

GOAL #35 “Take Cooking Classes”

completed spring 1999
at Canadian University College

instructed by chef Danny Northam

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Cheese Torte

Ingredients

Crust

- 1 1/4 cup Graham Cracker Crumbs
- 3 Tbsp. Sugar
- 3 Tbsp. Cocoa *powder*
- 1/4 cup Butter, melted

Filling

- 350g Cream Cheese, room temp.
- 3/4 cup sugar
- 2 eggs
- 2 tsp. Vanilla (1 Tbsp. Traditional vanilla, or 1 tsp. traditional vanilla & 1 Tbsp. light rum)

Garnish

Sour Cream
Unsweetened Chocolate
MINT

Preparation

Preheat oven to 350F.

To make crust combine Graham cracker crumbs, sugar, and cocoa together in bowl until uniform color. Add butter, mix until uniform consistency. Mixture will be crumbly but will hold shape when pressed.

Press mixture in 8" springform pan forming a shell with 1 1/2"-2" high edge.
Bake for 10 minutes. Remove from oven to wire rack to cool while filling is prepared.

Whip cream cheese until uniform, light, and fluffy consistency. Add sugar, mix until smooth consistency with no granular sugar. Add eggs, mix until smooth. Add flavoring, mix until smooth.

Pour filling into prepared and cooled shell. Bake for 30-45 minutes until top just begins to brown.

For best results refrigerate overnight.

Just before serving spread thin layer of sour cream over top of torte to achieve decorative pure white finish. Top with grated chocolate curls.

homemade vanilla

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Pasta w/Mushroom Sauces

Pasta Ingredients

Something to drink white grape juice
Mushroom Tomato Sauce

- 5-6lbs. Fresh tomatoes, chopped (Do not recommend hothouse)
- 1-2lbs. Fresh Roma tomatoes, chopped (optional - for flavor)
- 4-5 medium onions, chopped
- 1-2lbs. White/brown field mushrooms, sliced
- 1 large Portabella mushroom *in flavor*
- 1 bulb garlic

Tomato paste (as necessary to thicken, added body)

Seasoning

Salt & pepper

just a bit Red wine, Worcestershire sauce, mustard *more basil cause it's mild not a lot*

Thyme, marjoram, oregano, basil, dill, bay leaves, etc. *tear leaves of stems for all of these.* tarragon, rosemary
(Prefer to use fresh, if dried get whole and crush just before use.)

Olive Oil - dark virgin

1/4-1/2 cup Butter

1-2 cups chicken stock, if necessary (*soup base only*)

Mushroom Cream Sauce

1/4 lbs. fresh mushrooms (or reserve 1 cup sautéed from tomato sauce)

1/4 cup butter, to sauté mushrooms

Olive oil, to sauté mushrooms

→ 500ml Cream (crème fraîche or whipping)

3-4 egg yolks

→ 100-200g Romano Cheese (or other strong, hard Italian cheese)

100-200g Parmesan Cheese (or other strong, hard Italian cheese)

Salt & Pepper

fresh oregano

Pasta

1/2 cups

500g Flour

4 eggs

Salt Water

Mushrooms

- don't wash mushrooms ahead of time - they'll dry out
- use a cloth to wash them (the mushrooms)

right size
white gold
not too many designs
\$350 or so
diamond ①

No Margarine!
use unsalted butter

Sharp knife — you won't cut yourself
— keep tip of knife on wood
use wooden cutting board
↓
cut down on bacteria

keep fingers curled
in.

Preparation

Mushrooms

In saucepan melt 1/4 - 1/2 cup butter in olive oil over low heat. Add pepper for taste. Clean, dry, and slice mushrooms thinly. Add mushrooms to melted butter and olive oil. Sauté until just beginning to wilt, add salt to taste, sauté mushrooms till tender.

extra virgin
as dark as possible

so you don't burn butter

2/3

fresh ground pepper

liberally (but not too much)

Tomato Sauce — always use a steel pan (not aluminum)

In heavy steel pan sauté onions in butter and olive oil until tender.

If using dried herbs, add them at this time.

Add garlic, sauté another 5 minutes (don't let onions brown)

Add chopped tomatoes

Simmer until tomatoes begin to break down.

If using fresh herbs, add at this time.

Add sautéed mushrooms. (if making mushroom cream sauce reserve a cup)

Continue to simmer until tomatoes have become tender and are completely broken down.

Add some tomato paste to thicken sauce and add body.

If it appears that the sauce is too dry add some chicken stock.

Continue to simmer over low heat until ready to serve, the longer you simmer the more the flavors work together.

Cream Sauce

In small combine sautéed mushrooms and cream over low heat.

Mix in egg yolks, one at a time until thoroughly combined.

Stir in cheeses.

Add salt and pepper to taste.

Bring to light boil over low heat stirring regularly to prevent separation, and to help cheese melt smoothly. Sauce will thicken as it cooks.

Pasta

Place mound of flour on clean surface, make a small well in center put eggs in well, mix into flour a little at a time. If dough becomes too thick add some water a tablespoon at a time. Knead dough until uniform.

Cover pasta when not being worked to prevent it from drying out. Cut off small chunk, roll pasta, cut into desired shapes.

Cook pasta in large amount of boiling salted water until tender.

Noodles are
cooked when

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German Apple Pancakes

Ingredients

- 2 large apples (Granny Smith, Yellow Delicious)
1/4 c. Butter
1 c. Flour
1 c. Milk (with milk)
1 tsp. Vanilla
1/2 tsp. Salt
1/4 tsp. Nutmeg

confectioners sugar

Preparation

Preheat oven to 475.

Peel, core, and slice apples (very thin). Melt 3 Tbsp. Butter in small pan, add apples and sauté until apples are just tender, they should not be come soft or mushy. Turn off heat but leave in warm pan while continuing preparations.

Place large cast iron skillet in the oven to heat for at least 5 minutes (10-15 even better, you want a very hot pan) Remove from oven, put remaining 2 Tbsp. Butter in pan to melt, and put pan back in oven, but do not let the butter brown.

Meanwhile, mix flour, milk, vanilla, salt, and nutmeg until smooth (can use a blender for this part). Remove skillet from oven, quickly arrange warm apple slices on bottom of skillet, pour the batter evenly over the apples.

Return skillet to oven, and bake for 15 minutes, reduce heat to 375, and bake for an additional 10 minutes.

Remove from oven, sprinkle with confectioner's sugar, then cut into wedges and serve with maple syrup.

Variations

The original recipe did not use apples, but if you don't use apples you need to increase the amount of butter to 1/2 cup, with the extra 1/4 cup going into the skillet.

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Crepes Real French Style Omelets

Ingredients

1 1/2 c. milk
1 c. flour
2 eggs
1 tbsp. Oil
1/4 tsp. Salt

Preparation

Preheat fry pan over medium heat

Mix all ingredients in bowl with whisk or electric mixer until smooth.

To make crepes pour approx. 2 tbsp. of batter into hot fry pan, lift and tilt pan spreading the batter evenly over pan. Heat until surface is no longer shiny, remove and repeat with remaining batter. *Don't flip 'em*

Crepes can be frozen. Place wax paper between crepes and freeze in sealed plastic bag. Remember to let crepes thaw at room temperature before using.

Variations

Sweet/dessert crepes, replace salt with 2 tbsp. sugar.

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*use ~~more~~ Non-stick pan, they are better that way!
rivetted handle*

Traditional French Style Omelets

Ingredients

3 eggs *room temperature*
Salt to taste
2 drops hot-pepper sauce
2 tbsp. water *Not milk*
1 tbsp. butter

Notes

If you're serious about making omelets, invest in a heavy omelet pan with rounded sides that makes it easy to slide the finished omelet out of the pan.

Season the pan before use. Heat the pan with a small amount of butter or oil. Sprinkle generous amount of salt in pan and rub all over with paper towel. Wipe clean, DO NOT WASH (actually never wash pan, if you do, you must re-season). Only use the pan for omelets and when you're finished cooking, sprinkle the pan with coarse salt; then wipe with paper towel.

Preparation

Beat eggs lightly; add salt, hot-pepper sauce and water.

Melt butter in omelet pan over medium-high heat. Spread butter evenly over bottom and sides of pan. Pour eggs into pan. While lightly shaking pan, stir with flat side of fork to create layers of lightly cooked egg. Spread the cooked eggs evenly over bottom of the pan, and cook until remainder of eggs are nearly set. If you're going to add a filling to the inside of the omelet, add it now. Roll the omelet and slide out of the pan. Server immediately.

*fold
4 into*

Variations/Hints

Herb omelet: add 2 tbsp. chopped mixed herbs (basil, sage, chervil, marjoram, oregano, tarragon, or parsley) to the egg mixture.

Asparagus omelet: Cut 1/4 lb. Asparagus into small pieces, saute in 1-2 tbsp. butter, season with salt & pepper. Arrange asparagus in a cooked omelet, garnish with chopped chervil or parsley.

Sweet desert omelet: spread omelet with jam or jelly. Spread with melted chocolate and sprinkle with grated chocolate

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Chipped Beef on Toast/Biscuits

Ingredients

3 Tbsp. Butter
3 Tbsp. finely chopped onion
3 Tbsp. Flour
2 c. hot milk
2-4 Tbsp. chicken soup base.
1/2 lb. Dried chipped beef
1/4 tsp. Paprika *Hungarian (dark)*
salt & pepper to taste
Tabasco to taste

Preparation

Add chicken soup base to milk, then warm milk in microwave. Meanwhile, in heavy saucepan saute the onions in the butter until onions are clear. Add the flour with a whisk, stir until no "white" flour is visible, and mixture is smooth. Slowly whisk in the hot milk. Add the chipped beef and paprika. Continue to heat over medium heat, stirring constantly, until mixture is thick and just bubbly. Add salt & pepper to taste, and add Tabasco if desired.

Serve over toast or biscuits.

Variations

Add fresh or frozen vegetables.
Use sausage in place of chipped beef. (Biscuits and Gravy)

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Biscuits

Ingredients

1 c. flour
1 tsp. Baking powder
1/2 tsp. Salt
1/4 tsp. Baking soda
2 tbsp. crisco, room temperature
1/2 c. buttermilk
1 tbsp. crisco for skillet.

Preparation

Preheat oven to 500F

Mix the dry ingredients together in bowl. Cut in crisco until the mixture is coarse and grainy. Add buttermilk, mix just until all ingredients are wet, don't over mix. Place on floured board, knead just a few times, pat out to 1/2" thick. Cut out biscuits with floured biscuit cutter or glass. Don't handle dough too much or the biscuits will be tough.

Place 1 tbsp. crisco into cast iron skillet and place in oven to melt the crisco, and heat the pan (about 7 minutes). Remove pan from oven and place the biscuits in the pan turning once to coat with oil. Bake the biscuits until light brown, about 10 minutes.

Variations

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Baked Omelet

Ingredients

2 tbsp. butter
2 c. sliced fresh mushrooms
6 eggs
1/3 c. milk
2 tbsp. flour
1/8 tsp. Pepper
1 1/2 c. cheddar cheese, shredded
1/4 c. cooked bacon, crumbled

Preparation

Preheat oven to 350F

In heavy bottom saucepan, sauté mushrooms in butter till tender, drain off excess butter.

In medium bowl mix eggs, milk, flour, and pepper together. Beat with whisk or electric beater until frothy. Add 1 cup of the cheese, the bacon and the mushrooms. Pour mixture into buttered 9" square baking pan. Sprinkle with remaining cheese. Bake for 20-25 minutes or until eggs in center are set.

Variations/Hints

1 4oz can of sliced mushrooms, drained can be substituted for the fresh mushrooms.

Prepare as above, except don't sprinkle with cheese, and use microwave safe pan. Microwave on high 3 minutes, stir, microwave for an additional 2 1/2-3 minutes. Sprinkle with remaining cheese, let stand 2 minutes.

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Scottish Oatcakes

Ingredients

2 c. Oatmeal
1 c. flour
1 tsp. Salt
3 tsp. Baking powder
1/4 c. brown sugar
1/2 c. shortening (traditionally lard, but vegetable works)
1/2 c. water

Preparation

Preheat oven to 350F

Mix all ingredients together, then knead for 5 minutes.

Roll out thin, cut into triangles or circles. Place on creased cookie sheet.

Bake at 350F for about 20 minutes, or until light brown.

Variations

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Make Ahead French Toast

Ingredients

2 Tbsp. Rogers syrup
5 Tbsp. Butter
1 c. Brown Sugar
1 loaf French bread
5 Eggs
1 1/2 c. milk
1 tsp. Vanilla

Preparation

In saucepan melt butter. Add brown sugar and syrup, bring to boil. Pour into 13x9 oven safe dish. Arrange thick slices (1 1/2" - 2") slices of bread over the mixture. In bowl beat eggs, milk, and vanilla. Pour over the bread, cover and refrigerate overnight.

In the morning preheat oven to 350. Bake for 45 minutes.

Serve hot. Invert onto plate, serve with fresh berries and whipped cream.

Variations

Add chopped pecans after mixture and before bread.
Substitute 3 Tbsp. Maple syrup for the vanilla and 1 Tbsp. Rogers.

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Breakfast Bread Virginia 1879

All this information comes from an 1879 cookbook I have on my shelf for ideas. As far as I can tell this was a well respected book of its day, just as we have endorsements on books today (ie. Marcel Berlins "The Times" - "blah blah blah...") this book had endorsements, including wives of Senators, Governors, Justices, and not least of which was

"I am very much pleased with it"

- Mrs. President R. B. Hayes

- Executive Mansion, Washington, Dec 20, 1878

Yeast

"The best flour is worthless without good yeast. Yeast made in the morning ought to be fit for use at night. It should be foamy and frothy, with a scent slightly like ammonia. After closely following the directions for yeast-making, given in the subsequent pages, the bread will be apt to succeed, if the flour employed is good."

Alum Yeast

On one pint of flour pour enough boiling water to make a thick batter, stirring it until perfectly smooth, and then let it stand till milk-warm.

Then add a teaspoonful of powdered alum.

1 teaspoonful of salt.

1 tablespoonful of sugar.

Half a teacup of yeast.

After it ferments, add enough meal to make it a stiff dough. Let it stand till it works, and then spread it in the shade to dry. To a quart of flour put a tablespoonful of crumbs.

Yeast that never fails

Boil twelve potatoes in four quarts of water till reduced to three quarts. Then take out and mash the potatoes, and throw into the water three handfuls of hops. When the hops have boiled to a good tea, strain the water over the potatoes, a small quantity at a time, mixing them well together.

Add one teacup of brown sugar.

1 teacup of salt.

1 tablespoonful of ground ginger.

When milk-warm, add yeast of the same sort to make it rise.

Put it in bottles, or a jug, leaving it uncorked for a day.

Set it in a cool place.

Put two large tablespoonfuls of it to a quart of flour, and when making up, boil a potato and mix with it.

This yeast never sours, and is good as long as it lasts.

Excellent Bread For Breakfast

1 quart of flour

Lard the size of a walnut.

1 small Irish potato, boiled and mashed fine.

1 heaping teaspoonful of salt.

Half a teacup of good yeast, into which put a tablespoonful of white sugar.

Make up a soft dough with cold water in summer and milk-warm water in winter. This must be kneaded for thirty minutes, and then set to rise, in a cool place in summer, and a warm one in winter; must never be kept more than milk warm.

Two hours before breakfast, make the dough into the desired shapes, handling it lightly, without kneading it, first rubbing lard over the hands, and taking especial care to grease the bread on top. Then set it to rise again.

Thirty minutes are sufficient for baking it, unless it be in the form of a loaf or rolls, in which case, it must be baked fifteen minutes longer. Excellent muffins may be made by the above receipt, adding two eggs well beaten, so that from the same batch of dough both plain bread and muffins may be made.

Iron moulds are best for baking.

For those who prefer warm bread for dinner, it is a good plan to reserve a portion of the breakfast dough, setting it away in a cool place till two hours before dinner, then make into turnovers or twist, set it to rise and bake it for dinner, as for breakfast. Very nice on a cold day, and greatly preferable to warmed-over bread.

Tom Yam Het Soup (hot and sour mushroom soup)

Ingredients

3 cups stock (vegetable or chicken)

1 tsp. Nam Prik Pow paste (more if you like it hot)

1 inch lemon grass, finely chopped into rings

3 kaffir lime leaves, roughly torn into three (or some lemon rind → take out before eating)

2 tbsp. Light soy sauce

1 tsp. Sugar

or

1 tbsp. per cup stock of Tom Yam paste

2 tbsp. Lemon juice

4 1/2-inch pieces lemon grass

60g oyster mushrooms, coarsely separated

2-3 fresh small red or green chillies, slightly crushed to split open.

pick up lemon rind as kaffir leaves → take out before eating

Preparation

In a large pan, bring the stock to boil. Add Nam Prik Pow paste. Add the remaining ingredients and simmer, stirring well until the mushrooms are just cooked but still al dente.

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Thai Curry Red/Green

Ingredients

2 cups Coconut milk

2-3 large Potatoes, cubed

250g Fried bean curd or chinese fried gluten

250g Mushrooms (oyster, button, etc.)

2-4 tbsp. Red/Green curry paste, to taste

Preparation

Add all ingredients to pot, cook until potatoes are tender. If curry is too thick add water.

or cook potatoes & Dahl sep

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Rice
Japanese
Bento
Sticky rice
4 14 14
5 6 4
10 12 8
3 1/2 1/2

Gluay Tod (Thai Fried Bananas)

Ingredients

4-5 Bananas, peeled
40 g butter
5 tbsp. Brown sugar
4 tbsp. Lemon/Lime juice

Preparation

Cut bananas in half both lengthwise and end to end, making four equal pieces. Fry in butter over medium heat until both sides are golden. Add sugar and stir gently until sugar dissolves and forms a syrup. Sprinkle with lemon/lime juice before serving.

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Tod Man Kao Pod (Corn Cakes)

Ingredients

2-3 cups raw corn
1 tbsp. Curry powder
2 tbsp. Rice flour
3 tbsp. Wheat flour
1/2 tsp. Salt
2 tbsp. Light soy sauce.

Oil for frying

Preparation

Mix all ingredients together, the mixture will be a thick dough.

Use a spoon to form the dough into small round cakes. Deep fry until golden brown, drain, allow to cool. Serve with dipping sauce of choice.

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Bangladeshi Dahl

Ingredients

Five spice or Five Spice powder *→ Garam Masala*
2 tbsp. Oil *→ add with chili powder*
3 tbsp. Ghee or butter
1-2 cloves garlic *→ will become nothingness*
1 large onion, chopped
4-5 tbsp. Dark chili (red chili) powder
1-2 tbsp. Hot chili (cayenne) powder
1-2 tsp. Ground black pepper to taste.
2 tomatoes, chopped
1-2 tbsp. Yellow powder (turmeric)
2-3 tsp. Salt to taste
2 cups red split lentils
3-5 cups water
salt to taste

Preparation

Wash lentils. Place in large pot, with water, bring to boil. Simmer lentils, adding water as necessary, until the start to break down.

In wok or skillet heat oil till very hot, add five spice *→ add to your mixing powder* fry until aroma is released, but don't burn. Add ghee, onion, garlic fry until onions become translucent. Add dark and hot chili powders, and pepper. Stir until well mixed. Add tomatoes, yellow powder and salt. Fry until paste forms. Add to lentils.

Continue cooking lentils until they're completely broken down and a dahl forms.

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Very
Hot
Wok or pan

The Art of Asian Cuisine: One-handed ways to cook your day
by
A. Rindabagh

Homemade Thai Pastes

Gaeng Keow Waan (green curry paste)

Ingredients

5 green jalapeno chilies
2-3 green thai chilies
1/4 cup coriander(cilantro) roots, finely sliced
4 cloves garlic
1/8 cup shallots, finely chopped
1/8 cup lemongrass, fresh, root finely chopped
2-3 slices Galangal, fresh
1/2 tsp. cumin
shrimp paste to taste

Preparation

Mix all the ingredients and pound in a mortar and pestle until you have smooth paste. Can be stored in fridge for 4-5 days.

Green Curry Paste - Alternate

Ingredients

1 tbsp. Finely chopped lemon grass
1 tbsp. Black peppercorns
1 tbsp. Chopped coriander root
10 small green Thai chilies
1 tsp. ground cumin
1 tsp. Galangal, chopped
1 tsp. Coriander seeds
2 tbsp. Shallots, chopped
2 tbsp. Garlic, chopped
1 tsp. Kaffir lime, grated zest

Preparation

Mix all the ingredients and pound in a mortar and pestle until you have smooth paste. Can be stored in fridge for 4-5 days.

Gaeng Ped - (Red Curry Paste)

Ingredients

5 chillies, red "Prik Chi Fah" or Jalapeno, chopped
2-3 red Thai hot chillies "Prik Ki Nu"
1 tbsp. Coriander seeds or fresh roots, finely sliced
1/2 tsp. Cumin seeds
1 tsp. Salt
1 tsp. Galangal, chopped finely
1 tbsp. lemongrass, fresh, root finely chopped
3 tbsp. Garlic, chopped finely
3 tbsp. Shallots, chopped finely
1 tsp. shrimp paste or 2 tsp. If using fresh

Preparation

In a wok or skillet dry fry the coriander and cumin seeds until they start to be aromatic.

Pound chillies in mortar, add remaining ingredients one by one, pounding between each ingredient.

Continue pounding until you have a smooth paste.

Fry paste for 55 minutes until fragrant.

Can be stored in sealed jar, in refrigerator, for 7 days.

Massaman Curry Paste (muslim)

or you can
use
Indian Massaman Curry

Ingredients

2 Cardamom pods
1 tbsp. Coriander seeds
1 tsp. cumin seeds
1/2 tsp. Nutmeg, grated
1/2 tsp. Cinnamon, ground
1/2 tsp. Cloves, ground
4 oz. Shallots, chopped finely
4 oz. Garlic, chopped finely
4 oz. Lemon grass, fresh, bulb chopped finely
1 tbsp. Galangal, fresh, chopped finely
1 tbsp. Coriander root, fresh, chopped finely
1 tbsp. kaffir lime, grated zest
1 tsp. ground white pepper
10 chillies deseeded, chopped - Thai green chillies or jalapeno
1 tbsp. Salt
1 tbsp. shrimp paste, dried or 2 tbsp. fresh

Preparation

Heat wok or skillet.

Dry fry the cardamom pods until they start to release their fragrance. Put pods in a mortar and pound till a powder.

Dry fry the coriander and cumin seeds until they start to release their fragrance. Add to the mortar and pound till a powder.

One by one mix the remaining ingredients and pound in a mortar and pestle until you have smooth paste. Can be stored in sealed jar for 10 days.

Nam Prik Pow - (Chilies in oil Paste)

Ingredients

4 tbsp. Oil
3 tbsp. Finely chopped garlic
3 tbsp. finely chopped shallots
3 large dry red chilies, deseeded and coarsely chopped
2 tbsp. Sugar
1 tsp. salt

Preparation

In a wok or skillet fry the garlic in the oil until golden brown, remove the garlic pieces from the oil. In the same oil fry the shallots until crispy, then remove. In the same oil fry the chilies until they darken, then remove.

Pound the garlic, shallots, and chilies in mortar to form paste. Reheat the oil, add the paste, and warm through. Add the sugar and salt, mix well till a uniform thick red/black sauce is formed.

Can be stored in sealed jar, in refrigerator, for 7 days.

Pumpkin Soup

Ingredients

1 large onion, chopped (or *granulated onion 1/4 cup + 1/4 water*)
2 cloves garlic, minced
1 tsp. Pumpkin pie spice
1 tsp. Cayenne
3-4 cups broth, vegetable or chicken
2 cups mashed pumpkin, or 1 - 15oz can *zucchini*
1 tbsp. Honey
1 cup milk
4 tbsp. Cornstarch
1 tbsp. Lemon juice
salt and pepper to taste
yogurt or sour cream for topping

Preparation

In heavy bottom pot, sauté onion, garlic, spice, pepper, and 1/4 cup broth over high heat until pot is dry. (approx. 3 minutes) Take the resulting solids and blend to a smooth puree (add broth is to dry)

Return puree to pan and 3 1/2 cups broth, pumpkin, and honey.

In small dish, mix milk with cornstarch, add to soup, and bring to boil over high heat stirring constantly, add lemon juice and salt & pepper to taste.

Serve with a swirl of yogurt or sour cream.

Variations

To speed up preparation and negate the need to use a blender, use freeze dried onion and crushed garlic.

Instead of pumpkin spice use 1/4 - 1/2 tsp. Each of marjoram and ginger, with a sprinkle of cinnamon just before serving

Use fresh pumpkin. Clean pumpkin, place on baking sheet and cook at 350 for about an hour, slightly less if you want to use the pumpkin shell as a serving bowl. Scoop out pumpkin, mash.

Use butternut squash, excellent flavor, color, and texture.

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(you can replace 1/2 the stock with apple juice)

Fruit Soup

Ingredients

4 oz. Mixed Dried Fruit
2 oz. Raisins
2 cups water
2-1" sticks cinnamon
1 cup pineapple juice, unsweetened ()
1 Tbsp. Quick tapioca
1/4 cup jelly (rosehip, apricot, currant, etc)
2 tbsp. Brown sugar
1 citrus peeled, thinly sliced, quartered (orange, lemon, etc.)

Preparation

Pit any fruit necessary. Cut up larger pieces of dried fruit. Bring fruit, water, and cinnamon to boil in heavy pot. Reduce heat, cover and simmer until fruit begins to soften, water darkens, and you begin to smell the cinnamon, about 10 minutes.

While waiting, mix tapioca and pineapple juice, let stand 5 minutes.

Add pineapple/tapioca mixture, jelly, and brown sugar to the cooked fruit, and bring to boil. Reduce heat, cover and simmer until soup begins to thicken, stirring occasionally to prevent sticking. (about 5 minutes) Remove cinnamon, stir in the citrus pieces.

May be served warm or cold.

1/4 cup you'll want 2/3 cup of fluid at the end

Variations

Use mixture of apricot nectar and pineapple juice for creamier texture.

Can utilize fresh fruit, but will have to use more than dried fruit for flavor, less water, and cook longer.

If using canned fruit, suggest 1 cup of diced dried apricot as base, reduce the water to 1 cup, increase the pineapple to 2 cups, and increase the tapioca to 2-3 tbsp. For desired consistency depending on the canned fruit used.

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Corn Chowder

Ingredients

1/3 cup bacon bits, real or imitation
3/4 cup onion, finely chopped
2 large potatoes, peeled and diced
2 1/2 - 3 cups water
1-2 tsp. Salt, to taste
1/4-1/2 tsp. Pepper to taste
2- 12 or 14 oz. Cans kernel corn
1 can evaporated milk
1/4 cup flour
Paprika

Preparation

If using real bacon, fry until crisp, and crumble, add onion and sauté until clear. If using imitation bacon bits, sauté onion in small amount of oil until clear.

In heavy saucepan simmer bacon, onion, potatoes and 2-2 1/2 cups water, salt and pepper, until potatoes are tender. Add undrained corn, and milk. Blend flour with enough water (1/2 cup) to make light thickener and add to chowder. Cook over medium heat, stirring constantly, until chowder boils. Cook for at least an additional minute.

Serve hot, in bowls sprinkled with paprika.

Variations

Use mixture of apricot nectar and pineapple juice for creamier texture. Can utilize fresh fruit, but will have to use more than dried fruit for flavor, less water, and cook longer. If using canned fruit, suggest 1 cup of diced dried apricot as base, reduce the water to 1 cup, increase the pineapple to 2 cups, and increase the tapioca to 2-3 tbsps. For desired consistency depending on the canned fruit used.

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when cooking veg chowder, use a pan with a heavy bottom.

Peanut Butter Bisque

(smooth, blended)

From Virginia

Ingredients

- 1/3 cup butter flavor Crisco (or yellow)
- 1/2 cup green pepper, diced
- 1/2 cup celery, diced
- 1 small onion, diced
- 1/4 cup flour
- 4 cups stock, chicken or vegetable (unless salt is the ^{first} ingredient, and no MSG)
- 1 cup peanut butter
- 1/2 tsp. Paprika
- 1/2 tsp. Seasoned salt
- 1/2 tsp. Salt
- 1/2 tsp. Pepper, preferably white
- 1 cup half-and-half cream + milk
- Chopped green onions

Preparation

In heavy saucepan sauté peppers, celery, and onion in Crisco until tender. ^{Thorough}
Remove from heat and place in blender, blend until smooth. Return to
saucepan, over medium heat, add flour, stir until well blended. Slowly add
stock/broth. Cook over medium heat, stirring until blended and thickened.

Add peanut butter, paprika, seasoned salt, salt, and pepper, mix well, until
uniform consistency. Reduce the heat too low. Add half-and-half, heat thru,
but do not boil.

Serve in bowls garnished with the green onions.

d.northam

Quick and Hearty Bean and Pasta Soup

Ingredients

2 cans beans, kidney beans, pinto beans, etc. (not in sauce)
4 oz pasta - broken, or use small shaped pasta
1/4 cup tomato paste
4 -6 tsp. Dried seasoning, suggest basil or chervil
2 medium onions chopped
2 cloves garlic crushed
salt & pepper to taste
water
olive oil

Preparation

In heavy bottom pot Sauté onions in olive oil until clear, add garlic, continue to sauté until onions just begin to brown. Add approx. 2 liters of water, tomato paste, seasoning, and beans. Simmer, covered, for 15 minutes.

Remove about half of the solids and puree in blender or food processor, return pure to pot, add the pasta, salt to taste, and boil until pasta is done (10-12 minutes).

Server with grated Parmesan cheese and freshly grated black pepper.

d.northam

Yogurt Soup

Ingredients

6 cups stock - vegetable or chicken
1/2 cup uncooked rice
4 egg yolks
3 cups plain yogurt
6 tbsp. Flour
1-1/2 cups water
4 tbsp. Butter
4 tbsp. Dried mint crumbled, or double fresh chopped
1/2 tsp. Cayenne pepper

Preparation

In large pot, bring stock to boil, add the rice, cover, simmer until rice is cooked. (about 30 min).

In separate bowl, mix egg yolks into yogurt, add flour, beat until smooth. Gradually add water, blending until a thin batter is formed.

While stirring constantly, gradually pour, through a sieve, the yogurt mixture into the broth. Remove soup from heat.

In small pan melt butter, stir in mint and pepper, cook until bubbling, stir into hot soup and serve immediately.

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