

# KSRO SOUPS 2017

## SMOKY SALMON CHOWDER

Serves 4

I have the chance to go fishing in Alaska each summer and we catch beautiful salmon, halibut and rockfish. This is a recipe that I use often substituting any of those fish but my favorite is salmon. We're told traditionally that soup and wine aren't served together. I think that's nuts! Try this with a rich Chardonnay with balanced oak.

3 slices thick sliced smoked bacon, diced  
2 tablespoons butter  
3 cups leeks, white and light- green parts, thinly sliced  
Salt and freshly ground black pepper  
1/4 teaspoon hot smoked paprika  
1/3 cup dry white vermouth or white wine  
3 cups fish, chicken or vegetable stock  
3/4 pound fingerling potatoes, cut into 1/4-inch rounds or quarters  
1/2 teaspoon crushed fennel seeds  
1 cup or so crème fraîche  
10 ounces skinned and boned salmon fillet, cut into 2-inch chunks  
1 small bunch spinach, separated into leaves with large stems removed  
Garnish with a drizzle of smoked olive oil, optional\*

In a heavy pot over medium-high heat, brown bacon until crisp, about 5 minutes. Use a slotted spoon to transfer bacon to a paper-towel-lined plate to drain.

Spoon off all but 1 tablespoon of bacon fat from the pot. Add butter and let melt. Add leeks and season with salt and pepper. Cook, stirring frequently, until leeks are soft but not browned, about 5 minutes. Stir in paprika and vermouth and simmer until almost evaporated, about 3 minutes. cook 1 minute. Stir in stock, 1 cup water, potatoes and fennel and cook until potatoes are just tender, about 15 minutes.

Stir in crème fraîche until smooth. Add fish and cook until just opaque, 2 to 4 minutes. Use a fork to flake fish into large pieces if desired. Taste and adjust seasoning if necessary. Divide spinach in the bottoms of warmed bowls and ladle soup over. Sprinkle on reserved bacon and serve immediately.

\*Smoked olive oil is available from [www.thesmokedolive.com](http://www.thesmokedolive.com) and from Italian sources on line.

## **CURRIED APPLE AND MUSSEL CHOWDER**

Serves 6

This soup is fast to make. We used to gather fresh mussels along our California coast in the fall and winter. Unfortunately, concerns about pollution especially from land based run off has curtailed that. Farm raised mussels are a sustainable and excellent alternative. They are constantly monitored and much more uniform than their wild cousins. Fresh, farm-raised mussels are generally available year round but you may have to order ahead.

3 cups peeled, cored and diced (1/2 inch) tart green apples  
3 tablespoons olive oil  
1 tablespoon slivered garlic  
1 large red onion, peeled and coarsely chopped (2-1/2 cups)  
2 cups leeks, sliced 1/2 inch thick on the diagonal  
2 - 3 tablespoons curry powder (depending on strength)  
5 cups rich shellfish or chicken stock  
2 cups fresh apple juice  
1 teaspoon coriander seed, toasted and crushed  
1 teaspoon fennel seed, toasted and crushed  
1-1/2 cups thinly sliced fresh fennel  
3 pounds fresh mussels, scrubbed and beards removed  
Big pinch cayenne pepper (optional)

Garnish: Feathery sprigs from fennel tops, if desired

Sauté apples in one tablespoon olive oil over moderately high heat until just beginning to brown but still firm. Set aside.

Sauté garlic, onions, leeks and curry in remaining oil until just beginning to soften but not brown. Add wine, stock, apple juice, coriander, fennel seed and simmer for 5 minutes. Add fresh fennel and mussels and cover and simmer until mussels open, about 3 minutes. Add optional cayenne and apples and heat through. Save 18 mussels in shell for garnish if desired.. Remove meat from remaining mussels and divide among 6 warm bowls. Arrange mussels in shell in each bowl, ladle hot chowder over. Serve immediately.

## **HOG ISLAND CLAM CHOWDER**

Makes 6 – 8 servings

I've been part of the Hog Island Oyster family since it was founded more than 35 years ago. Besides oysters, Hog Island also grows Manila clams, a small sweet clam that is good both raw and cooked. Hog Island selected to raise this clam especially for their acclaimed clam chowder, served at their San Francisco and Napa oyster bars.

When developing Hog Island's chowder recipe, co-founder John Finger gave the chef strict instructions to use only fresh clams — and no flour to thicken it. "Where I grew up, nobody puts flour in the chowder". The result is a fresh-tasting, creamy broth surrounding a mass of tiny sweet clams. This is their recipe.

1/2 pound high quality bacon, sliced  
1 cup celery, thinly sliced  
3 cups leek, white part only, thinly sliced on the diagonal  
2 cups carrot, peeled and thinly sliced  
3 large sprigs fresh thyme  
2 tablespoons butter  
5 cups Yukon gold potatoes, peeled and cut into bite-size cubes  
6 pounds small, fresh Manila clams in the shell, scrubbed  
1 quart heavy cream  
Salt and pepper  
Chopped parsley for garnish

First step: place clams in a colander in the kitchen sink, rinse thoroughly under running water. Pick through and discard clams with broken or open shells. Allow clams to drain in the sink while you prepare your stock.

**BASE:** In a large stockpot bring about 5-6 cups of water to a low boil (no salt) and cook the potatoes until al dente, or just before fork-tender.

While the potatoes are simmering, in a second heavy-bottom pot, melt the butter with the thyme. Render the bacon in the butter and thyme (over low heat, careful not to burn); once bacon is rendered add leeks and celery, cook until vegetables are translucent. Add carrots and cook until bendable without breaking. Add the potatoes and 4 cups of potato water. Turn off heat and set aside. The base can be made one day ahead and kept chilled.

**CLAMS:** Portion your clams out per single, or double serving, approx. 1/2 -3/4 lb per serving. Working in batches, place one or two single serving(s) of clams in a heavy bottomed sauté pan over medium heat. Ladle one cup of the chowder base on top and cover the pan, simmer for about 5-6 minutes, or until the majority of clams open. Skim through and pick out any clams that have not opened. (*Don't skip this step — unopened clams may spoil the chowder.*)

Add in 1/2-cup cream per serving and bring the chowder to a simmer (1-2 minutes). If it is too thick, add in more of the potato water. When the chowder is bubbling in the middle, it is ready to serve. Pour individual servings into a large soup bowl, or divide double servings between two bowls.

## MIDDLE EASTERN CHARD AND LENTIL SOUP

Serves 6 – 8

Versions of this soup are found all around the Mediterranean. You could use any greens or a mixture of that you find in the market. The potato breaks down a bit and adds a nice body to the soup.

1 cup green or other dark lentils such as lentils du puy or beluga  
Kosher or sea salt  
2 quarts vegetable or chicken stock or water  
4 tablespoons fragrant extra virgin olive oil, divided  
2 cups chopped onion  
3 tablespoons finely chopped garlic  
1 cup chopped celery including leaves  
1 tablespoon toasted cumin seed, crushed  
1/2 teaspoon fennel seed  
5 cups gently packed chopped Swiss chard leaves, tough middle vein discarded  
1 medium russet potato, peeled and diced  
1/3 cup or so freshly squeezed lemon juice or more to your taste  
2 tablespoons dried mint (get from tea bags if necessary)  
Freshly ground black pepper

Wash and pick over the lentils. Place lentils in a deep saucepan and cover with the stock or lightly salted water. Bring to a boil and skim off any foam that surfaces then lower heat and cook gently for 10 minutes.

Meanwhile in a large skillet, add 2 tablespoons of the olive oil and gently cook the onion, garlic and celery till soft and just beginning to brown. Add the cumin and fennel seed and cook for a couple of minutes more. Add to the lentils along with the chard and potato and simmer for 20 – 25 minutes more or until lentils are tender and potato is very soft and mixture is thick and soupy. Stir in the lemon juice and dried mint and add salt and pepper to your taste. Serve hot, lukewarm or cool with a drizzle of remaining olive oil.

## SOUPE AU PISTOU (VEGETABLE SOUP WITH PESTO)

Serves 8 to 10

Here's my version of that wonderful soup from Provence in France. There are all kinds of variations on this but usually it includes both dried and fresh beans, tiny pasta, root vegetables and whatever other fresh vegetables you have available. It looks like a long list of ingredients but don't let that deter you. It's very easy. My little secret ingredient is to add a piece of Parmesan cheese rind to simmer along with the vegetables. It adds great flavor. You remove it

at serving time and can reuse it till it's gone. Store wrapped in the freezer. Another good reason to buy from a good cheese store. Of course if you don't have any rind the soup will still be delicious.

4 tablespoons olive oil  
2 cups chopped onions  
2 cups leeks, including white and tender green parts cut into rings  
4 large cloves of garlic, peeled and sliced  
1 large red or white boiling potato, scrubbed and diced  
2 medium carrots, peeled and coarsely chopped  
2 bay leaves  
1 teaspoon fennel seed  
2 teaspoons whole thyme  
2 quarts chicken or vegetable stock or water  
3 or 4-inch chunk of Parmesan rind, optional  
1 cup seeded and diced fresh tomatoes or drained, canned diced tomatoes  
1/2 cup small dry pasta such as riso  
2 cups cooked dry bean of your choice such as navy, flageolet or garbanzo (if using canned, rinse before adding)  
2 cups fresh green beans or zucchini cut in 1/2 inch pieces  
Basil mint pesto (recipe follows)

Heat the olive oil in a deep soup pot over moderate heat and add the onions, leeks, garlic, potatoes and carrots. Sauté and stir for 3 or 4 minutes until the vegetables begin to soften and just begin to brown. Add the bay leaves, fennel seed, thyme, stock, Parmesan rind if using, and tomatoes to the pot and bring to a boil. Reduce heat and slowly simmer for 10 minutes or until vegetables are almost tender. Add the pasta, cooked dried beans, green beans and simmer for 5 minutes more or until all is tender to your taste. Remove rind and bay leaves and season to your taste with salt and pepper. Ladle into warm bowls and swirl in a heaping tablespoon or two of basil mint pesto and serve immediately.

### Basil Mint Pesto

Makes about one cup.

3 cups fresh basil leaves (firmly packed)  
1/2 cup mint leaves (gently packed)  
1 tablespoon chopped poached or roasted garlic  
3 tablespoons lightly toasted pine nuts or almonds (preferably blanched or skinned)  
1/3 cup olive oil  
1/3 cup freshly grated parmesan, pecorino or asiago cheese  
Salt and freshly ground pepper

Plunge basil leaves into a pan of boiling water for 5-10 seconds. Immediately drain and plunge into a bowl of ice water to stop the cooking and set the bright green color. Drain and squeeze out as much water as possible. Add basil to a food processor or blender along with the mint, garlic, nuts and oil and purée. Transfer to a bowl and stir in cheese. Correct seasoning with salt and pepper. Store covered in refrigerator for up to 3 days. Can also store frozen up to 3 months. If freezing leave out cheese and add when you serve it.

### **CHICKEN AND RICE SOUP WITH EGG AND LEMON (KOTOSOUPA AVGOLEMONO)**

Serves 4

Avgolemono is a traditional sauce in Greece made of lemon and egg. It requires some attention to make because the acid from the lemons as well as the heat can cause the eggs to curdle.

3 large lemons  
5 cups chicken stock  
1 teaspoon dried oregano  
Salt and pepper to taste  
2 cups cooked and shredded chicken  
1 cup diced carrot  
1/2 cup diced celery  
1/3 cup long grain rice  
1 large egg  
2 tablespoons minced fresh mint

Zest and juice 1 lemon. Add to a soup pot with the stock, oregano, salt and pepper, carrot, celery and rice and simmer for 10 minutes or until vegetables and rice are tender. Remove from heat and allow soup to cool for 5 minutes.

Whisk egg in a small bowl then beat in the juice of 1 lemon. Gradually beat in 2 cups of soup liquid, being careful not to overheat and curdle the eggs.

Return soup to medium-low heat and whisk in egg mixture. Continue cooking, being careful not to boil, until soup is somewhat thickened and creamy. Stir in mint and serve immediately with remaining lemon cut into wedges for guests to squeeze in.

## RIBOLLITA: TUSCAN TWICE COOKED BREAD AND BEAN SOUP

Serves 6 - 8, Two times

This is one of Tuscany's most famous bean dishes. Freshly made, this is a hearty but brothy soup; reheated the next day, it becomes a deeply flavorful, almost porridgy stew.

1 pound dried zolfini or cannellini beans  
Fruity extra-virgin olive oil  
3 cups chopped onions  
1-1/2 cups chopped carrots  
1 cup thickly sliced celery  
1 medium all-purpose potato, peeled and thickly sliced  
1 large bunch cavolo nero or black kale, trimmed and coarsely chopped  
1 cup chopped canned Italian plum tomatoes  
3 1/2- inch thick slices day-old country white bread, cubed  
Salt and freshly ground black pepper

Cook beans according to the [Tuscan-Style White Beans](#) recipe following, reserving cooking liquid. Reserve 1 cup cooked beans; then purée remaining beans along with 2 cups of the cooking liquid. Set beans, purée, and remaining cooking liquid aside in three separate containers.

Heat 1/4 cup of the oil in a large earthenware casserole over medium-low heat. Add onions, and cook until soft, about 20 minutes. Add carrots, celery, potatoes, cavolo nero, stirring until mixed. Add tomatoes, cover, and cook until greens wilt, about 20 minutes.

Add puréed beans and as much cooking liquid as you like, and simmer, covered, until vegetables are soft, about 30 minutes. Add bread and reserved beans, stir gently, cover, return to a simmer, and cook until bread begins to soften, about 10 minutes. Season to taste with salt and pepper, and serve. Refrigerate leftover soup.

The next day, preheat oven to 375°. Heat the leftover soup in the casserole in the oven, uncovered, stirring occasionally, until heated through, about 1 hour. For the last 30 minutes, do not stir; let soup brown lightly. Drizzle with another 1/4 cup oil, and serve.

### Tuscan style white beans (Fagioli Lessi)

Serves 6 – 8

This simple preparation is a favorite way to prepare beans in Tuscany—home of the *mangiafagioli*, or bean eaters. NOTE: The cooking time for dried beans may vary; older beans often take longer to soften.

1 pound dried zolfini or cannellini beans  
4 tablespoons fruity extra-virgin olive oil  
2 cloves garlic, crushed  
4–5 fresh sage leaves  
3–4 whole black peppercorns

6 cups rich chicken stock  
Salt and freshly ground black pepper

Sort through beans, discarding any small stones; then rinse beans under cold running water. Cover beans with cold water, and set aside to soak overnight. Alternately use the quick soak method.

Drain beans and add to a soup pot along with add the stock, 6 cups cold water, 2 tablespoons of the oil, garlic, sage, and peppercorns. Bring to a boil then reduce heat to a simmer and cook until beans are tender, about 1 hour. Season to taste with salt and pepper and drizzle with remaining 2 tablespoons olive oil.

## **HOT AND SOUR SOUP**

Makes about 1-1/2 quarts serving 4 – 6

I love going to Asian markets because they are full of all kinds of mysterious and wonderful sauces and condiments. Two that have become staples for me are Chinese Black Bean Garlic Sauce and Hot Chili Garlic sauce that comes from both China and Thailand. With these two I can make a very fast and delicious soup base to which I can add all manner of things including mushrooms, tofu, spinach leaves, cellophane noodles, whatever I have on hand.

6 cups rich vegetable or chicken broth  
1 teaspoon hot chili garlic sauce  
4 teaspoons black bean garlic sauce  
2 peeled half dollar size coins of fresh ginger, cut in fine julienne  
1 tablespoon brown sugar, or to taste  
1/3 cup fresh lime juice  
Salt and freshly ground black pepper

Add stock, sauces, ginger and sugar to a saucepan and bring to the boil. Reduce heat and simmer covered for 5 minutes. Add lime juice just before serving. Season to your taste with salt and pepper.

## MISO SOUP

Serves 4

Miso appears in many guises in Japanese cooking. It is highly nutritious, comes in a wide range of flavors (from salty to sweet) and colors. Miso soup is quick and easy to prepare and a perfect foil for any fresh seasonal ingredient. True miso soup uses either a stock made from dried bonito tuna and kelp seaweed or a seaweed stock alone. Defatted chicken stock can be substituted.

2 - 3 tablespoons red or white miso  
4 cups dashi (recipe follows)  
2 ounces fresh shiitake mushrooms, stems removed and sliced  
4 ounces drained, diced soft tofu  
1 cup loosely packed spinach or watercress leaves  
3 tablespoons or so green onions, thinly sliced on the bias

Garnish: Hot pepper sesame oil

In a small bowl soften the miso by stirring in 4 tablespoons or so of warm dashi. Mixture should be very smooth like a thick sauce. Gradually stir softened miso into remaining dashi and bring to a simmer in a pot over moderate heat.

Add the mushrooms and tofu and simmer gently until mushrooms are just tender, about 2 minutes. Be careful not to boil soup. Add spinach and ladle into warm bowls. Place a couple of drops of hot pepper sesame oil in each bowl and serve.

### Dashi Stock:

1 quart cold water  
1 one-ounce piece of kombu seaweed  
1 ounce dried bonito flakes (katsuo-bushi)

Add water and kombu to a soup pot and heat slowly to a bare simmer. This should take at least 5 minutes. Do not boil -- kombu develops a strong odor and off flavor if boiled. Remove kombu and add bonito. Bring to a simmer and then immediately remove from heat (this is done to insure a clear stock). Allow the bonito flakes to begin to settle to the bottom of the pot, about 5 minutes. Strain stock thru a fine mesh strainer.

Note: Alternately you can use instant dashi granules called *Hon Dashi* to make the stock. These are available in Asian and Japanese markets.

## ROASTED BUTTERNUT SQUASH SOUP WITH LIME CREME FRAICHE

Serves 8

Butternut squash is generally available and the most flavorful of the winter hard squashes. It's dense flesh takes very well to roasting or baking. To roast: cut squash in half, remove seeds and lightly paint with olive oil or clarified butter. Roast cut side up in a preheated 400 degree oven for 40 - 45 minutes or until flesh is soft and very lightly caramelized.

3 cups roasted and pureed fresh butternut squash  
3 cups chopped yellow onions  
3 tablespoons unsalted butter  
6 cups rich chicken or vegetable stock  
1 1/2 tablespoons lightly toasted, high quality curry powder  
1/4 teaspoon freshly grated nutmeg  
1 tablespoon honey  
1 cup heavy cream  
3 tablespoons dry sherry  
Salt and freshly ground pepper  
Garnish: Toasted pepitas (pumpkin seeds) or almonds, chopped chives and Lime Crème Fraîche (recipe follows)

In a large sauté pan, melt the butter. Add the onions and sauté until very soft but not brown. Transfer to a food processor and process, in batches if necessary, the onions and roasted squash. Transfer to a large saucepan, and add the stock, curry, and honey. Whisk to combine and bring to a simmer. Simmer for 10 to 15 minutes, stirring occasionally. Stir in the cream and sherry and correct the seasoning with salt and pepper.

To serve: Ladle the soup into warm soup bowls. Garnish with the pepitas or almonds, chives and an attractive drizzle of Lime Crème Fraîche.

#### Lime Crème Fraîche

1 cup crème fraîche  
2 teaspoons finely grated lime zest  
1 tablespoon fresh lime juice  
Salt and freshly ground pepper to taste

Mix ingredients together and refrigerate for at least 1 hour for flavors to develop. Can be stored covered and refrigerated for up to 3 days.

## HABA BEAN “SOUP”

Makes a generous 8 cups serving 8 - 10

Haba beans are peeled dried fava beans. These are easier to use since you don't have to deal with the sometimes tough skin of ordinary dried favas. They can be mail ordered through a number of sources. I get mine from Purcell Mountain Farms (866) 440-2326 or [www.purcellmountainfarms.com](http://www.purcellmountainfarms.com) who have a large offering of exotic beans, lentils and rices. I've put soup in quotes above because this recipe is not only delicious as a soup but also as a sauce to pool around sautéed greens, similarly with pasta and in a variety of other delicious ways. Favas, both fresh and dried, have a slight bitterness that makes them very interesting. I've also included a couple of exotic spices (smoked paprika and sumac) in this recipe that I think have become much more mainstream. You can find them at good cooking stores and via mail order spice merchants such as Penzey's or Vann's.

3 tablespoons olive oil  
2 cups (2 small) finely chopped onions  
2 tablespoons finely chopped garlic  
1 cup chopped celery or fennel  
1 tablespoon ground cumin  
1 teaspoon crushed fennel seed  
2 teaspoons sweet smoked paprika  
1/4 teaspoon red chile flakes  
2 cups dried haba beans, soaked overnight or have used the “quick soak” method  
5 cups chicken or vegetable stock or water  
Salt and freshly ground pepper  
1 - 2 tablespoons dried sumac powder or 2 – 3 tablespoons fresh lemon juice  
1 – 2 tablespoons toasted walnut or hazelnut oil or peppery extra virgin olive oil  
Finely grated aged goat cheese such as crottin or parmesan (optional)

Heat the oil in a deep soup pot and add the onions, garlic and celery and sauté over moderate heat until crisp tender. Add the cumin, fennel seed, smoked paprika and chile flakes and continue to sauté for 2 – 3 minutes until spices become fragrant.

Add the soaked habas and stock and bring to a boil. Lower heat to a simmer, cover and cook for 25 – 30 minutes or until beans are very tender and falling apart. Cool slightly and puree mixture with an immersion or regular blender. *(If using the latter be careful since hot liquids expand mightily. Fill blender jar only half full, use lowest speed and cover top with a clean towel rather than the lid to allow for expansion.)* Season to your taste with salt and pepper.

To serve: Sprinkle sumac on top of soup or alternately stir in a teaspoon or two of fresh lemon juice into each serving. Drizzle nut oil around and finish with a grating of aged goat cheese, if desired.

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