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Every fridge has the makings for soup

Thank you to all the people who have commented on the Sweet Potato, Leek and Maple soup recipe that appeared in the paper on September 28. Glad to hear you all liked it so much! Many of you were kind enough to point out that the quantity of chicken stock listed seemed unusually large and you were correct. The original recipe calls for 16 cups chicken stock. That should read 6-8 cups. Make the recipe with 6 cups of stock and then add more at the end if you'd like to thin it out more. Again, thank you for pointing out the error!



Lori Gysel & Gerry Kentner

are in the kitchen anyway, making dinner for tonight, why not practise whipping up some soup for another night when you are too busy and save yourself the money spent at the fast food store.

Create your own "fast food". Believe me, you will enjoy the creativity and freedom spent over a pot of soup. My mom used to call it therapy— very relaxing and fulfilling after a stressful day.

cent and partially cooked. While this is cooking, decide what the soup base will be. You could use any chicken stock, beef stock, vegetable stock, tomato juice or dry soup powder. Make your stock with boiling water (about 8 cups). Then add this to the vegetables. Bring to a boil and then reduce heat until the soup is simmering. This needs about 30 minutes cooking time. If you have any leftover meats, now is the time to toss it in— chicken, beef, sausage, ham, bacon— just about anything will work.

Do you know how to make homemade soup? Well, if not, then this column is for you, to get you started. The methods are basically the same for chunky soups and cream soups. All we do is change the ingredients. Most of the time, you don't even need to shop for ingredients.

So, let's start with a vegetable soup of some kind. Pull out of your fridge any fresh vegetables you may have, but especially any tired or limp ones and use them up before they have to be thrown out. Put the kettle on to boil, some you can make some flavour for your soup. It all starts with water. Chop your vegetables in bite size or smaller pieces. You need about 4-6 cups. You can use anything— potatoes (any kind) for potato soup, onions for onion soup, or a variety of any vegetables you have, keeping in mind that some vegetables you would not cook generally like lettuce, radish, cucumber.

Now we add the spices if they are dried— any fresh ones we add later. Basil, dill, oregano, thyme, savory, parsley— whatever flavours you prefer. Taste and add salt and pepper— but be careful on the salt if you used a powdered stock as it can be quite salty. Add any fresh herbs just before serving. There are no rules. My husband says I never make the same soup twice. Once you have tried your hand at this and get rave reviews, next time will be easier and you will have the confidence to experiment.

Almost everyone's fridge has the makings for a pot of soup. Recipes are great and helpful when you want to make a particular kind of soup. But when you just want a quick dinner, open the fridge and wing it!

This certainly is the beginning of the fall season, when a steaming pot of homemade soup is welcome on any dinner table, accompanied by fresh bread, some cheeses or a salad, and voila, dinner in an instant.

Heat some oil (a couple of tablespoons) in your pot and sauté your veggies on medium low heat until they are translu-

Let us know how you succeeded. We would love to hear from you!
 By the way, this week's recipe (See pg. 15) was born because I had company coming on short notice and I needed soup for lunch. You can do it too!
 Have fun and keep cooking!
 (Lori and Gerry can be reached at whatscookin@independentfreepress.com)

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