbs (recipe follows).

Ingredients:

2 cups (500 ml / 450 g) dried white pea beans
2 tblsp (25 ml) butter
1/2 cup (125ml) chopped onion
1/4 cup (50 ml) chopped leek, white part only
1/4 cup (50 ml) smoked ham, plus ham bone
1/2 lb (250 g) salt pork
1 clove garlic
8 cups (2 l) cold water
2 tblsp (25 ml) salted herbs (see below), rinsed in cold water

Instructions:

into soup. Stir over gentle heat and return lamb pieces to soup. Heat gently, still stirring until egg is cooked. Adjust flavour with lemon juice and add more salt if necessary. Remove from heat.

5. Combine melted butter and paprika. Serve soup in deep bowls and pour a little butter-paprika mixture into centre of each as a garnish.

%%%

From: mcbride@rust.zso.dec.com (Melinda McBride)

PUMPKIN-GINGER SOUP

=====

- 1 small cooking pumpkin
- 1/2 cup "raw" cashew pieces
- 1 tblsp grated fresh ginger (or to taste)
- salt to taste

Instructions:

Soak cashews in water to cover for several hours. This step is optional, but helps them blend better.

Cut pumpkin in half, remove seeds, and bake cut side down at 350 degrees F until very tender (45 minutes to one hour).

Scrape pumpkin from the peel and puree in a blender, with any juices, in batches. Put pureed pumpkin into your soup pot.

Blend cashews in blender until smooth and add to the pumpkin puree. Rinse the blender with a little water and add to the pot. Add a little more water if it's too thick.

Add ginger and salt to taste and heat gently for a few minutes to blend the flavors.

For an even easier variation, use frozen, cooked squash.

%%%

From: lrichkin@jupiter Willamette.edu (Lynda E. Richkind)

RICH VEGETABLE SOUP

=====

Ingredients:

- 1 lb Lean Ground Beef
- Olive Oil
- 1 Medium Onion diced
- 2 Cloves Garlic
- 2 12 oz Cans Whole Tomatoes
- 1 12 oz Can Tomato Sauce
- 1 8 oz Can Tomato Paste
- 4 medium carrots sliced the way you like them
- 1 Green Pepper cut up
- 1 large can kidney beans drained and rinsed

Instructions:

In a large pot saute' the onions and garlic in olive oil, add the ground beef and cook until brown. add the tomatoes, carrots and green pepper and simmer for about 20 minutes then add the kidney beans and simmer for about ten minutes more.

I serve it with garlic bread and a salad, it's great!!!

%%%%%%%%%

From: zola@hardy.u.washington.edu (reine des tournesols)

Source: Gourmet 4/92, Domain Chandon, Napa Valley, CA

ROASTED EGGPLANT SOUP WITH MOZZARELLA CROUTONS

=====

Ingredients:

-
- 1.5 lb Japanese eggplant, halved lengthwise
 - 1 red bell pepper, halved lengthwise and seeded
 - 4 tblsp extra-virgin olive oil
 - 2 onions, unpeeled and halved lengthwise
 - 3 plum tomatoes, halved lengthwise
 - 8 garlic cloves
 - 1 tblsp unsalted butter
 - 3 fresh thyme sprigs, chopped fine
 - 3 fresh oregano sprigs, chopped fine
 - 3 fresh basil sprigs, chopped fine
 - 8 cups chicken broth
 - 1 bay leaf, crumbled
 - 12 1/4-inch-thick slices of French bread, toasted
 - 3/4 lb goat's milk mozzarella, grated coarsely

Instructions:

2 corn tortillas, cut into strips and baked until crisp and 2 green onions, sliced.

Instructions:

Brown pork in hot oil in large saucepan. Add remaining ingredients except garnish. Cook 3 minutes. Garnish with tortilla strips and green onions; serve immediately.

%%%

From: talmy@rand.org (Shel Talmy)

SPICY KALE AND CHICK-PEA STEW
=====

Ingredients:

- 1 1/2 cups dried chick-peas, soaked overnight in enough water to cover them by 4 inches, drained, and rinsed
 - 10 cups water
 - 2 large onions, chopped coarse
 - 3 large garlic cloves, minced
 - 1/4 cup olive oil
 - 2 green bell peppers, chopped coarse
 - 1 1/2 lb kale, coarse stems discarded and the leaves washed well and chopped
 - 2 28-oz cans plum tomatoes including the juice, chopped
 - 1 6-oz can tomato paste
 - 2 1/2 tblsp chile powder
 - 1 tsp dried thyme
 - 1 tsp dried oregano
 - 1 tsp dried hot red pepper flakes
 - 1 tsp ground cumin
 - 1 tsp sugar
 - 1 bay leaf
- steamed couscous or rice as an accompaniment

Instructions:

In a large saucepan simmer the chickpeas in the water, covered partially, for 1 1/2 hours, or until they are tender. In a heavy kettle cook the onions and the garlic in the oil over moderate heat, stirring occasionally, until the vegetables are golden, add the bell peppers, and cook the mixture, stirring, for 10 minutes. Add the chick-peas with the cooking liquid, the kale, the tomatoes with the juice, the tomato paste, the chili powder, the thyme, the oregano, the red pepper flakes, the

cumin, the sugar, and the bay leaf, bring the liquid to a boil, and simmer the stew, stirring occasionally, for 1 hour. Discard the bay leaf, season the stew with salt, and serve the stew on the couscous or rice. Makes about 14 cups, serving 8 to 10.

%%%

From: whitley@mksol.dseg.ti.com (harlon whitley 952-2342)

SPICY SAUSAGE SOUP

=====

- 1 (14 1/2-ounce) can Mexican-style stewed tomatoes, broken up
- 1 (13 3/4-ounce) can beef broth
- 1/2 cup salsa
- 1 tsp dried oregano leaves
- 1 lb spicy or regular pork sausage
- 1 cup frozen whole-kernel corn
- 1 tblsp finely chopped cilantro

Instructions:

Combine tomatoes, beef broth, salsa and oregano in 2 1/2-quart microwave-safe container. Cover and microwave at High (100% power) for 6 minutes.

Meanwhile, pinch off 1-inch pieces pork sausage to make approximately 32 free-form patties; place in 11x7-inch microwave-safe baking dish.

Remove tomato mixture from microwave; add corn, cover and reserve. Cover baking dish with plastic wrap, venting one corner. Microwave at High 9 to 11 minutes or until sausage is no longer pink in the center, stirring after 5 minutes to move rarer pieces to the outside. Let stand 2 minutes.

Remove sausage with slotted spoon and place in tomato mixture. Continue cooking, covered, at High 4 or 5 minutes or until soup is hot. Stir in cilantro. Makes 4 servings.

Per serving: Calories 269 Fat 18g Cholesterol 45mg Sodium 1,645mg
Percent calories from fat 60%

%%%

From: bolstad@blad.rtpnc.epa.gov (Cheryl Bolstad)

TOM KHA GAI

=====

Ingredients:

2 boneless chicken breast - cut up bit sized
 2-3 stalks of lemon grass - cut up into 2" pieces and separated
 6 pieces of dried galangal (I believe this is the Kha)
 1 can coconut milk
 2 Tbs sugar
 2 tsp salt
 1 tsp dried crushed red chilis (optional)
 7 cups water

Instructions:

Place the chicken, lemon grass and galangal in a soup pot. Add the water and cook over medium for about 30 minutes. Add the remaining ingredients and simmer for 20 minutes. You may need to adjust the salt, sugar and water as I find the taste varies with the brand of coconut milk used. Serve with extra chilis and white rice.

%%%

From: whitley@mksol.dseg.ti.com (Harlon Whitley)

TORTILLA SOUP

=====

(Servings: 8)

Ingredients:

1 Onion, chopped
 1 tsp Chili powder
 2 Garlic cloves, minced
 1 tsp Cumin
 1 tblsp Vegetable oil
 1 Rotel, (10 1/2 oz)
 4 Corn tortillas, cut strips
 1 Tomatoes, pureed (16 oz)
 1 cup Chicken, cooked, diced
 3 cup Chicken stock
 Salt to taste

Instructions:

In large saucepan, saute onion and garlic in 1 Tblspn vegetable oil about 5 minutes, until onions are soft. Add tomatoes with green chilies, pureed tomatoes, chicken stock, chili powder, cumin and salt. Heat to boiling, reduce heat and simmer 20 to 30 minutes.

Meanwhile, cut tortillas into thin strips and fry until crisp in 1/4-inch of hot oil; drain on paper towels.

Add chicken, if desired, and tortilla strips to soup and heat through, about 5 minutes. Garnish each serving with sprinkling of diced avocado, cheese and a dollop of sour cream. Makes 8 servings.

Nutritional Values Per Serving:

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Calories                131
Fat                     7g
Sodium                 504mg
Percent calories from fat  44%

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%%%

From: lrellick@magnus.acs.ohio-state.edu (Lorraine M Rellick)

UKRAINIAN SWEET AND SOUR BEAN AND CABBAGE SOUP

=====

Ingredients (note: these are all approximate, and this makes a very large quantity of soup - but I freeze what remains when we get tired of eating it in ziploc bags, and it saves me time the next time I feel like making it)

Stock:

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2      turkey legs
2-3    medium onions, chopped

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Note:

Originally this was made with pork (neck) bones, but I have found that turkey tastes very similar in stock, and there is less fat to skim

Boil this for several hours. Either proceed with recipe, or cool down and refrig. until you feel like proceeding

Soup:

Add:

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1 bag   of sour kraut which has been rinsed several times to remove
        some salt (this is about 1 lb)
1       chopped cabbage

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- 3 shredded carrots
- 1 small can of tomato paste
- 1 can of "white beans" (great northern beans are what I use)
- salt and pepper to taste

Instructions:

Add the sour kraut to the stock, after removing meat/bones. Cook this covered for about 45 minutes. Next add the shredded carrots. Cook for about 10 minutes. Then add the chopped cabbage, cooking for about 15 minutes, or until the fresh cabbage is tender. Then add the tomato paste, mixing until it's dissolved. Now bring it back to boiling, and cook for a couple of minutes. Next dump the beans in (you don't have to drain them). Heat til boiling, then cover it and let it sit (if you're not too hungry) for about an hour so the flavors can mix. If there is not enough liquid, you can add water or tomato juice. Of course, add salt and pepper to taste. This soup is a hearty winter one that goes well with black bread and butter!

%%%

From: red_trek@drycas.club.cc.cmu.edu

WATERCRESS SOUP

=====

Short version:

Prepare a vegetable stock. Boil briefly with 4 cloves of roasted garlic. Remove from heat, and, as boiling subsides, add a lot of watercress leaves.

Long version, for two large servings:

Bake:

- 4 cloves of garlic
- 1 medium carrot, scraped
- 2 small stalks of celery
- 1/2 medium onion

Mince and saute in a little oil briefly. Meanwhile wash and remove leaves from large bunch of watercress. Chop a few of stems of the watercress*, to get loose fistfull

Add:

- 5 cups cold water

3 stems of italian (flat) parsely
 The chopped watercress stems*
 1/2 tsp thyme (dried leaves) and 1/2 tsp sage (dried leaves)
 (use less if you have powder)
 1 bay leaf
 1 tsp salt (you'll add more later)
 Few grinds of pepper

Instructions:

 Heat should be medium low, so it comes to a slow boil. (You can make the rest of your dinner while this is happening.)

Let boil gently ca. 20 minutes, spoon off some and taste for salt and pepper.

Remove garlic from oven, let cool, skin. Strain through cheesecloth or fine sieve to get a clear stock. Smash up the garlic in a bit of the stock, stir in to the stock. Bring to a furious boil. Kill the heat immediately. When boiling is almost subsided, throw in watercress leaves and stir around.

* The watercress stems may be a mistake. The stock was good but a little flat, next time I'm going to try without the stems.

%%%

From: christa@horga.ruhr.de (Christa Keil)
 Christa Keil, Postfach 101312, 44543 Castrop-Rauxel, Germany

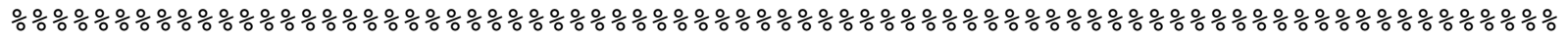
ZUCCHINI SOUP
 =====

Ingredients:

 1 1/2 l vegetable broth
 8 cups zucchini, diced
 1 - 2 tomatoes, chopped
 Salt
 Pepper
 Parsley
 Sage
 Garlic

Instructions:

 Boil zucchini and tomatoes in vegetable broth until very well done. Puree everything until creamy.



[mara](#)

Double Coriander-Ginger Cream Soup

From: arielle@taronga.com (Stephanie da Silva)

Date: Sun, 15 Aug 1993 14:35:52 GMT

4 tablespoons butter
2 teaspoons peanut oil
1 teaspoon Oriental sesame oil
1/2 cup finely chopped scallions
2 tablespoons finely chopped fresh ginger
1/2 cup minced shallots
2 teaspoons ground coriander
1 tablespoon sugar
4 cups chicken stock
1/4 teaspoon salt
1/8 teaspoon freshly ground white pepper
1/2 cup heavy cream
1/2 cup finely chopped fresh coriander
1/4 cup minced chives
Fresh coriander leaves for garnish

In a large saucepan, melt 2 tablespoons of the butter in the peanut oil and sesame oil over moderate heat. Add the scallions, ginger and shallots and cook until the shallots are softened but not browned, 2 to 3 minutes.

Stir in the ground coriander, sugar, chicken stock, salt and pepper. Bring to a boil, reduce the heat and simmer for 5 minutes. Remove from heat and stir in the cream, fresh coriander and chives.

In a blender or food processor, puree the soup in batches until smooth. Return the soup to the saucepan and cook over moderately low heat until heated through, about 3 minutes. Stir in the remaining 2 tablespoons butter. Ladle the soup into a soup tureen or individual bowls and garnish with coriander leaves.

[mara](#)

Egg Drop Soup

From: sandyv@ux1.cso.uiuc.edu (Sandy Vavrinek Seehusen)

Date: 25 Oct 1993 20:11:51 GMT

This is so easy you'll just love it. I make this quite often to accompany stir fry.

2 cups chicken broth (homemade is best; a can of prefab will do in a pinch;
NEVER use bouillion cubes unless desperate)

1/8 t. white pepper

1/2 t. soy sauce

1/4 t. sesame oil (or less - I use a 'blop')

1 t. corn starch

1 egg

veggies (optional)

Heat broth, pepper, soy sauce and sesame oil until it just begins to boil. Add veggies if desired. (I usually add a Tablespoon or two of frozen corn or peas and a chopped green onion for extra color and texture.) Add cornstarch by mixing with either water or some of the broth to make a thin paste and stirring it into the soup to thicken.

Whisk the egg and using a fork, drizzle over the boiling soup. Reduce heat to keep it warm until ready to serve. This serves 2 people as a side or as an appetizer. It's not quite enough for a full meal without fudging by adding a little extra broth or water.

NOTES: All ingredient amounts can be varied to taste. The key ingredient is the sesame oil. I sometimes like to add a little white pepper to the egg before dropping it in the soup. The corn nibblets are a tasty addition, but the peas get mushy if cooked too long.

[amyl](#)

Farmworkers' Chile Soup, Rosebud Texas 1906

From: jdurbin@netcom.com (Jason E. Durbin)

Date: Fri, 8 Oct 93 16:54:37 PDT

My grandmother passed this recipe on to me by feeding it to me every other time I visited (at alternative visits I was served chicken and dumplings). She said she learned from the farm workers on her father's farm who cooked it in a huge pot over an outside fire all day.

Ingredients:

2 Smoked Hamhocks (or more according to how much meat you want in the mix)
1 large Onion
1 bag Pinto Beans (other beans (kidney, red, etc) can be substituted)
Chile Powder (Gebhardt's for real Texas nostalgia)
water
oil

Saute the onions in the oil adding the hamhocks early enough to brown the outside without burning the onions. Add the beans (no need to soak in my experience) and enough water to cover beans and hocks with about an inch extra. Bring to a boil then lower to a simmer and leave for about an hour. (Do not add salt yet! It makes the beans take much longer to cook). Add water as needed to keep everything immersed.

Add chile powder to taste (anything past 2/3 of a large bottle is for masochists only, but be sure to add enough to give a rich color and taste). Cook until beans are tender. Remove hamhocks and strip the meat off. Return the meat to the soup. Add water to create a more soupy consistency than typical chile. Heat until hot enough to serve.

It's very easy.

Serve with corn bread, dark molasses and butter -- what do you see going down mole holes? (sorry) (Brer Rabbit is traditional in my family). Even if you have always hated molasses, I assure this taste combination will change your mind -- well maybe.

Jason Durbin
(jdurbin@netcom.com)

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[amyl](#)

French Onion Soup

From: Jody Rae Prival jp56+@andrew.cmu.edu

Date: Tue, 7 Sep 1993 11:00:33 -0400

Cross Indexed Soup, French

I've recently been making French onion soup. The recipe I've been using is from the Chez Francois cookbook (Chez Francois is a rather good French restaurant in the DC area).

I'm writing this from memory, but I'm pretty certain it's accurate.

You start off by making a white stock (fonds blanc)

- 2 lbs. veal bones
- 2 chicken carcasses, cut into pieces
- 1 gal. water
- 2 carrots, sliced
- 1 onion, sliced
- 1 celery stalk, sliced
- 2 leeks, washed well and sliced
- 6 cracked black peppercorns
- 4 parsley sprigs
- 2 sprigs thyme
- 2 bay leaves

Place bones, carcasses, and water in a large stock pot. Bring to a boil. Reduce heat, skim fat, and add vegetables and herbs. Allow to simmer for 4-5 hours partly covered, skimming fat as necessary. Strain well (or just ladle the soup out, leaving the bones, etc. behind).

French onion soup

- 8 cups fonds blanc
- 3 cups onion, sliced
- 2 tbsp. butter
- 8 tbsp. mixed grated Gruyere and Parmesan cheese
- salt and pepper to taste
- 1 baguette

Melt the butter on low heat in a large saucepan. Add the onion, and cook for 30-40 minutes, stirring often, until the onions are soft and golden brown. Add the fonds blanc, and simmer for 30 minutes. Add salt and pepper to taste.

In a 375 F oven place 16 1/2-inch slices of bread, cut into ~1-inch pieces. Bake until golden brown (5-8 mins).

Put the soup into individual serving dishes, top with the croutons and 1 heaping tbsp. cheese each (I find I really need more like 2 tbsp each). Brown the cheese under a broiler and serve immediately.

[amyl](#)

French Onion Soup

From: hamiltob@cadvision.com (Blair Hamilton)

Date: Tue, 21 Mar 1995 14:34:28 +0000

1 1/2 pounds red onions, peeled and halved
1/3 cup margarine or butter
3 cubes beef flavored bouillon
4 cups water
1/2 cup dry white wine
1/2 tsp Worcestershire sauce
1/2 tsp salt
1/2 tsp black pepper
4 ounces Swiss Cheese, or Gruyere
1/4 loaf French bread

- Slice onions, thinly.
- Melt butter in 2 quart Dutch oven.
- Slowly cook onions in butter until lightly browned, about 20 mins.
- Add Worcestershire sauce, salt, pepper to soup. Stir.
- Shred cheese.
- To serve soup, place a thick slice of French bread into the bottom of each individual ovenware serving bowl.
- Ladle soup into bowls. Top with a thick layer of shredded cheese.
- Place under broiler or microwave until cheese melts.
- Serve at once.

[amyl](#)

Green Soup

From: sam@sun-shop.adelaide.edu.au (Sam Sangster)

Date: Mon, 27 Sep 93 11:22:22 +0930

A delicious soup that I have served both hot and cold.

Serves 4-6.

Ingredients

1 onion
1 T olive oil
1 T flour
2.5 cups chicken stock (home-made is best :-)
2 large lettuces - use only the greenest leaves
1 bunch spinach
2 small bunches of watercress
1 cup scalded milk
2-3 T cream
Freshly ground pepper
Bunch Parsley - finely chopped

Method

Wash and tear up lettuce, spinach, and watercress leaves.

Saute onion in olive oil until soft in large pan. Then stir into flour, and cook for 1 minute.

Add stock and bring to boil, stirring regularly.

Add leaves, reduce heat, and simmer for about 10-15 minutes.

Remove from heat, and allow to cool. When cool, place in blender, and puree.

Return puree to pan, add scalded milk and cook until heated through. Add freshly ground pepper.

If serving hot, transfer soup into bowls, place a dab of cream in the soup, and sprinkle with chopped parsley.

I prefer it without cream when serving cold.

[amyl](#)

Jalapeno Cheese Soup

From: Garry Howard garhow@hpubmaa.esr.hp.com

Date: Thu, 15 Jul 93 13:38:53 EDT

This is a great recipe that I make often. Don't let the Velveeta cheese turn you off. I never tried this recipe for a long time because I thought made with Velveeta how good can it be. All I can say is give it a try once and let me know what you think. It is one of my favorites.

Title :Jalapeno Cheese Soup
Serves :6
Keywords :Mexican, Soups, Hot & spicy

Ingredients:

6	c	Chicken broth
8		Celery stalks
2	c	Diced onion
3/4	ts	Garlic salt
1/4	ts	White pepper
2	lb	Velveeta cheese
1	c	Diced jalapeno peppers
		Sour cream
		Flour tortillas

Instructions:

Dice celery stalks, onions and jalapenos. Cut Velveeta into cubes.

In a large saucepan place the chicken broth, celery, onions, garlic salt, and white pepper. Cook over high heat for 10 minutes, or until the mixture reduces and thickens slightly.

In a blender or food processor place the broth and the cheese. Puree them together until the mixture is smooth. Return the pureed mixture to the saucepan and simmer it for 5 minutes. Add the diced peppers and mix them in well.

Serve with a dollop of sour cream and warm flour tortillas.

From "Santa Fe Recipes", Tierra Publications.

Recipe from Guadalupe Cafe, Santa Fe, NM.

[mara](#)

Leek, Potato, and Spinach Soup

From: morrissey@stsci.edu (Mostly Harmless)

Date: Mon, 16 Aug 1993 00:51:44 GMT

1/4 cup butter or margerine
4 cups water, divided
1 cup leeks, sliced
1 1/2 lbs. (4 - 5 medium) potatoes, sliced
6 cups fresh spinach, coarsely chopped
Salt
White pepper
Sour cream

In 3-quart saucepan, melt butter in 1 cup water.
Add leeks and simmer, covered, over low heat for 5 minutes.
Add potatoes and remaining 3 cups water and simmer until potatoes
are tender, about 25 minutes.
Just before serving, stir in spinach and simmer gently for 5 minutes
Add salt and pepper.
Serve hot and garnish with sour cream, if desired.

[mara](#)

Lemongrass Soup

From: najork@cs.uiuc.edu

Date: Thu, 16 Sep 1993 15:24:11 GMT

Cross Indexed Soup, Thai

Here's a lemongrass soup recipe that I improvised because my husband and I love Thai food but we don't have any Thai restaurants in town.

8 C. chicken stock

1/2 - 1 bunch cilantro

1 can straw mushroom

16 large shrimps, peeled, deveined

1 C. snow peas

1/3 C. shredded carrots (just for color)

juice of 1 lime

1/2 - 1 tsp. crushed red pepper

1 chili pepper, cut into rings

4 Tbsp. nam plah (you can find at Oriental food stores)

a few stalks of lemongrass (I would use about 6)

Bring the broth to a simmer. Add crushed red pepper and shrimp. simmer for 5 min. Add lemongrass and simmer for another 5 min. Add the rest of the ingredients and simmer a few minutes more. Be careful not to over cook or the vegetables will lose their color and will get limp.

[amyl](#)

Miso Soup

From: Rainer Thonnes rwt@dcs.ed.ac.uk

Date: Tue, 21 Sep 1993 17:17:53 GMT

1.5 cubic inches Miso (fermented soybean paste)
1 small Potato [*]
0.5 teaspoon Special Seasoning [**]
0.5 teaspoon Wakame (dried seaweed) [***]
few dashes Tamari soy sauce (optional)

Thinly slice the potato and boil it in enough water for 2 bowlsful of soup. Meanwhile soak the wakame in cold water for a few minutes, during which it will expand to about seven times its dry volume and lose some of its salty taste. Add the special seasoning to the boiling potato. Just before the potato is cooked, strain the seaweed (discarding the water in which it has been soaking), and add it to the soup. When the potato is cooked, remove from heat and add the miso. This is best done by placing it into a small hand-held sieve or tea strainer, then dipping it into the soup and jiggling it around. If necessary, gently force the miso through the sieve using a teaspoon. Do not boil after miso has been added as this will impair the flavour and consistency. Season to taste with soy sauce if you like.

[*] You don't have to use potato. You can use carrot or almost any other vegetable or even tofu.

[**] This special seasoning, obtainable at shops which specialise in Japanese food ingredients, is a powder normally sold in 10g sachets. It is sold particularly for Udon or Soba or Miso Soup, and for the latter they recommend using 1g per serving. I understand it contains Bonito among other things and adds a mildly fishy flavour. If you can't get any, you can use the appropriate portion of a stock cube (fish or vegetable would be best), but only make it about half strength or so, you want most of the flavour of the soup to come from the Miso.

[***] Good quality Wakame comes in small fine leaves. If you can only get the large coarse ones you may need to trim off the hard parts. Also, if they're big, it's impractical to measure with a teaspoon, so just break off a few pieces. If you can't get wakame at all you could use scallions or green onions, particularly their leafy parts.

[amyl](#)

Mom's Vegetable Soup

From: narayan@aravali.everest.tandem.com (Pankaj Narayan)

Date: Fri, 15 Oct 1993 20:44:26 GMT

This is a soup that uses no broth, and so can be enjoyed by people who shy away from soup because of the chicken broth requirement.

For about 3-4 large mugs of soup:

Take 1 large onion (red is probably too strong), half of a cabbage, and perhaps one large potato or 2 small ones.

Wash these well, maybe cut them up in 2 or 3 large chunks each. Put them in a pressure cooker and cover with water. Also put maybe 2 tbsp. of uncooked rice to give it some thickness. Put water in to just about 0.75 inch above base... about 2 mugs. Put the lid on and cook for up to 3 whistles. This takes 10 minutes or less.

If you do not have a pressure cooker, then cook for a longer time I guess (3-4 hrs?)

Let the cooked mixture cool for some time. Next you have to puree the whole mess in a blender and then run it through a sieve.

This is the base soup. When it is warm (not hot) put in some milk and start to heat it. Put in salt to taste. Before serving, put in a few drops of vinegar.

Simple, yet hearty and yum.

[amyl](#)

Mullagawtawny Soup

From: **dmcmenam@mhc.MtHolyoke.edu (Dianna McMenamin)**

Date: 26 Oct 1993 01:30:46 GMT

This is from Joy of Cooking:

Saute lightly, but do not brown:

- 1/2 cup diced onion
- 1 diced carrot
- 2 diced ribs celery

in:

- 1/4 cup butter

Stir in:

- 1-1/2 Tablespoons flour
- 2 teaspoons curry powder

Stir and cook them about 3 minutes.

Pour in and simmer 15 minutes:

- 4 cups chicken or lamb broth
- 1 bay leaf

Add and simmer 15 minutes longer:

- 1/4 cup diced tart apples
- 1/2 cup boiled rice
- 1/2 cup diced cooked chicken or lamb
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8 teaspoon thyme
- 1/2 teaspoon grated lemon rind

Immediately before serving, stir in:

- 1/2 cup hot cream or coconut milk

[amyl](#)

Mulligatawny Soup

From: sanchez@emx.cc.utexas.edu (Beatrice Sanchez)

Date: Tue, 26 Oct 93 13:00:57 -0500

(from Betty Crocker's 40th Anniversary Cookbook)

3 lb broiler-fryer chicken, cut up
4 c water
1 tsp salt
1 tsp curry powder
1 tsp lemon juice
1/8 tsp ground cloves
1/8 tsp ground mace
2 Tbl margarine or butter
1 medium onion, chopped (about 1/2 cup)
2 Tbl all-purpose flour
2 medium tomatoes, chopped
1 large all-purpose apple, coarsely chopped
1 medium carrot, thinly sliced
1 medium green bell pepper, cut into 1/2-inch pieces

Heat chicken, giblets (except liver), neck, water, salt, curry powder, lemon juice, cloves and mace to boiling in Dutch oven; reduce heat. Cover and simmer about 45 minutes or until juices of chicken run clear.

Remove chicken from broth. Cool chicken about 10 minutes or just until cool enough to handle. Remove skin and bones from chicken. Cut chicken into bite-size pieces. Skim fat from broth. Add enough water to broth, if necessary, to measure 4 cups.

Heat margarine in Dutch oven over medium heat. Cook onion in margarine about 2 minutes; remove from heat. Stir in flour. Gradually stir in broth. Add chicken, tomatoes and remaining ingredients. Heat to boiling; reduce heat. Cover and simmer about 10 minutes or until carrot is tender. Garnish with parsley if desired. 6 SERVINGS (ABOUT 1-1/4 CUPS EACH); 345 CALORIES PER SERVING.

[amyl](#)

Aush (Persian Ashe)

From: Sarah Henderson

Date: Tue, 21 Sep 1993 23:36:53 -0700 (PDT)

This is a Persian recipe, but is similar to the aush I have had in an Afghan restaurant. 'Ash-e' means soup in Farsi. Persian noodles (Reshteh) are available in Middle Eastern food shops. The author notes that liquid kashke(whey) is available, but the quality isn't always good, so she uses sour cream. She also suggests making the soup a day ahead of serving.

From Food of Life, by Najmieh Batmanglij

Noodle Soup(Ash-e Reshteh)

1/4 cup red kidney beans, soaked
1/4 cup navy beans, soaked
1/4 cup chickpeas, soaked
3 onions, finely sliced
3 Tbsp. oil
2 tsp. salt
1/2 tsp. ground black pepper
1 tsp. turmeric
10 cups water
1/2 cup lentils
1 cup beef broth
1/2 cup chives or scallions, coarsely chopped
1/2 cup dill weed, chopped
1/2 cup parsley, coarsely chopped
2 cups spinach(fresh or frozen), chopped
1 beet, peeled and chopped in 1/2 inch pieces
1/2 lb. flat egg noodles or Persian noodles(Reshteh)
1 Tbsp. flour
1 cup liquid kashke or sour cream, or 1/4 cup wine vinegar

*Gheimeh Garnish

1/4 lb. beef, in 1/2 inch cubes
1 small onion, chopped
3 cloves garlic, crushed
2 Tbsp. oil
1/2 cup water
2 Tbsp. yellow split peas
1 tsp. tomato paste
1/4 tsp. saffron, dissolved in 1 Tbsp. hot water

1/2 tsp. salt

*Mint Garnish

1 onion, finely sliced
3 cloves garlic, crushed
1 Tbsp. oil
1 tsp. dried mint flakes

Soup instructions:

In large pot, brown onions in oil. Add salt, 1/4 tsp. of the pepper, and turmeric. Pour in water and add kidney beans, navy beans, and chickpeas. Cover and simmer 45 minutes. Add lentils and broth. Cook 35 minutes. Add scallions, dill, parsley, spinach, and beet. Stir occasionally and cook 20 minutes or until done. Correct seasoning (add the rest of the pepper if needed) and add more water if too thick. Add noodles, flour and cook until noodles are done--about 10 minutes.

If using kashke or sour cream, set aside a heaping Tbsp. for garnish. Stir 2 Tbsp. of soup into remaining sour cream. Stir this mixture slowly into soup. Reheat just before serving, adding more water if it's too thick.

Gheimh:

About 1/2 hour before serving, prepare gheimh garnish. Brown meat, onion, and garlic in oil. Stir in water and split peas. Cover and cook 20 minutes over low heat. Add tomato paste, saffron, and salt. Simmer covered for 10 minutes.

Mint:

While gheimh is simmering, prepare mint garnish. Brown onion and garlic in oil. Remove from heat. Crush mint flakes in hand and stir into onion. Pour soup into tureen, garnish with gheimh and mint garnish and reserved sour cream by floating them on top.

[amyl](#)

COLLECTION: Pepper Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:18 +0200

Contents

- [Cream Of Red Pepper Soup \(Bill Maddex\)](#)
- [Onion And Pepper Soup \(Sharon Curtis\)](#)
- [Roasted Yellow Bell Peppers And Tomato Soup \(Jill Gostin\)](#)

%%%

From: mad4@ellis.uchicago.edu (Bill Maddex)

Source: Friendly Foods by Bro. Ron Pickarski

CREAM OF RED PEPPER SOUP

=====

Ingredients:

- 1 tblsp olive oil
- 1 large red bell pepper, seeded and chopped
- 1/2 cup onion, chopped
- 1/4 cup celery, diced
- 1/2 cup potatoes, diced
- 1/2 tsp whole rosemary
- 1/2 tsp whole fennel seed
- 1/2 tsp Hungarian paprika
- 1/2 tsp salt
- 1/8 tsp white pepper
- 1 1/2 cup soy milk
- 1/2 cup water
- 2 tblsp white miso
- 1/2 cup julienned carrots
- 2 tsp parsley for garnish

Instructions:

In a large saucepan, saute all veps but carrots in oil w/seasonings about five minutes. Add water and soy milk. Cover and simmer about twenty minutes. Add miso and puree in food processor until smooth. Add carrots and return to pot and cook on med another five minutes. Garnish and serve.

%%

From: sharon@comlab.ox.ac.uk (Sharon Curtis)

ONION AND PEPPER SOUP

=====

(Serves 4)

Ingredients:

- 1 large onion
- 3 medium-sized peppers (capsicums, red + yellow + green if you like!)
- 2 oz butter
- 3 tblsp tomato puree
- 1 1/2 pints beef stock
- salt and pepper

Instructions:

Chop onion finely; remove pith and seeds from peppers and cut peppers into thin strips.

Melt butter; add onions and peppers and cook gently until soft. (The veg should not be starting to brown at all).

Add the stock and bring to the boil. Add tomato puree and salt and pepper to taste, and simmer for a while, until the consistency is to your liking. Let the soup cool a little, then puree some of the soup using a liquidizer (liquidizers don't like hot soups) and then pour the pureed soup back into the pan with the rest and reheat to serve.

Freezes nicely.

%%

From: jgostin@mal-s1.gatech.edu (Jill Gostin)

Source: Gourmet

ROASTED YELLOW BELL PEPPERS AND TOMATO SOUP

=====

(Makes about 6 servings)

1. Pepper Soup:

Ingredients:

6 yellow bell peppers, roasted and chopped coarsely
3 tblsp shallots
1 tsp thyme
1 tblsp unsalted butter
1.5 cups chicken broth plus a little extra
0.5 cup heavy cream

Instructions:

In a heavy saucepan, melt the butter and saute the shallots with the thyme until the shallots are soft. Add the chopped pepper and 1.5 c. chicken broth. Simmer covered for 12-15 minutes, until peppers are very soft. Puree in food processor. Pour back in saucepan and whisk in the cream. Add chicken broth to get desired consistency (I added about an extra tablespoon of broth). You can either use it now, or refrigerate and reheat later.

2. Tomato Soup:

Ingredients:

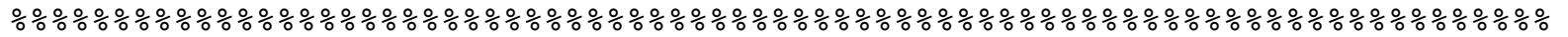
3 lbs Roma tomatoes
3 cloves garlic
3 tbsp shallots
1 tsp oregano
1 tbsp butter
1.5 cups chicken broth plus a little extra
0.5 cup heavy cream

Instructions:

Quarter tomatoes. Place skin side down in two jelly roll pans. Put garlic cloves in one of the pans, also. Bake at 350 degrees for 45 minutes. Cook shallots and oregano in butter, then add the tomatoes and garlic (removed from cloves and crushed) and the 1.5 cups of chicken broth. Simmer 15 minutes. Puree, then whisk in cream. Add chicken broth to get desired consistency (should be same consistency as pepper soup). Either refrigerate or use it now.

To Serve:

Take two cups and half-way (or more) fill one with pepper soup and the other with tomato soup. From opposite sides of the individual serving bowl, pour the soups in simultaneously. You'll end up with yellow soup in one half of the bowl and red in the other half. Then drizzle the top with some heavy cream that has been beaten with chopped jalapeno and a little garlic (strain it before drizzling). Beautiful, and it tastes great, too!



[mara](#)

Posole : COLLECTION

From: garhow@hpubmaa.esr.HP.COM (Garry Howard)

Date: 28 Oct 1993 14:56:57 GMT

Originally contributed to Prodigy by Melanie Miguel.

Categories: Mexican, Soups, Main dish

Servings: 12

2 lb Pork roast, cut in chunks
1/2 lb Pork rinds (skins)
2 Pork shanks or pigs feet
1 tb Salt
2 c Posole
1 ts Oregano
2 Cloves garlic, mashed
2 tb Chopped onion
4 Red chili pods, remove seeds

Place meat and pork rinds and pork shanks in a large kettle and add about 5 quarts of water or enough to cover meat. Add approximately 1 tablespoon salt and bring to a boil. Cook over medium heat for about 1 1/2 hours. Remove excess grease and set aside. Reserve liquid. Wash the posole very carefully until the water is clear so as to remove lime from kernels. Put in large kettle and cover with water. Boil until posole has popped. Mix meat, posole, rind and shanks or pigs feet. Add oregano, garlic, onion and chili pods. Let simmer for about 1/2 hour. Posole may be served as a main dish with hard rolls, tortillas or crackers. Additional red chili sauce may be added at serving time for more spice. NOTE: Posole can be found in the meat section if it is available in your area, if not available, hominy can be substituted in the same quantities but no rinsing or pre-cooking is needed. The posole will lose its authenticity but none of its tastiness if pork rinds, pork shanks or pigs feet are omitted. You can also add one can of tomatoes to enhance the flavor.

----- Recipe via Meal-Master (tm) v7.02

Title: Pozole Jalisco

Categories: Mexican, Vegetables

Servings: 1

Mel's Instructions

2 DAYS AHEAD: Put 1 pound whole white corn kernels (hominy) to soak in a pot, covered with water, overnight. NEXT DAY: Change water and bring to a

boil. Place one heaping tea- spoon unslaked lime in one cup cold water and add it to the corn through a strainer. Boil the corn 12 minutes. Cover, and let stand 1/2 hour. Wash the corn in water several times, removing the thin sheaths on the kernels as you go. Rinse again. Keep refrigerated. ON DAY OF PREPARATION:

Bring to a boil 5 pounds pork meat (combina- tion pork tenderloin, shoulder, butt and neck bones).

Lower to a simmer for one hour.

At the same time, place the hominy in fresh, cold water - about 14 cups - and bring to a brisk boil for about 1 hour. The kernels should open. After the hour, remove the pork from its pot and cut into serving size pieces. Add the pieces of pork to the hominy. Add 2 Tbsp salt and allow to cook, uncovered about 4 hours on a slow simmer. Reserve liquid pork broth from meat and maintain in another pot, simmering. This should be added to the hominy as needed. ACCOMPANIMENTS:Salsa picante, finely chopped onion, shredded lettuce or cabbage, lime wedges, sliced radish, oregano, toasted tortilla.

----- Recipe via Meal-Master (tm) v7.02

Title: Pozole Rojo (red pozole)

Categories: Mexican, Vegetables

Servings: 1

Mel's Instructions

Start with the basic Pazole Jalisco recipe and then follow these instructions:

Add to the pozole, at the same time you add the meat, the following: 6 crushed garlic cloves; 4 dried red chiles (of the large variety, such as ancho or guajillo) First lightly char and then soak them in 1 cup hot water. Then remove stems and seeds and puree in blender with the water.

Continue cooking as before.

----- Recipe via Meal-Master (tm) v7.02

Title: Pozole Verde (green pozole)

Categories: Poultry, Mexican

Servings: 1

Mel's Instructions

Start with the Basic Pozole Jalisco recipe and follow these instructions:

After the pozole has been cooking for 2 hours, add: 1 small chicken, halved; 1 pound fresh tomatillos, husked, washed, blended, and then briefly fried in 1/3 cup veg. shortening; 4 small green chiles; one large chopped onion; 2 sprigs each epazote and hoja santa; 1 1/2 cups hulled, untoasted pumpkin seeds (you should toast them yourself till they begin to

ACCOMPANIMENTS: avocado & chicharron

Melanie

----- Recipe via Meal-Master (tm) v7.02

Title: Pozole Jalisco 1

Categories: Main dish

Servings: 1

5 lb Pork meat(combination, tende
Butt and neck bones.

2 tb Salt

Accompaniments:

Salsa picante

Onion-minced

Lettuce, shredded

Lime wedges

Radish, sliced

Oregano

Tortilla, toasted

Red pozole:

Garlic cloves, minced

4 Red chiles, dried

Green pozole(pozole verde)

1 Chicken, small, cut in half

1 lb Tomatillos, fresh

1/3 c Oil

4 Chiles, green

1 Lg Onion

2 Epazote sprigs

2 Hoja santa sprigs

1 1/2 c Pumpkin seeds, hulled, toast

2 days ahead:Put 1 pound whole white corn kernels (hominy) to soak in a pot, covered with water, overnight. NEXT DAY: Change water and bring to a boil.Place one heaping teaspoon unslaked lime in one cup cold water and add it to the corn through a

strainer. Boil the corn 12 minutes. Cover, and let stand 1/2 hour. Wash the corn in water several times, removing the thin sheaths on the kernels as you go. Rinse again. Keep refrigerated. On day of preparation: Bring to a boil 5 pounds pork meat (combination pork tenderloin, shoulder, butt and neck bones). Lower to a simmer for one hour. At same time, place the hominy in fresh, cold water about 14 cups - and bring to a brisk boil for about one hour. The kernels should open. After the hour, remove the pork from its pot and cut into serving size pieces. Add the pieces of pork to the hominy (corn). Add 2 Tablespoons salt and allow to cook, uncovered about 4 hours on a slow simmer. Reserve liquid pork broth from meat and maintain in another pot, simmering. This should be added to the hominy as needed.

[amyl](#)

Pumpkin Soup

From: morrissey@stsci.edu (Mostly Harmless)

Date: Wed, 25 Aug 1993 01:12:12 GMT

1/4 c. butter
1/4 c. minced shallots
1/2 c. onions
3 c. chicken stock
2 c. cooked pumpkin puree
1 t. paprika
1/2 t sugar
1/8 t. crushed dried chilies
salt and pepper to taste
1 c. cream

Saute shallots and onions in butter until golden.
Add stock everything else but the cream and simmer 15 minutes.
Cool slightly and puree in batches in blender.
Return to saucepan add cream taste and adjust salt and pepper.
Simmer 5 min. but do not boil.
Serve with a dollop of whipped cream and sprinkle with paprika.

[mara](#)

Pumpkin Soup - COLLECTION

From: hammond@odin.scd.ucar.edu (Steve Hammond)

Date: Thu, 14 Oct 1993 19:44:36 GMT

This recipe is from D. Madison & E.E. Brown, "The Greens Cookbook", Bantam, 1987

Pumpkin Soup w/ Gruyere cheese

For this soup use Sugar pumpkins or Perfection squash - both are sweet and full-flavored without being stringy and watery. Delicata and butternut, though milder, are delicious. The stock is a simple one, using the seeds and scrapings of the pumpkin or squash, a few vegetables, and herbs.

The Stock

Seeds and scrapings from the pumpkin or squash
2 carrots, peeled and diced
1 celery stock, plus some leaves, chopped into small pieces
1 turnip, peeled and diced
2 bay leaves
..5 tsp dried sage leaves or 5-6 fresh sage leaves
4 parsley branches
3 thyme branches
..5 tsp salt
8 cups cold water

Cut pumpkin or squash in half and scrape out all the seeds and stringy material with a large metal spoon. Put them in a pot with remaining ingredients, bring to a boil, simmer for 25 minutes, and then strain.

The Soup

1 pumpkin or squash, weighing about 2.5 pounds, halved and scooped out
3 Tbs butter
1 medium yellow onion, cut into 1/4-inch dice
..5 tsp salt
6-7 cups stock
..5 to 1 cup light cream
white pepper
3 oz Gruyere cheese, finely grated
Thyme leaves, finely chopped, for garnish

Preheat oven to 400 F. Bake the pumpkin halves, skin up, on a lightly oiled baking sheet until the skin is wrinkled and the flesh is soft, about an hour. Remove them from the oven, and when cool enough to handle, peel off the skin. Reserve and caramelize juices that may collect in the pan.

Melt butter in a soup pot, add the onion, and cook over medium heat for about 5 minutes. Add the cooked pumpkin, the juices, if any, the salt, and about 6 cups of the stock. Bring to a boil; then simmer, covered, for 25 minutes.

Pass the soup through a food mill, which will smooth it out while leaving some texture. Return the soup to the pot and add the cream and more stock, if necessary to thin it.

Taste for salt and seasoning. Add Freshly ground white pepper. Stir in the grated cheese and serve the soup with some thyme leaves scattered over it.

From: marianne@mencken.WV.TEK.COM (Marianne Evans)

A friend gave this to me but I haven't tried it.
She says it's WONDERFUL!

PUMPKIN SOUP

4 C chicken broth
1 onion, chopped
2 C pumpkin
3/4 C green onions, white part, chopped
bay leaf
1/8 ts nutmeg
1/2 ts curry powder
2 C milk
1/2 ts sugar
salt and pepper to taste

Saute onions. Add other ingredients and cook uncovered 15 minutes. Puree. Add milk and cook another 5 minutes. Do not boil.

From Janet Morrissey "Mostly Harmless" morrissey@stsci.edu

I found this recipe for savory pumpkin soup in the Colorado

Springs Gazette Telegraph. I modified it somewhat. It turned out great!

Pumpkin Soup:

1 med. onion, chopped
1/4 c. butter
2 c. cooked mashed pumpkin
4 c. pumpkin cooking water
2 heaping tsp. chicken soup base
1 bay leaf
1/2 tsp. sugar
1/2 tsp. curry powder
1/8 tsp. nutmeg
1 T. dry parsley
1 c. milk
1 c. half and half
2 tsp. salt
Fresh ground pepper to taste

Saute onion in butter till golden. Stir in pumpkin, water, chicken base, bay leaf, sugar, curry, nutmeg and parsley. Bring to simmer and simmer uncovered 15 min., stirring occasionally. The recipe called for pureeing in batches in a blender or processor. I didn't do this-it didn't need it IMHO. Add half and half in a thin stream, stirring while adding. Add milk in the same manner. Add salt and pepper. Simmer 5-10 min.

Notes:

The original recipe called for 1 lg. onion, sliced, and 3/4 c. sliced scallions, white part only. It called for a 16 oz. can of pumpkin instead of cooking your own pumpkin. I cut off the peel of a volleyball sized pumpkin, scraped out the seeds, then cut the remaining stuff into approx. 1 inch cubes. I added water to about halfway up to the top of the cubes. I brought to a boil, then simmered slowly 45 min., stirring occasionally. I then removed the cooked cubes, reserving the cooking water. I mashed the cubes. To be honest, I didn't measure the pumpkin pulp or the pumpkin cooking water, but it looked to be the amount of pumpkin and water I mentioned above. The original recipe also called for 4 c. chicken broth in place of the pumpkin cooking water and chicken base. The recipe called for 2 c. half and half, but I loked it just fine with milk and half and half.

From: morrissey@stsci.edu (Mostly Harmless)

This came from r.f.c. quite some time ago. I don't have the info on who originally posted it.

Pumpkin Soup

1/4 c. butter
1/4 c. minced shallots
1/2 c. onions
3 c. chicken stock
2 c. cooked pumpkin puree
1 t. paprika
1/2 t sugar
1/8 t. crushed dried chilies
salt and pepper to taste
1 c. cream

Saute shallots and onions in butter until golden.
Add stock everything else but the cream and simmer 15 minutes.
Cool slightly and puree in batches in blender.
Return to saucepan add cream taste and adjust salt and pepper.
Simmer 5 min. but do not boil.
Serve with a dollop of whipped cream and sprinkle with paprika.

[amyl](#)

Quebec Pea Soup / Salted herbs

From: Another message from Rosemary! RWARREN@TOPAZ.CONCORDIA.CA

Date: Wed, 11 Aug 1993 13:13:08 -0500 (EST)

Source: _A Taste of Quebec_ by Julian Armstrong
 Commentary as written in the book.

Pea Soup, Beauce Style (serves 8)
 =====

This hearty soup is a specialty at Auberge Benedict Arnold in St. Georges. It's the most requested dish of American visitors, says chef Renaud Jacques, who was born in St. Elzear. In summer, he flavors it with fresh hrbs. The rest of the year, he uses Quebec's favorite salted herbs (recipe follows).

Imperial	Ingredients	Metric
-----	-----	-----
2 cups	dried white pea beans	500 ml / 450 g
2 tbsp.	butter	25 ml
1/2 cup	chopped onion	125 ml
1/4 cup	chopped leek, white part only	50 ml
1/4 cup	smoked ham, plus ham bone	50 ml
1/2 lb.	salt pork	250 g
1	clove garlic	1
8 cups	cold water	2 L
2 tbsp.	salted herbs (see below), rinsed in cold water	25 ml

Soak peas for at least 8 hours or overnight in water to cover; drain. Heat butter in a large heavy hot and saute onion and leek just until tender. Add peas, ham, salt pork (in one piece), garlic, water and salted herbs. Bring quickly to a boil, lower heat, partly cover, and cook gently for 2-3 hours or until peas are tender. Stir occasionally during cooking, adding more water if necessary. Remove salt pork, cut in small pieces, then return to soup.

may be frozen.

Salted Herbs (5-6 cups / 1.25 - 1.5 litres)
 =====

Herbs preseved with vegetables and salt make a lively seasoning for soups -- particularly pea soup -- sauces, stews, and omelettes. A commercial brand, Les Herbes Salees du Bas du Fleuve, is marketed by J.Y. Roy of St. Flavie and can be found in Montreal specialty stores. This recipe comes from the Metis district.

Imperial -----	Ingredients -----	Metric -----
1 cup	chopped fresh chives	250 ml
1 cup	chopped fresh savory	250 ml
1 cup	chopped fresh parsley	250 ml
1 cup	chopped fresh chervil	250 ml
1 cup	grated carrots	250 ml
1 cup	chopped celery leaves	250 ml
1 cup	chopped green onions	250 ml
1/4 - 1/2 cup	coarse salt	50 - 125 ml

In a large bowl, combine herbs and vegetables. Layer 1" / 2.5 cm of herb mixture in the bottom of a crock or glass bowl and sprinkle with some of the salt. Repeat layers until all of the herb mixture and salt is used.

Cover and refrigerate for 2 weeks. Drain off accumulated liquid and pack herb mixture into sterilized jars. Refrigerate until ready to use.

[mara](#)

Quick & Dirty Miso Soup

From: Kristen McQuillin kristen@foxholly.pgh.pa.us

Date: Sat, 18 Sep 1993 09:36:25 -0400 (EDT)

1 packet	dashi (fish flakes)
1/2 c	miso (red or yellow)
2	scallions
1/4 lb	tofu
1/4 t	ginger (fresh grated)

Make fish broth by boiling the fish flakes in about a quart of water until the water is pale yellow and tastes fishy. Strain the flakes from the broth.

Slice the scallions into very thin rounds, cut the tofu into small cubes and add both to the broth. When the scallions are soft (just a few minutes) add the miso and ginger. Heat (without boiling) to serving temperature.

NOTES: You can use "instant dashi" (like bullion cubes) or real fish to make the fish broth.

Garlic (sliced into very thin ovals) is also very good in this soup. Add with the scallion and tofu.

[amyl](#)

Reuben Soup

From: Frank Lopez flopez@andromeda.rutgers.edu

Date: Fri, 24 Sep 93 22:10:32 EDT

PRODIGY(R) interactive personal service

09/24/93

9:49 PM

FROM: MICHAEL GROSZ (VBFF60A)

This is an excellent soup!

1/2 cup onion, chopped
1/4 cup celery, chopped
3 Tbsp butter
1/4 cup flour
3 cup water
4 tsp instant beef bouillon or 4 beef bouillon cubes
1/2 pound corned beef, shredded
1 cup sauerkraut, well drained
3 cups half and half
3 cups shredded Swiss cheese
6 - 8 slices rye or pumpernickel bread, toasted and cut
into triangle quarters

In a large saucepan, cook onion and celery in butter until tender; stir in flour until smooth. Gradually stir in water and bouillon and bring to a boil. Reduce heat; simmer uncovered for 5 mins. Add corned beef, sauerkraut, cream and 1 cup of the cheese. Cook for 30 mins. or until slightly thickened, stirring frequently. Ladle into 8 ovenproof bowls. Top each with a slice of bread and put 1/4 cup of the cheese on top of the bread. Place in oven under broiler until the cheese melts and browns ever so lightly.

[amyl](#)

Smoked Red Bell Pepper Soup

From: arielle@taronga.com (Stephanie da Silva)

Date: Sun, 24 Oct 1993 09:01:51 GMT

Hickory chips, soaked in water 30 minutes and drained
8 medium red bell peppers (about 3 pounds)
6 cups (or more) chicken stock
1 1/2 pounds whole chicken breasts with ribs
2 tablespoons butter
2 celery stalks, diced
1 medium onion, diced
4 thyme sprigs
1 bay leaf
2 cups whipping cream (or milk)
salt and freshly ground pepper

Prepare covered barbecue grill with medium-low fire on one side of grill. Sprinkle hickory chips over coals. Place disposable aluminum pan under grill rack on side away from fire. Grease grill rack and arrange peppers on rack over pan. Cover and smoke peppers until cooked through, turning every 15 minute and adding more chips as necessary, about 1 1/2 hours. Peel, core and dice peppers.

Bring 6 cups stock to boil in medium saucepan. Reduce heat so liquid is barely shaking. Add chicken breasts and simmer until firm to the touch, about 12 minutes. Drain, reserving stock. Skin and bone chicken, then dice. Refrigerate.

Melt butter in heavy large saucepan over medium-low heat. Add celery and onion and cook until tender, stirring occasionally, about 10 minutes. Add peppers and stir 3 minutes. Add reserved stock, thyme and bay leaf and simmer, stirring occasionally, until reduced to 4 cups, about 1 hour.

Add cream to soup and simmer until reduced to 4 1/2 cups, about 40 minutes. Remove thyme and bay leaf. Puree soup in blender. Strain through sieve into medium saucepan. Season with salt and pepper. Rewarm over low heat, adding more stock if thinner consistency is desired. Add diced chicken and heat through. Serve immediately.

[amyl](#)

COLLECTION: Soups With Cheese

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:13 +0200

Contents

- [Broccoli And Cheese Soup \(Mary Branscombe\)](#)
- [Broccoli-Cheese Soup \(Charlene Keane\)](#)
- [Farmer's Cheese Soup \(Barbara Hlavin\)](#)
- [Jalapeno Cheese Soup \(Garry Howard\)](#)
- [Jarlsberg Cheese And Broccoli Soup \(Mary Murray\)](#)

%%

From: maryb@cix.compulink.co.uk (Mary Branscombe)

Source: Originally from BBC Good Food magazine but somewhat adapted

BROCCOLI AND CHEESE SOUP
=====

Ingredients:

olive oil
 2 onions
 6 medium potatoes
 1 pint water/stock
 2 heads of broccoli
 8 oz cheddar cheese - mature cheddar is good, add more cheeses if
 you want it only improves it
 salt, peper, herbs and spices

Instructions:

heat oil, soften 2 onions and 6 medium potatoes.

When yellowish, add about 1 pint of water or stock and one head of
broccoli (broken into florets), salt and any herbs/spices you fancy.

Cook for about 20 minutes at a fast simmer.

Add another head of broccoli in florets, simmer for another 2/3 minutes.

Remove from pan while new broccoli is still crunchy and liquidise.

Add about 8 ounces grated mature cheddar to the serving dish and stir until it melts - top with lots of freshly ground pepper. Serve with fresh brown bread.

%%%

From: cxk28@po.CWRU.Edu (Charlene Keane)

BROCCOLI-CHEESE SOUP
=====

Ingredients:

- 1 1/2 pounds fresh broccoli
- 1 pint half-and-half (that's half milk, half cream for the non-US people, or substitute to your liking)
- 2 cups water
- 1 pound pasteurized process cheese spread (like Velveeta)
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup cornstarch (cornflour) mixed with 1 cup cold water

Instructions:

Steam broccoli until tender (can cook in microwave on high power, 6 minutes per pound). Place half-and-half and water in the top of a double boiler. Add cheese (cut in pieces), salt and pepper. Heat until all the cheese is melted. Add broccoli. Mix cornstarch and water in a small bowl. Stir into the cheese mixture in the double boiler, and heat over simmering water until soup thickens. Makes 10 1 cup servings.

%%%

From: twain@carson.u.washington.edu (Barbara Hlavin)

FARMER'S CHEESE SOUP
=====

(Yield: 7 cups)

Ingredients:

- 3 tablespoons butter
- 1 cup finely chopped onion
- 1 cup chopped celery
- 3/4 cup sliced carrot rounds
- 1/2 pound broccoli, separated into small flowerets (about 2-1/4 cups)

3 cups milk
1 cup (4 oz.) Dakota Farms cheddar cheese
6 to 8 slices French bread, toasted
Swiss cheese cut into thin wedges, two for each slice of bread
4 slices bacon, cooked and crumbled

Instructions:

Melt butter in 3-qt. saucepan. Add onion and celery. Stir and cook 5 minutes. Add carrots, broccoli and broth. Cover, bring to a boil, then turn to simmer and cook for 15 minutes or until vegetables are tender. Add milk, bring to a simmer. Add cheese, stirring until melted. Pour soup into a casserole. Float bread slices on top of soup and cover each with two wedges of Dakota Farms Swiss cheese. Place under broiler for 2 to 3 minutes until the cheese melts and turns a delicate brown. Sprinkle with crumbed bacon and serve.

%%%

From: garhow@hpubmaa.esr.hp.com (Garry Howard)

Source: "Santa Fe Recipes", Tierra Publications.
Recipe from Guadalupe Cafe, Santa Fe, NM.

JALAPENO CHEESE SOUP

=====
(Serves 6)

Ingredients:

6 cup Chicken broth
8 Celery stalks
2 cup Diced onion
3/4 tsp Garlic salt
1/4 tsp White pepper
2 lb Velveeta cheese
1 cup Diced jalapeno peppers
Sour cream
Flour tortillas

Instructions:

Dice celery stalks, onions and jalapenos. Cut Velveeta into cubes.

In a large saucepan place the chicken broth, celery, onions, garlic salt, and white pepper. Cook over high heat for 10 minutes, or until the mixture reduces and thickens slightly.

In a blender or food processor place the broth and the cheese. Puree them together until the mixture is smooth. Return the pureed mixture to the saucepan and simmer it for 5 minutes. Add the diced peppers and mix them in well.

Serve with a dollop of sour cream and warm flour tortillas.

%%

From: mmml1@psuvm.psu.edu (Mary Murray)

JARLSBERG CHEESE AND BROCCOLI SOUP

=====

Ingredients:

- 1 c. chopped leek
- 1-2 c. mushrooms, chopped
- 2-3 T. margarine
- 1-2 T. flour
- 3 c. chicken broth
- 1 bunch broccoli, in florets
- 1 pint half and half
- 1 c. shredded Jarlsberg cheese

Instructions:

Saute leek and mushrooms in margarine till tender. Add flour and heat one minute more till bubbly. Stir in broth till thick. When heated, add broccoli. Simmer 20 min. till tender. Add half and half (less if you want) and cheese. Stir till cheese is all melted. Good with a good loaf of French bread.

%%

[mara](#)

Split Pea Soup

From: ap792@yfn.ysu.edu (Chris Bjelica)

Date: 26 Sep 1993 19:13:05 GMT

I have a batch of this cooking now and thought I would post it. I usually double the recipe and freeze it in individual servings. It's easy and always tastes great.

From an old Betty Crocker Cookbook

Ingredients:

8 cups water
1 pound dried split peas (about 2-1/4 cups)
1 to 2 lb smoked ham
1 med onion
1 tsp salt
1/4 tsp pepper
2 or 3 carrots chopped
2 or 3 stalks celery chopped

Heat water and peas to boiling. Boil for 2 minutes, then remove from heat and cover. Let sit for 1 hour.

Add ham (whole), onion, salt and pepper. Cover and simmer until peas are tender, about 1 hour.

Remove ham and trim meat from bone. (I usually use 1 lb boneless smoked ham) Cut ham to 1/2 inch pieces. Stir ham, carrots, and celery into soup. Cover and simmer until veggies are tender, about 45 minutes.

Like I said, it freezes well and is a very convenient side to a sandwich or whatever.

[amy1](#)

Squash and Orange Soup

From: dw@dmu.ac.uk (David Wakely)

Date: Tue, 12 Oct 1993 15:29:47 GMT

Peel and finely dice the squash of your choice, leaving out any seeds etc. Finely chop a medium sized onion or a handful of shallots. Put both in a large pan and add just enough water to cover. Add a little very finely chopped parsley.

Bring pan to the boil, and then simmer for 15-20 minutes (or until squash and onion have gone very soft). Turn out heat and allow to cool slightly.

Put contents of pan through a blender till an even consistency has been achieved.

Tip back into pan and add 5 fl oz fresh orange juice and fresh ground black pepper. Reheat, but do not boil.

Serve marbled with plain yoghurt.

[mara](#)

Sweet & Sour Cabbage Soup

From: nachison@scsud.ctstateu.edu (Nachison, Beth)

Date: Tue, 7 Sep 1993 22:16:00 GMT

1 large cabbage, shredded
1-2 carrots, shredded
 [OR--use 2 lbs pre-shredded cole-slaw mix instead]
2 lbs sauerkraut, with liquid
1 large can tomato juice
1 can water
salt to taste
1-2 tsp peppercorns (or to taste)
1-2 tsp dill weed (or more to taste)
1 c raisins
1/4 c brown sugar, packed
1/4 c lemon juice

Put cabbage, carrots, sauerkraut, raisins, liquids and spices
in a large pot.

Bring it to a boil.

Add brown sugar and lemon juice. Cook for a while till
cabbage is soft and flavors are blended. Adjust seasoning
to taste. (This may involve a lot more sugar and lemon juice,
till you get it just right!)

Serve with

MEATBALLS

1 lb ground beef
1 onion, minced fine
1/4 c raw rice
1 egg
salt, pepper, dill weed to taste

Mix all ingredients together. Shape into meatballs.
Cook in the cabbage soup.

ALTERNATIVE: prepare SWEET & SOUR STUFFED CABBAGE

Prepare meatballs as above. Prepare cabbage soup as above, but strip off the large outer leaves of the cabbage and shred only the inner portion. Blanch the large leaves to soften, and fold each one carefully around a portion of the meat-mixture. Place each cabbage role CAREFULLY into the cooking soup and cook approx. 3 hours or till done.

I usually make large batches of this cabbage soup-- it keeps well in the fridge, reheats marvellously, and freezes well too.

[amyl](#)

COLLECTION: Posole

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:19 +0200

Contents

- [Posole \(Sandy Schilling\)](#)
- [Posole \(Stephanie da Silva\)](#)
- [Pozole \(Stephanie da Silva\)](#)

%%

From: sschilli@nmsu.edu (Sandy Schilling)

POSOLE
=====

Ingredients:

3-5 lbs pork roast, cut into bite-sized pieces
5-6 cloves of garlic, crushed
2 onions, diced
8-10 tblsp red chili powder (more or less to taste)
5-10 tblsp dried crushed red chili pods with seeds
 (Be careful with this! The heat of the chili is released as
 the soup boils. Start with the smaller amount and increase
 to get a spicer soup.)
2 tsp cumin
2 large cans hominy (white corn)
salt to taste
water

Instructions:

Saute onions and garlic in a bit of oil until just brown. Add pork and cover with water. Bring to a boil. Add chili powder, crushed red chili, cumin, and salt. Simmer slowly for 1 1/2 - 2 hours. Drain hominy and add to soup. Simmer for another 30 minutes and adjust seasonings.

Tastes better the second day, of course. :)

%%

From: arielle@taronga.com (Stephanie da Silva)

POSOLE

=====

Ingredients:

- 1 lb pork neck bones
- 2 cups chicken broth
- 1/2 cup chopped onion
- 3-4 cloves garlic
- 3 lb pork shoulder butt, cut in 1-inch cubes
- 6oz dried California chiles (about 12 pods)
OR 6 tbsp chili powder
- 2 cups white hominy
- salt & pepper

Instructions:

1. Cook bones in chicken broth with onion and garlic for about 2 hours. Cut meat from bones and return meat to kettle. Add pork cubes and cook for 45 minutes.
2. Remove seeds and veins from dried chiles. Soak chiles in boiling water for about 20 minutes. Drain and puree in blender or rub through a sieve.
3. At end of 45 minutes, test to see if pork is done; continue cooking if pork cubes are not tender.
4. Add pureed chiles and hominy. Season to taste with salt and pepper.

%%%

From: arielle@taronga.com (Stephanie da Silva)

POZOLE

=====

Ingredients:

- 1 chicken, 3-4 lbs, cut into serving pieces
- 1 lb pork loin, cut into 2 in. cubes
- Chicken stock to cover
- 2 cans hominy (or about 3 cups fresh)
- 2-3 pequ!n peppers (see above)
or 1 tsp red pepper flakes

- 2-3 limes, or lemons, cut in wedges
- 10 radishes, washed and sliced
- 1 small head of lettuce, shredded
- 1 Bermuda onion, minced
- 4-5 tblsp oregano
- salt and pepper to taste

Instructions:

In a large pot, place the chicken, pork, and chiles, and cover with chicken stock. Simmer for 45 minutes. If you wish at this point you may remove the chicken and remove the skin and bones, returning the meat to the pot, as it is easier to eat this way. Add the hominy and continue to cook for about 15 minutes, or until the meat is done and tender. Season to taste.

Serve the soup in large bowls, making certain that each gets pork, chicken and hominy. Place the lettuce, limes, oregano, and onion in serving bowls and allow each guest to garnish their own bowl of soup. It's simply wonderful!

%%%

[mara](#)

COLLECTION: Tomato Soups / Gazpacho

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:25 +0200

Contents

- [Gaspaccio \(Camille Benachour\)](#)
- [Gazpacho \(Sharon Astyk\)](#)
- [Roasted Yellow Bell Peppers And Tomato Soup \(Jill Gostin\)](#)
- [Tomato Potato Soup \(Patricia Friedman\)](#)
- [Tomato Wild Rice Soup \(jongleur@aol.com\)](#)

%%%

From: camille@katia.inria.fr (Camille Benachour)

GASPACCIO
=====
(serves 4)

You need:

a salad bowl
a mixer

Ingredients:

1 cucumber
4 tomatoes
1/2 red pepper
1 tsp of olive oil
1 little head of garlic
salt
pepper
tabasco

Instructions:

Peel the cuncumber, dice the cuncumber the tomatoes and the red pepper and gather it in the salad bowl with the garlic. Mix it until you have a soup. Add the spices (salt, pepper, tabasco, olive oil ...). Keep fresh until the service.

%%%

From: mblum@chaos.cs.brandeis.edu (Sharon Astyk)

GAZPACHO
=====

Ingredients:

- 1 large can of tomato juice
- about a cup of bread crumbs
- 1 green bell pepper
- 1 yellow bell pepper
- fresh hot peppers to taste
- 1 sweet onion
- lots and lots of garlic
- as much fresh coriander as can handle
- fresh basil
- one or two really ripe fresh tomatos
- spices to taste including cumin, paprika and thyme
- salt to taste
- sugar to taste
- the juice of a couple of lemons and/or limes

Instructions:

Put all of the bread crumbs, the garlic, 1/2 of the green pepper, the hot peppers (I recommend habaneros, but only if you like it really deadly), about half of the coriander, half of the basil. 1/2 the tomatos, all the spices and the citrus juice, and enough of the tomato juice to moisten the whole thing. Puree. Pour in bowl. Add the rest of the tomato juice, coriander, basil and vegetables in a dice. Let sit in the fridge for an hour or so. Eat.

This is just a basic recipe, but a true gazpacho merely had bread crumbs and liquid, and I have a recipe for a white gazpacho with just white wine and grapes that I'll post if there is any interest.

%%%

From: jgostin@mal-s1.gatech.edu (Jill Gostin)

Source: Gourmet

ROASTED YELLOW BELL PEPPERS AND TOMATO SOUP

=====

(Makes about 6 servings)

1. Pepper Soup:

Ingredients:

- 6 yellow bell peppers, roasted and chopped coarsely
- 3 tblsp shallots
- 1 tsp thyme
- 1 tblsp unsalted butter
- 1.5 cups chicken broth plus a little extra
- 0.5 cup heavy cream

Instructions:

In a heavy saucepan, melt the butter and saute the shallots with the thyme until the shallots are soft. Add the chopped pepper and 1.5 c. chicken broth. Simmer covered for 12-15 minutes, until peppers are very soft. Puree in food processor. Pour back in saucepan and whisk in the cream. Add chicken broth to get desired consistency (I added about an extra tablespoon of broth). You can either use it now, or refrigerate and reheat later.

2. Tomato Soup:

Ingredients:

- 3 lbs Roma tomatoes
- 3 cloves garlic
- 3 tbsp shallots
- 1 tsp oregano
- 1 tbsp butter
- 1.5 cups chicken broth plus a little extra
- 0.5 cup heavy cream

Instructions:

Quarter tomatoes. Place skin side down in two jelly roll pans. Put garlic cloves in one of the pans, also. Bake at 350 degrees for 45 minutes. Cook shallots and oregano in butter, then add the tomatoes and garlic (removed from cloves and crushed) and the 1.5 cups of chicken broth. Simmer 15 minutes. Puree, then whisk in cream. Add chicken broth to get desired consistency (should be same consistency as pepper

soup). Either refrigerate or use it now.

To Serve:

Take two cups and half-way (or more) fill one with pepper soup and the other with tomato soup. From opposite sides of the individual serving bowl, pour the soups in simultaneously. You'll end up with yellow soup in one half of the bowl and red in the other half. Then drizzle the top with some heavy cream that has been beaten with chopped jalapeno and a little garlic (strain it before drizzling). Beautiful, and it tastes great, too!

%%

From: frdm@slib1620selu.edu (Patricia Friedman)

TOMATO POTATO SOUP
=====

Ingredients:

- 10 medium potatoes, peeled and cubed
- 1 can tomato paste
- 4 to 5 tblsp flour
- 3 tblsp sour cream
- milk
- salt to taste

Instructions:

Cover potatoes with water. Add a little salt and boil until tender. Dilute tomato paste with a little water and add to potatoes. Mix in a small bowl or cup, flour and just enough milk to form a paste. Stir until smooth. Add sour cream; stir until blended, then add more milk. Stir and pour into soup. Simmer for 20 minutes.

%%

From: jongleur@aol.com

TOMATO WILD RICE SOUP
=====

Ingredients:

- 1 medium onion, chopped finely or grated.
- 2-4 carrots, chopped.
- 2-4 stalks celery, chopped.

3 tblsp butter
2 tblsp olive oil
1 28oz can crushed tomatoes and either another small
can or 2-4 diced fresh tomatoes.
2 cup vegetable or chicken stock
1/2 cup wild rice
(1/2 cup pearl barley for thicker soup/stew)
Spices: salt, pepper, and at least 2 tblsp fresh chopped basil

Instructions:

Brown vegetables in large pot with butter and olive oil. Add tomatoes.
Add stock and wild rice. (add pearl barley) Bring to a boil.

Simmer gently, covered, until rice fluffs and opens (about 1 hour).
Season. If the soup is too thick for you, add stock. Very good with
french bread and mushrooms in cream.

%%

[mara](#)

COLLECTION: Tortellini Soups

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Mon, 16 Aug 93 09:31:26 +0200

Contents

- [Chicken Tortellini Soup \(Cici\)](#)
- [Tortellini Soup \(Ann Adamcik\)](#)
- [Tortellini Soup \(Debby Cooper\)](#)

%%%

From: cici@insect.berkeley.edu (Cici)

Source: Sunset's Light and Healthy Cookbook

CHICKEN TORTELLINI SOUP

=====

(Makes 10-12 servings)

Ingredients:

- 4 1/2 qt low-sodium chicken broth (homemade or canned)
- 1 pkg (9 oz) cheese-filled spinach tortellini
- 3/4 lb stemmed spinach leaves, rinsed well, drained, and chopped
- 1 lb boneless and skinless chicken breasts, cut into 1/2-inch chunks
- 1/2 lb mushrooms, sliced
- 1 medium-size red bell pepper, stemmed, seeded and diced (optional)
- 1 cup cooked white or brown rice
- 2 tsp dry tarragon leaves
- Grated Parmesan cheese (optional)

Instructions:

In an 8-10 qt. pot, bring chicken broth to a boil over high heat. Add tortellini, cook until al dente. Add spinach, chicken, mushrooms, bell pepper, rice, and tarragon; return to a boil over high heat. Reduce heat, cover, and simmer until chicken is no longer pink in the center (about 2 minutes). Offer with Parmesan if desired.

Per serving: 201 calories, 4 g total fat (0.8 g saturated fat).

%%%

From: Ann.Adamcik@corp.sun.com (Ann Adamcik)

TORTELLINI SOUP
=====

Ingredients:

- 1 tsp butter
- 3-4 cloves garlic, finely chopped
- 2 cans (14 oz. each) vegetable broth
- 1 pkg (9 oz.) tortellini
- 1 can (14 oz.) stewed tomatoes, chopped up
- 1/2 bunch fresh spinach, cleaned, stemmed, and torn
- ~6-8 fresh mushrooms, sliced
- 6 fresh basil leaves or 1 Tbsp. dried basil
- 1/4 cup shredded parmesan

Instructions:

Sautee garlic in butter. Add broth and bring to boil. Add tortellini and simmer for about 5 minutes. Add tomatoes, spinach, mushrooms, and basil. Simmer for 2-3 minutes. Stir in parmesan and serve.

%%%

From: debbyc@capemay.east.sun.com (Debby Cooper)

TORTELLINI SOUP
=====

Ingredients:

- 1 lb mild Italian sausage
- 2 cloves garlic, crushed
- 7 cups beef stock (or water)
- 5 beef bouillon cubes (ONLY if you use water)
- 1/4 cup fresh parsley, chopped
- 1 onion, cut in eighths
- 2 zucchini, sliced
- 2 carrots, sliced
- 8 oz. can tomato sauce
- 1 lb. can whole, peeled tomatoes, crushed
- 8 oz. can sliced mushrooms
- 1 pkg fresh cheese tortellini
- grated parmesan or romano cheese

Instructions:

Brown sausage in skillet, add garlic when grease has begun to bleed into the skillet so it doesn't brown. Drain sausage and add to beef stock (or water with bouillon cubes dissolved in it). Add parsley, onion, carrots, tomato sauce, and tomatoes (squeeze them gently with your hand as you drop them into pot). Cook for about 1/2 hour. Add zucchini and mushrooms and cook until zucchini is tender. Add tortellini and cook until done, about 2 or 3 minutes. Spoon into bowls and garnish with grated cheese. Serve with garlic bread.

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Two Soups

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 18 Aug 1993 20:01:51 GMT

From The Best of Food and Wine Collection

Broccoli, Onion and Cheese Soup

5 tablespoons butter
2 large Bermuda onions, thinly sliced
1/4 teaspoon freshly ground black pepper
3 sprigs of fresh thyme
1 tablespoon sugar
1/4 cup sweet white wine
3 cups chicken stock
3 tablespoons all-purpose flour
1 1/2 cups milk
1/2 cup heavy cream
1/4 teaspoon dry mustard
1/8 teaspoon freshly grated nutmeg
dash of cayenne
1/2 pound Jarlsberg cheese, grated
1/2 cup grated Gruyere cheese
1 bunch of broccoli, separated into 1 1/2 inch florets (about 4 cups)
1 red bell pepper, cut into 1/4 inch dice

In a large flameproof casserole, melt 2 tablespoons of the butter over moderately high heat. Add the onions, black pepper, thyme and sugar. Reduce the heat to moderately low, place a circle of waxed paper directly over the top of the onions and cover tightly with a lid. Simmer, stirring occasionally, until the onions are very soft and golden, about 1 hour and 15 minutes.

Remove the cover and the waxed paper and increase the heat to moderate. Cook until the onions are golden brown, about 25 minutes.

Add the wine and boil until reduced by half, about 5 minutes. Add the chicken stock and 2 cups of water. Bring to a boil and simmer for 15 minutes.

In a large saucepan, melt the remaining 3 tablespoons butter over moderate heat. Whisk in the flour and cook, stirring, for 2 minutes without browning. Whisk in the milk, cream, dry mustard, nutmeg and cayenne and

bring to a boil. Boil, stirring, for 2 minutes. Remove from heat and stir in the Jarlsberg and Gruyere until smooth.

Scrape the cheese mixture into the hot soup, add the broccoli and cook until crisp-tender, about 8 minutes. Stir in the red pepper and cook until heated through, about 2 minutes.

Spinach Soup

4 tablespoons butter
1 large onion, minced
3 pounds fresh spinach, stemmed
2 cups chicken broth
2 cups low fat milk
1 teaspoon salt
1/2 teaspoon freshly ground pepper
Thin slice of lemon and minced chives, for garnish

In a large saucepan, melt the butter over moderate heat. Add the onion and reduce the heat to low. Cook until softened but not browned, about 10 minutes.

Increase heat to moderate and add the spinach leaves by the handful, stirring to wilt them before adding the next handful. When all the spinach has been added, cook for about 1 minute to completely soften the spinach.

In a food processor, puree the soup in batches until smooth. Return the soup to the pan and stir in the stock and milk. Simmer over moderate heat until heated through. Season with the salt and pepper. Serve in soup bowls, garnished with a slice of lemon and a sprinkling of chives.

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Vegetable Soup

From: lussierj@jsp.umontreal.ca (Lussier Jean-Francois)

Date: Thu, 14 Oct 1993 05:43:40 GMT

Nothing's easier then making vegetable soup: you don't even need a recipe. Just a few hints and tricks...

First of all, you need good base. A chicken broth is a good start. To make one, buy yourself 30 cents worth of chicken. Let it boil with 2 liters of water and a little salt for two or three hours. You actually need around 2 or 3 cups of the stuff, depending on how much soup you want to make, and strong your broth is.

Then buy yourself fresh vegetables: Try potatoes, tomatoes, onions, zucchinis, mushrooms, spinachs... etc. 5 to 8 different vegetables, not more than that.

Add salt, pepper, garlic and one spice of your choice, like teragoen, origano or rosemary. Once again, don't over do it! You want to be able to taste every ingredient in your soup.

The broth is very important. It's what brings all the taste together.

Then put the broth and the vegetables in one large cauldron. Add water until it reaches 2/3 of the cauldron. Add the salt. Set your stove to medium heat and let leave it alone for a good 3 to 4 hours. You can add water if you find there's not enough of it. Add your main spice half an hour before the soup is done.

There it is! If you wish to add rice or pastas, i suggest you add them already cooked, within the last hour of cooking.

Jean-Dominique Baril
(sending from J-F Lussier's account)

[amyI](#)

Vegetarian Posole

From: jongleur@aol.com

Date: Mon, 19 Jul 93 22:08:32 EDT

1/2-1 cup onion, chopped.
2-5 cloves garlic, chopped.
1 1/2 cups mushrooms cut into halves or quarters.
2 sliced carrots
1 cup green beans
2 cups chopped squash (I use Tatum squash)

2 cups canned tomatoes or 4 to 7 fresh tomatoes and 1/2 cup water
One can (29 ounces) hominy
pinch salt
2 teaspoons each (more or less) cumin and oregano
black pepper to taste.
Fresh cilantro to taste (3-6 Tablespoons, shredded)

Brown the onions and garlic in a little oil.
Add the vegetables to the browning onions and garlic.
Add the tomatoes and cook until vegetables start to soften (about 10-15 minutes).
Add the seasonings. Add the hominy.
Cook until all vegetables and the hominy are soft (another 10-15 minutes).

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Vermont Cheddar Cheese Soup

From: arielle@taronga.com (Stephanie da Silva)

Date: Fri, 3 Sep 1993 15:39:35 GMT

2 cups (1/2 liter) shredded Cheddar cheese
3 tablespoons (45 ml) butter
4 scallions (including some of the green parts), chopped
1 small onion, chopped
1 rib celery, chopped
3 tablespoons (45 ml) flour
1/8 teaspoon (1/2 ml) grated nutmeg
1/8 teaspoon (1/2 ml) pepper
2 cups (1/2 liter) chicken broth
1 quart (1 liter) milk
1 teaspoon (5 ml) salt
1 tablespoon (15 ml) Worcestershire sauce

In a large pot, melt the butter. Add the scallions, onion and celery. Cook until the onion softens. Sift in the flour, nutmeg and pepper and cook for 2 or 3 minutes longer. Gradually stir in the broth. Bring the mixture to a boil and simmer for 15 minutes. Cool the mixture slightly. Strain into a bowl and return it to the pan.

Add the milk and bring the soup just to a boil. Gradually add the cheese, stirring to melt each batch before adding more. Return the soup to a boil, stirring often. Taste for seasoning, and add salt and Worcestershire.

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Watercress Soup

From: arielle@taronga.com (Stephanie da Silva)

Date: Sun, 15 Aug 1993 14:33:42 GMT

1 tablespoon butter
3 leeks (white part only), chopped
1 1/2 pound zucchini, peeled and diced
4 cups chicken stock
1 bunch of watercress, tough stems removed
1/3 cup heavy cream (it says optional, but I don't see why you couldn't
substitute milk for a lower fat version)
salt and freshly ground pepper

In a large heavy saucepan, melt the butter over moderately low heat. Add the leeks and cook until softened but not browned, 5 to 7 minutes.

Add the zucchini, increase the heat to moderately high and saute for 2 minutes without browning. Add the stock and bring to a boil. Reduce the heat to moderate and simmer until the zucchini is just tender, about 5 minutes. Add the watercress and simmer for 1 minutes longer.

Using a food processor or blender, puree the soup, in batches, until smooth. Add the cream, if desired and season with salt and pepper to taste.

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