

Soup's on— finish up your leftovers in great tasting recipes

Soups are such a versatile menu item and are a great place to use leftovers.

I create new soups weekly depending on what's in the fridge— just experiment and then when your family asks for that recipe again, you're in trouble.

No two soups will ever be alike, but all are delicious anyway. You may find yourself creating leftovers just to make soup with!

To help you out with your soup recipes, here is an explanation of some cooking terms you may see in your recipes, followed by a description of the types of soups we frequently hear about.

Cooking terms

Dice— to cut food into small cubes of about 1/4 inch

Boil— to heat a liquid until bubbles break vigorously on the surface

Reduce— to rapidly boil a liquid, especially a sauce so a portion cooks off by evaporation. If you use a wide pan, the liquid will evaporate faster

Saute— to cook or brown food quickly in a skillet. The term derives from the French term sauter (to jump) and refers to the practice of shaking food in the pan so it browns evenly.

Simmer— to cook liquid gently, alone or with other ingredients, over low heat, so it's just below the boiling point. A few small bubbles should be visible on the surface.

Know your soups

Bisque— a rich creamy soup with a vel-

What's cookin'?

Lori and Gerry Kentner



vety texture, usually made with shellfish
Broth— a flavorful liquid made by simmering meat, fish, poultry and/or vegetables

Chowder— a hearty soup containing chunks of fish, shellfish and/or vegetables. Clam chowder has been popular in New England since colonial times.

Consomme— a clear soup, made by reducing stock and then filtering it meticulously. Good consomme has a heady aroma and strong flavor.

Gumbo— a signature of Cajun cuisine, gumbo is a thick soup served over rice. It may contain a variety of vegetables, seafood and meats and may be thickened with okra or file (sassafras). The name gumbo comes from the African word for okra.

Stock— as we previously featured in our column, a rich, clear liquid made by simmering poultry, meat, vegetables or fish bones in water with vegetables. The strained mixture is used as a base for soups, stews and sauces.

Have fun and keep cooking!

Borscht soup

Ingredients

- 1 litre chicken or beef stock
- 2 bunches medium-sized fresh beets
- 1 medium Spanish onion, chopped
- 1/4 medium cabbage shredded
- 1 carrot, chopped
- 2 celery stalks with leaves, chopped
- 2 cloves garlic, crushed
- 3 tsp vegetable oil
- 6 sprigs fresh dill, chopped
- 6 sprigs fresh Italian parsley, chopped
- 1/4 cup lemon juice (only use the lemon juice if you are using chicken stock)
- 1 bay leaf
- 2 whole allspice



Method

1. Cut green tops off beets and place in a large saucepan, skins on. Cover with cold water and boil until tender (approximately 1 1/2 hours). The beets should stay covered with water throughout the cooking process, add more water if necessary.

2. Cool the beets (save the juice). Peel the beets and grate or julienne.

3. Saute the garlic, onions, carrots, celery and cabbage in vegetable oil for 5 to 10 minutes.

4. Add the vegetable mixture to the stock (chicken or beef). Add the beet juice and the grated beets. Add the spices. Return to heat and simmer for approximately one hour.

5. Serve immediately. (This can be made in advance, refrigerated and reheated.)

Note: I prefer beef stock, then I add leftover diced beef to make for a heartier soup. A dollop of sour cream looks and tastes delicious on top of each serving of soup when serving.

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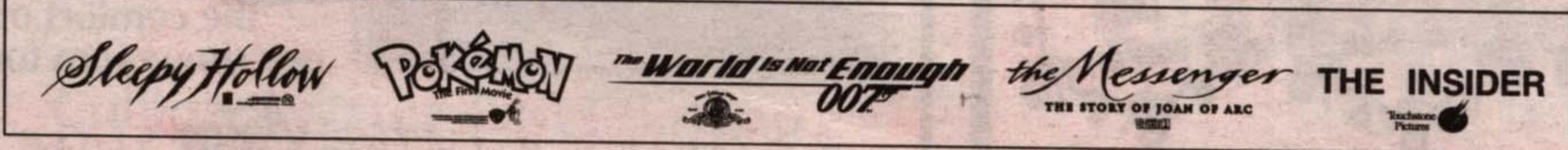
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