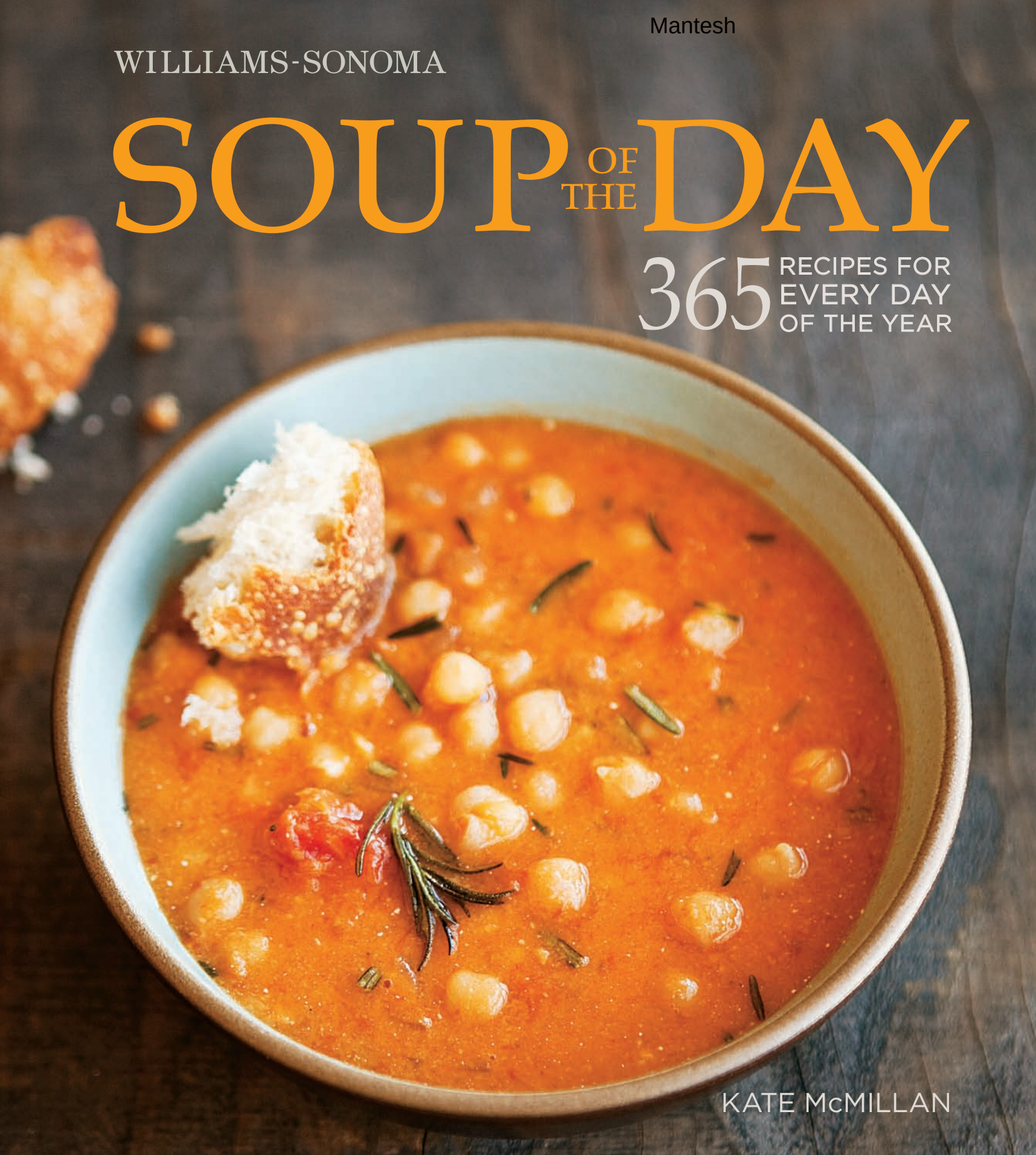
Mantesh

WILLIAMS-SONOMA

SOUP OF THE DAY

365 RECIPES FOR EVERY DAY OF THE YEAR



KATE McMILLAN

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SOUP OF THE DAY

KATE McMILLAN
PHOTOGRAPHY BY ERIN KUNKEL

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CONTENTS

JANUARY 8

FEBRUARY 32

MARCH 56

APRIL 80

MAY 104

JUNE 128

JULY 152

AUGUST 176

SEPTEMBER 200

OCTOBER 224

NOVEMBER 248

DECEMBER 272

A SOUP FOR EVERY DAY

Hot, cold, smooth, chunky, creamy, brothy—soups come in myriad forms, yet always delight. Considered by many to be the ultimate comfort food, they are welcome additions to the dining table throughout the months, marking seasons and occasions with flavorful flair.

This book will encourage you to make soups on any day of the year. Using what's fresh as your guide, draw on seasonal ingredients—asparagus and peas in spring; corn, peppers, and tomatoes in summer; cruciferous vegetables and hearty greens during the fall; and root vegetables in winter—to inspire your creations.

Versatile, flexible, and easy to stretch, making soup is a smart way to cook. Some are perfect for casual weeknight meals, while others offer an elegant way to begin a dinner party. Soups are easy to dress up by adding texture, flavor, or a festive touch with simple garnishes—a topping of crisp garlic croutons; a swirl of pesto, olive oil, or crème fraiche; or a sprinkle of chopped fresh herbs. They are also easy to personalize to your own tastes by swapping in alternative ingredients, omitting cream or an herb you may not have on hand, or changing the texture by puréeing it or leaving it chunky. Many soups can be made ahead and reheated just before serving, while others can be prepared in large batches and frozen for quick meal options on busy nights. You'll learn these approaches and many more on the pages that follow.

The recipes in this book, 365 in all, are organized by calendar month and are designed to stimulate ideas for cooking any day of the year. You can use the calendar pages in the front of each chapter as a road map for your soup-making adventures, or feel free to meander through the recipes at your leisure, knowing that there will always be a dish to inspire you, no matter what the season. There are also dozens of full-color photographs to guide and entice you along the way.

The wealth of delicious recipes, colorful photographs, and daily culinary wisdom inside these pages are sure to satisfy a yearning for soup, no matter what the day brings.





Mantesh

1 SPICY SAUSAGE & BROCCOLI RABE SOUP *page 11*	**2** FRENCH ONION SOUP *page 11*	**3** CAULIFLOWER & ROASTED GARLIC PURÉE *page 12*	**4** FIVE-SPICE BEEF STEW *page 12*
8 CHICKEN CHILI WITH PIQUILLO PEPPERS *page 15*	**9** BEEF BORSCHT *page 16*	**10** CLASSIC CHICKEN NOODLE SOUP *page 16*	**11** MOROCCAN LAMB STEW *page 17*
15 BARLEY-LEEK SOUP WITH MINI CHICKEN MEATBALLS *page 21*	**16** MUSSELS IN TOMATO & CREAM BROTH *page 21*	**17** SAVOY CABBAGE, FONTINA & RYE BREAD SOUP *page 22*	**18** GINGERY BEEF BROTH WITH SOBA NOODLES & BOK CHOY *page 22*
22 KUMQUAT-CARROT PURÉE WITH TOASTED FENNEL SEEDS *page 24*	**23** TORTELLINI & ESCAROLE SOUP *page 27*	**24** CRANBERRY BEAN & BARLEY SOUP *page 27*	**25** FENNEL-CELERY BISQUE *page 28*
29 VEGETABLE-LENTIL SOUP WITH SHERRY *page 30*	**30** SMOKED TROUT CHOWDER *page 30*	**31** OLD-FASHIONED TOMATO & RICE SOUP *page 30*	

5 POSOLE *page 13*	**6** VEGETARIAN CHILI *page 13*	**7** AVGOLEMONO *page 15*
12 KALE & WHITE BEAN SOUP *page 17*	**13** CREAM OF TOMATO SOUP *page 18*	**14** CIOPPINO *page 18*
19 BROCCOLI & CHEDDAR SOUP *page 23*	**20** CITRUSY SEAFOOD SOUP *page 23*	**21** ROAST PORK & UDON NOODLE SOUP *page 24*
26 STEAK & POTATO SOUP WITH FRIED SHALLOTS *page 28*	**27** TURKEY SOUP WITH CHIPOTLE & LIME *page 29*	**28** LEEK & POTATO SOUP WITH BLUE CHEESE *page 29*

january

During the cold and dark start of the year, warming soups provide nourishment and comfort—and fill the house with delicious scents. Aromatic broths and spicy stews are the backdrop for January's sturdy vegetables, which include cabbage, broccoli, and cauliflower, ideal partners for beans, sausage, and noodles of all types. Winter citrus, from kumquats to Meyer lemons, offer hits of bright flavor to seafood and vegetarian dishes.

JANUARY

1



1

JANUARY

Tone down the spice in this soup by using half spicy and half sweet or all sweet Italian sausage. Serve with warm garlic bread.

SPICY SAUSAGE & BROCCOLI RABE SOUP

serves 4–6

1 lb (500 g) spicy Italian sausages

2 Tbsp olive oil

1 large yellow onion, chopped

5 cloves garlic, thinly sliced

6 cups (48 fl oz/1.5 l) chicken broth

½ bunch broccoli rabe, tough stems peeled, cut into ¾-inch (2-cm) pieces

2 Tbsp tomato paste

Salt and freshly ground pepper

Grated pecorino cheese for serving

In a frying pan, cook the sausages over medium heat, turning occasionally, until golden brown and cooked all the way through, about 15 minutes. Let cool, then cut into slices ¼ inch (6 mm) thick. Set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the broccoli rabe, tomato paste, and sliced sausage, adjust the heat to maintain a simmer, and cook, uncovered, until the broccoli rabe is tender, 7–8 minutes. Season with salt and pepper and serve, topped with grated cheese.

2

JANUARY

Traditional French onion soup relies on rich beef broth for its deep, full flavor. You can find high-quality broth at meat markets or specialty-food stores.

FRENCH ONION SOUP

serves 6

3 Tbsp unsalted butter

1 Tbsp canola oil

2½ lb (1.25 kg) yellow onions, thinly sliced

Pinch of sugar

Salt and freshly ground pepper

2 cups (16 fl oz/500 ml) dry white wine

8 cups (64 fl oz/2 l) beef broth

1 bay leaf

6 thick slices country-style bread

3 cups (12 oz/375 g) shredded Comté or Gruyère cheese

In a large, heavy pot, melt the butter with the oil over medium-low heat. Add the onions and sugar, and season with salt and pepper. Cover and cook, stirring occasionally, until the onions are meltingly soft, golden, and lightly caramelized, 25–30 minutes.

Add the wine, raise the heat to high, and cook until the liquid is reduced by about half, 8–10 minutes. Add the broth and bay leaf, reduce the heat to medium-low, and simmer, uncovered, until the soup is dark and fully flavored, about 45 minutes. If the liquid is evaporating too quickly and the soup tastes too strong, add a little water, then cover the pot and continue cooking.

Preheat the oven to 400°F (200°C). Arrange the bread slices on a baking sheet and toast, turning once, until golden, 3–5 minutes per side. Set the toasts aside.

Remove and discard the bay leaf. Ladle the soup into ovenproof bowls arranged on the baking sheet. Place a piece of toast on top of the soup in each bowl and sprinkle with the cheese. Bake until the cheese is melted and the toasts are lightly browned around the edges, about 15 minutes. Serve.

3

JANUARY

The flavor of the garlic adds richness to this soup but it is subtle. If you are a real garlic lover, roast 2 heads of garlic for the recipe.

CAULIFLOWER & ROASTED GARLIC PURÉE

serves 4–6

1 large head garlic

1 tsp olive oil

3 Tbsp unsalted butter

½ yellow onion, chopped

¼ cup (2 fl oz/60 ml) dry sherry

4 cups (32 fl oz/1 l) chicken or vegetable broth

1 head cauliflower, stemmed and cut into small florets

3 Tbsp heavy cream

Salt and ground white pepper

Chopped chives for garnish

Preheat the oven to 400°F (200°C). Cut off the top of the head of garlic, drizzle with the olive oil, and wrap loosely in foil. Roast until tender when pierced with a knife, about 45 minutes. When it is cool enough to handle, squeeze the garlic flesh from the skins and set aside.

In a large saucepan, melt the butter over medium-high heat. Add the onion and sauté until soft, 5 minutes. Add the roasted garlic and, using a wooden spoon, mash it into the onions. Cook until the mixture is bubbly and starting to caramelize, about 3 minutes. Add the sherry and bring to a boil, stirring to scrape up any browned bits on the bottom of the pot, and let boil for 2 minutes. Add the broth and bring to a boil. Add the cauliflower and reduce the heat to medium-low. Simmer, uncovered, until the cauliflower is very tender, 20–25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan over medium heat. Add the cream and return the soup just to a gentle boil. Season with salt and pepper and serve, garnished with the chives.

4

JANUARY

The Chinese radish is sweeter than its more popular cousin, the Japanese daikon, and both are easy to find at Asian markets. Any mild turnip may be substituted.

FIVE-SPICE BEEF STEW

serves 4–6

1 Tbsp canola oil

1½ lb (750 g) beef sirloin tip, cut into strips ½ inch (12 mm) thick and 3 inches (7.5 cm) long

2 cups (16 fl oz/500 ml) beef broth

¼ cup (2 fl oz/60 ml) soy sauce

2 Tbsp dry sherry or rice wine

1 unpeeled piece fresh ginger, about 1 inch (2.5 cm) long, thinly sliced lengthwise

½ tsp Chinese five-spice powder

½ lb (250 g) Chinese or daikon radish, peeled and cut into 2-inch (5-cm) pieces

4 green onions, white and tender green parts, cut into 2-inch (5-cm) lengths

5 or 6 napa cabbage leaves, cut crosswise into strips 2 inches (5 cm) wide

In a large, heavy pot, warm the oil over medium-high heat. Working in batches, add the beef strips and brown well on all sides, about 5 minutes per batch. Transfer to a bowl. Add the broth and stir to scrape up any browned bits on the bottom of the pot. Return the meat to the pot. Add the soy sauce, sherry, ginger, five-spice powder, daikon, and green onions. Bring to a simmer, reduce the heat to medium-low, cover, and simmer until the meat falls apart when tested with a fork, about 3 hours.

Using a large spoon, skim the fat from the surface of the stew. Add the cabbage, cover, and simmer over medium-low heat until the cabbage is very soft and wilted but not mushy, about 30 minutes longer. Serve.

5

JANUARY

Posole is a special comfort food of the Southwest. You can easily use canned hominy, but the authentic dried corn, soaked and simmered with a few simple seasonings, is far tastier. Look for dried posole in a well-stocked grocery or Hispanic market.

POSOLE

serves 12

1 lb (500 g) dried posole or
2 lb (1 kg) presoaked dried posole

3 Tbsp olive oil

2 yellow onions, finely chopped

8 cloves garlic, finely chopped

1 Tbsp dried Mexican or regular oregano

1 tsp red pepper flakes

5 cups (40 fl oz/1.25 l) chicken broth

½–1 lb (250–500 g) boneless pork shoulder, trimmed and cut into ½-inch (12-mm) cubes

Salt and freshly ground pepper

If using dried posole, in a large bowl, combine the posole with water to cover and let stand overnight, stirring occasionally. Drain and set aside.

In a large, heavy pot, warm the oil over medium heat. Add the onions, garlic, oregano, and pepper flakes, cover, and cook, stirring occasionally, until the onions and garlic are almost tender, about 10 minutes. Add 8 cups (64 fl oz/2 l) water, the broth, and the posole and bring to a simmer.

Meanwhile, place a large frying pan over medium-low heat. Scatter the pork in the pan and sauté until it has lost its pink color and has released a generous amount of liquid, about 10 minutes. Raise the heat to medium-high and cook, stirring, until the liquid evaporates and the meat is well browned, 10–12 minutes. Transfer the meat to the pot with the posole. Add 2 cups (16 fl oz/500 ml) of the posole cooking liquid to the frying pan off the heat and stir to scrape up any browned bits on the pan bottom. Return the liquid to the pot.

Bring to a simmer, cover partially, and cook, stirring occasionally, for 1 hour. Add 2 tsp salt and 1 tsp pepper and continue to simmer, partially covered, stirring occasionally, until the meat is tender and most of the posole kernels have burst, 1–1½ hours longer, adding more water as necessary to keep the consistency soupy. Season with salt and pepper and serve.

6

JANUARY

In some parts, traditional chili may require beef, but more liberal interpretations include beans and vegetables, for a lean but filling dinner-in-a-bowl. Cumin, cayenne, chipotle, and cilantro pack a nice Latin kick in this version.

VEGETARIAN CHILI

serves 6–8

2 cups (14 oz/440 g) dried pinto beans, picked over and rinsed

3 Tbsp canola oil

2 yellow onions, finely chopped

5 cloves garlic, minced

1 Tbsp plus 1 tsp dried oregano

1 Tbsp plus 1 tsp ground cumin

1 tsp ground coriander

1 Tbsp paprika

¼ tsp cayenne pepper

¼ cup (1 oz/30 g) chili powder

1 can (15 oz/470 g) diced tomatoes

1 canned chipotle chile in adobo, minced

5 cups (40 fl oz/1.25 l) vegetable broth

1 Tbsp balsamic vinegar

3 Tbsp finely chopped cilantro

Salt

Place the dried beans in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain and set aside.

In a large, heavy pot, warm the oil over medium heat. Add the onions and garlic and sauté until softened, about 7 minutes. Add the oregano, cumin, coriander, paprika, cayenne, and chili powder and stir to combine. Cook, stirring, for about 3 minutes.

Add the tomatoes, chipotle, broth, and beans and bring to a boil. Reduce the heat to low and cook, partially covered, until the beans are tender yet firm, 1–1½ hours. If the chili seems too thick, add a little water.

Add the vinegar and cook for 1 minute. Stir in the chopped cilantro and season with salt, then serve.

JANUARY

7



7

JANUARY

This rich, lemony chicken-and-rice soup is a signature dish of Greece. To help prevent the eggs from curdling, they must be tempered by whisking a small amount of hot liquid into the yolks to heat them slightly before adding them to the hot mixture.

AVGOLEMONO

serves 4

6 cups (48 fl oz/1.5 l) chicken broth

½ cup (3½ oz/105 g) long-grain white rice

4 egg yolks, lightly beaten

¼ cup (2 fl oz/60 ml) fresh lemon juice

1 tsp finely chopped lemon zest

Salt and ground white pepper

2 Tbsp finely chopped flat-leaf parsley

In a large, heavy pot, bring the broth to a boil over medium-high heat. Add the rice and cook, uncovered, until tender, about 15 minutes.

In a bowl, whisk together the egg yolks, lemon juice, and lemon zest. Whisking constantly, slowly pour 1 cup (8 fl oz/ 250 ml) of the hot broth into the egg mixture. Reduce the heat under the broth to medium-low and slowly stir the egg mixture into the pot. Cook, stirring, until the soup is slightly thickened, 3–4 minutes. Do not let it boil.

Season with salt and pepper and serve, garnished with the parsley.

8

JANUARY

Smoked paprika, piquillo peppers, and sherry vinegar punctuate this chili with a Spanish twist. Serve with Manchego cheese and crusty bread.

CHICKEN CHILI WITH PIQUILLO PEPPERS

serves 6

2 Tbsp olive oil

1 large yellow onion, chopped

3 cloves garlic, minced

1 lb (500 g) skinless, boneless chicken breasts, cut into ¼-inch (6-mm) cubes

Salt

1 tsp smoked paprika

½ tsp chili powder

1 jar (5 oz/155 g) roasted piquillo or red bell peppers, drained and sliced

1 can (15 oz/470 g) white beans, drained

1 can (28 oz/875 g) crushed tomatoes

1 cup (8 fl oz/250 ml) chicken broth

2 Tbsp tomato paste

1 Tbsp sherry vinegar

2 Tbsp chopped cilantro

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the chicken and cook, stirring often, until browned on all sides, 5–7 minutes. Stir in 1 Tbsp salt, the smoked paprika, and the chili powder and cook for 1 minute. Add the peppers, beans, tomatoes, broth, tomato paste, and vinegar. Stir well to combine and bring to a boil. Reduce the heat to low and simmer gently, uncovered, stirring occasionally, until the flavors come together and the chicken is cooked all the way through, about 30 minutes.

Stir in the cilantro, season with salt, and serve.

9

JANUARY

This traditional Russian beet soup, ideally a vibrant ruby red, is fit for the winter months when made heartier with shredded beef and a rich broth.

BEEF BORSCHT

serves 4

3 beets (about 1½ lb/750 g)
2 Tbsp canola oil
1 leek, white and pale green parts, sliced
1 parsnip, peeled and chopped
1 large carrot, peeled and chopped
1 celery rib, chopped
2 cloves garlic, minced
6 cups (48 fl oz/1.5 l) beef broth
2 cups (12 oz/375 g) shredded cooked beef
⅛ tsp ground allspice
Salt and freshly ground pepper
2 cups (4 oz/125 g) chopped green cabbage
1 cup (6 oz/185 g) canned diced tomatoes
2 Yukon gold potatoes, peeled, each cut lengthwise into 4 wedges
2 Tbsp red wine vinegar, plus more as needed
½ cup (4 oz/125 g) sour cream
1 Tbsp small dill sprigs

Preheat the oven to 350°F (180°C). Wrap each beet in foil and roast until tender when pierced with a knife, about 1 hour. Let cool, still wrapped, for 15 minutes. Using a paring knife, peel and discard the skins. Shred the beets into a bowl. Set aside.

In a large, heavy pot, warm the oil over medium-low heat. Add the leek, parsnip, carrot, celery, and garlic and cook, stirring often, until tender, about 10 minutes. Add the broth, beef, allspice, 2 tsp salt, and ¼ tsp pepper. Bring to a boil, reduce the heat to low, cover, and cook until the vegetables are tender, 25–30 minutes. Stir in the beets, cabbage, and tomatoes. Raise the heat to medium-low and cook, uncovered, until the cabbage is tender, about 10 minutes.

Meanwhile, put the potatoes in a saucepan and add water to cover and ½ tsp salt. Cover and bring to a boil. Reduce the heat to medium-low and simmer until the potatoes are tender, 15 minutes. Drain and keep warm.

Reduce the heat under the soup to low and stir in the 2 Tbsp vinegar. If the soup tastes a little dull, add a bit more vinegar, salt, or pepper. Divide the potato wedges among bowls and ladle soup over them. Garnish with the sour cream and dill, then serve.

10

JANUARY

Instead of pasta, try adding ¼ cup (2 oz/60 g) rice to the soup 15 minutes before it is done. Or try other small pastas, like orzo, stelline, or ditalini. A squeeze of lemon brightens the chicken flavor.

CLASSIC CHICKEN NOODLE SOUP

serves 4

1 Tbsp canola oil
2 celery ribs, finely chopped
1 leek, white part only, halved and thinly sliced
1 carrot, peeled and finely chopped
5 cups (40 fl oz/1.25 l) chicken broth
1 bay leaf
¼ tsp dried thyme
2 cups (12 oz/375 g) cooked shredded chicken
½ lb (250 g) dried egg noodles
Salt and freshly ground pepper
¼ cup (⅓ oz/10 g) minced flat-leaf parsley

In a large saucepan, warm the oil over medium heat. When it is hot, add the celery, leek, and carrot and sauté until softened, about 5 minutes. Add the broth, bay leaf, thyme, and shredded chicken. Bring to a boil over medium-high heat. Add the noodles, stir well, and cook just until the noodles are tender, about 10 minutes.

Remove and discard the bay leaf from the soup. Season to taste with salt and pepper and serve, garnished with the parsley.

11

JANUARY

Fresh dates, with their thin skins and intense sweetness, are occasionally mistaken for a dried fruit. They're not—these characteristics merely come from growing in the desert. Here they add a depth of flavor to the stew and marry well with the pungent spices.

MOROCCAN LAMB STEW

serves 6

4 Tbsp (2 fl oz/60 ml) olive oil
2 yellow onions, finely chopped
3 carrots, peeled and chopped
½ cup (2½ oz/75 g) all-purpose flour
Salt and freshly ground pepper
3 lb (1.5 kg) cubed lamb for stewing
3 cloves garlic, minced
1 tsp ground cumin
¼ tsp saffron threads
1 Tbsp peeled and minced fresh ginger
2½ cups (20 fl oz/625 ml) beef broth
1 cup (8 oz/250 g) canned crushed tomatoes
1 cup (6 oz/185 g) chopped pitted dates
Grated zest and juice of 1 orange
2 Tbsp finely chopped flat-leaf parsley

Preheat the oven to 350°F (180°C). In a large, heavy pot, warm 1 Tbsp of the oil over medium heat. Add the onions and sauté until softened, about 7 minutes. Add the carrots and sauté until slightly softened, about 3 minutes. Transfer to a bowl.

In a resealable plastic bag, combine the flour, ½ tsp salt, and ½ tsp pepper. Add the lamb, seal the bag, and shake to coat. Add the remaining 3 Tbsp oil to the pot and warm over medium-high heat. Working in batches, remove the lamb from the bag, shaking off excess flour, and add to the pot in a single layer. Brown on all sides, 4–5 minutes per batch. Transfer to a bowl.

Return the onion mixture and browned lamb to the pot. Add the garlic, cumin, saffron, and ginger and stir to coat the meat and vegetables. Add the broth and bring to a boil, stirring to scrape up any browned bits on the bottom of the pot. Add the tomatoes, dates, and orange zest and juice and bring to a boil over high heat. Cover and bake until the meat is tender, 1½–2 hours.

Season with salt and pepper and serve, garnished with parsley.

12

JANUARY

Portuguese linguiça or chorizo is often the choice for soups with greens and beans, but using low-fat turkey kielbasa imparts the same smoky, spicy flavor.

KALE & WHITE BEAN SOUP

serves 4

1 bunch kale (about ¾ lb/375 g)
1 Yukon gold potato (about ½ lb/250 g)
2 oz (60 g) pork or turkey kielbasa sausage
2 tsp olive oil
1 large yellow onion, chopped
4 cloves garlic, chopped
⅛ tsp red pepper flakes
Salt and freshly ground pepper
1 can (15 oz/470 g) white beans, drained

Remove the tough stems from the kale and cut the leaves crosswise into strips ½ inch (12 mm) wide. You will have about 5 cups (10 oz/315 g). Cut the potato into 1-inch (2.5-cm) pieces. Slice the kielbasa. Set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Stir in the kale, potato, kielbasa, and red pepper flakes. Season generously with salt. Pour in 8 cups (64 fl oz/2 l) water. Bring to a boil, reduce the heat to medium-low, and simmer, uncovered, until the kale is almost tender, about 20 minutes.

Add the beans and cook until heated through, about 5 minutes. Season with salt and pepper and serve.

13

JANUARY

In the winter when tomatoes are not in season, canned tomatoes are the best choice for adding to soups. San Marzano tomatoes, a plum variety from Italy, are widely acknowledged as the gold standard of canned tomatoes.

CREAM OF TOMATO SOUP

serves 4–6

¼ cup (2 oz/60 g) unsalted butter

1 celery rib with leaves, finely chopped

½ cup (2 ½ oz / 75 g) chopped shallots

1 clove garlic, minced

⅓ cup (2 oz/60 g) all-purpose flour

1 can (28 oz/875 g) diced tomatoes

2 cups (16 fl oz/500 ml) chicken broth

2 cups (16 fl oz/500 ml) half-and-half

1 tsp chopped marjoram or oregano, plus sprigs for garnish

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium heat. Add the celery and cook, stirring occasionally, until it begins to soften, about 2 minutes. Add the shallots and garlic and cook, stirring often, until the shallots soften, about 2 minutes.

Sprinkle the flour over the vegetables and stir well. Stir in the tomatoes with their juices, the broth, the half-and-half, and the chopped marjoram and stir well. Bring to a boil over high heat, stirring often. Reduce the heat to medium-low and simmer, uncovered, until the soup is slightly thickened, about 30 minutes.

Season with salt and pepper and serve, garnished with the herb sprigs.

14

JANUARY

The are many stories about the origins of this San Francisco specialty. Most locals believe it is related to the Italian cacciucco, a fish stew of Livorno, and to the fish stews of the Friuli region, which are made with red wine. Serve with grilled coarse country bread rubbed with garlic.

CIOPPINO

serves 6

½ cup (4 fl oz/125 ml) olive oil

3 large yellow onions, chopped

5 celery ribs, chopped

6 cloves garlic, minced

2 small bay leaves

2 thyme sprigs

2 tsp ground fennel seeds

1–2 tsp red pepper flakes

5 cups (40 fl oz/1.25 l) fish broth

3 cups (18 oz/560 g) canned diced tomatoes

1½ cups (12 fl oz/375 ml) dry red wine

½ cup (4 fl oz/125 ml) thick tomato purée

Salt and freshly ground pepper

18 clams, scrubbed

1 crab or lobster, cooked, cracked, and cut into 2–3-inch (5–7.5-cm) pieces

18 shrimp, peeled and deveined

18 sea scallops, tough muscles removed

18 mussels, scrubbed and debearded

¼ cup (⅓ oz/10 g) chopped flat-leaf parsley

In a large, heavy pot, warm the oil over medium heat. Add the onions and sauté until translucent, about 7 minutes. Add the celery, garlic, bay leaves, thyme, fennel seeds, and red pepper flakes and sauté until the celery is soft, about 5 minutes. Add the broth, tomatoes, wine, and tomato purée and simmer for about 10 minutes to blend the flavors. Season with salt and pepper.

Add the clams, discarding any that do not close to the touch. Add the crab, cover, and simmer briskly until the clams start to open, about 5 minutes. Add the shrimp, scallops, and mussels, discarding any that do not close to the touch, and continue to cook until the shrimp turn pink, the scallops are opaque throughout, and the mussels open, 3–5 minutes. Discard any unopened clams or mussels.

Season with salt and pepper and serve, sprinkled with the parsley.



14

JANUARY

JANUARY

15



15

JANUARY

BARLEY-LEEK SOUP WITH MINI CHICKEN MEATBALLS

serves 8–10

This is a great soup to make with kids, who will have fun forming the meatballs and love eating the end result. The meatballs are also delicious served with pasta or couscous. The meatballs can be made ahead and frozen.

1 Tbsp unsalted butter

2 Tbsp olive oil

3 leeks, white and pale green parts, chopped

3 cloves garlic, minced

½ lb (250 g) cremini mushrooms, sliced

2 Tbsp tomato paste

¼ cup (2 fl oz/60 ml) dry white wine

2 cups (12 oz/375 g) pearl barley

8 cups (64 fl oz/2 l) chicken broth, plus more as needed

FOR THE MEATBALLS

1 lb (500 g) ground chicken

½ cup (2 oz/60 g) grated Parmesan cheese

¼ cup (1 oz/30 g) plain dried bread crumbs

2 Tbsp minced flat-leaf parsley, plus ½ cup (¾ oz/20 g) chopped parsley for garnish

1 Tbsp tomato paste

Salt and freshly ground pepper

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the leeks and garlic and sauté until very soft, about 5 minutes. Add the mushrooms and cook, stirring often, until they begin to soften, about 5 minutes. Add the tomato paste and wine, stir to combine, and cook for 4 minutes. Add the barley and 8 cups broth and bring to a boil. Reduce the heat to low, cover, and simmer until the barley is tender, about 45 minutes.

Meanwhile, to make the meatballs, preheat the oven to 375°F (190°C). Oil a baking sheet. In a bowl, combine the chicken, Parmesan, bread crumbs, 2 Tbsp parsley, and tomato paste. Add 1 tsp salt and ½ tsp pepper and stir to combine. The mixture will be very sticky. To form the meatballs, use two small spoons to scoop up the mixture and transfer it to the prepared sheet. Bake until the meatballs are cooked through and no longer pink in the center, 10–12 minutes.

Add the meatballs to the soup and stir in gently. If the soup is too thick, add more broth and heat through. Season with salt and pepper and serve, garnished with the ½ cup (¾ oz/20 g) parsley.

16

JANUARY

MUSSELS IN TOMATO & CREAM BROTH

serves 4–6

For a hit of spice, add a few drops of hot-pepper sauce to this creamy mussel soup. Mussels often have "beards," fibrous tufts with which they cling to rocks (farm-raised mussels may not have these). If present, scrape away the fibers with a paring knife or scissors before cooking.

2 Tbsp olive oil

1 shallot, minced

3 cloves garlic, minced

1 tsp ground cumin

½ tsp paprika

½ tsp ground ginger

¼ tsp ground cinnamon

1 cup (8 fl oz/250 ml) clam juice

2 cups (16 fl oz/500 ml) chicken broth

3 lb (1.5 kg) mussels, scrubbed and debearded

3 plum tomatoes, seeded and diced

½ cup (4 fl oz/125 ml) heavy cream

Salt and freshly ground pepper

2 Tbsp minced flat-leaf parsley

In a heavy-bottomed saucepan, warm the oil over medium heat. Add the shallot and garlic and sauté until soft, about 4 minutes. Add the cumin, paprika, ginger, and cinnamon and allow the spices to toast, stirring constantly, for 2 minutes. Add the clam juice and the chicken broth and bring to a boil. Add the mussels, discarding any that don't close to the touch. Cover the pan tightly and steam the mussels until they open, 5–7 minutes. Discard any unopened mussels.

Stir in the tomatoes and cream and return to a gentle boil. Season with salt and pepper, stir in the parsley, and serve.

17

JANUARY

SAVOY CABBAGE, FONTINA & RYE BREAD SOUP

serves 4–6

High up in the Alps between France and Switzerland sits Italy's smallest region, the Valle d'Aosta. The cows that graze on the mountain slopes produce the milk for its famed Fontina. Here, it is used in a rustic soup traditionally made with the local dark rye bread, pane nero.

Salt and freshly ground pepper

1 head savoy cabbage (about 1 lb/500 g), cut lengthwise into quarters and cored

1 lb (375 g) Fontina cheese

6 cups (48 fl oz/1.5 l) chicken broth

Pinch of grated nutmeg

Pinch of ground cinnamon

12 slices crusty rye bread, toasted

2 tsp unsalted butter, cut into bits

Bring a pot of water to a boil. Add a pinch of salt and the cabbage. Reduce the heat to low and cook, uncovered, until the cabbage is tender, about 30 minutes. Drain and let cool, then cut crosswise into thin slices.

Preheat the oven to 350°F (180°C). Coarsely shred enough cheese to measure ½ cup (2 oz/60 g). Thinly slice the remainder. In a large saucepan, combine the broth, nutmeg, and cinnamon and season with salt and pepper. Bring to a simmer.

Arrange 4 of the bread slices in the bottom of a deep 3-qt (3-l) baking dish. Cover with half each of the cabbage and the cheese slices. Repeat the layers, then cover with the remaining bread. Pour the hot broth over the top. Sprinkle with the shredded cheese and dot with the butter.

Bake until the soup is bubbling and browned, about 45 minutes. Let stand for 5 minutes, then serve.

18

JANUARY

GINGERY BEEF BROTH WITH SOBA NOODLES & BOK CHOY

serves 4–6

Just 20 minutes and a handful of ingredients yields this ultraflavorful broth, to which you can add any combination of noodles and greens. The soup can be made ahead and frozen. When serving, tongs make easy work of dividing the noodles and bok choy among bowls; ladle the broth on top.

2 green onions

3 cups (24 fl oz/750 ml) beef broth

2-inch (5-cm) piece fresh ginger, peeled and thinly sliced

1 large clove garlic, crushed

Salt

1 Tbsp canola oil

2 baby bok choy, quartered

¼ lb (125 g) cremini mushrooms, thinly sliced

5 oz (155 g) soba noodles

1 tsp soy sauce

Hot sauce, such as Sriracha, for serving (optional)

Thinly slice the green onions, reserving the white and pale green parts in one bowl and the dark green parts in a separate bowl.

In a large, heavy pot, combine the broth, 3 cups (24 fl oz/750 ml) water, the ginger, garlic, and the white and light green parts of the green onion and bring to a boil over medium-high heat. Reduce the heat to low and simmer for 20 minutes. Strain the liquid, discarding the solids, and return the broth to the pot. Season with salt and keep warm over low heat.

In a frying pan over medium-high heat, warm the oil. Add the bok choy and mushrooms and sauté, stirring frequently, until the vegetables begin to caramelize and soften, about 6 minutes. Set aside.

Return the broth to a boil and add the soba noodles. Cook, stirring occasionally, for 4 minutes. Add the bok choy, mushrooms, and soy sauce and stir to combine.

Serve, garnished with the dark green onion slices. Pass the hot sauce at the table, if using.

19

JANUARY

BROCCOLI & CHEDDAR SOUP

serves 6–8

2 Tbsp unsalted butter

1 yellow onion, finely chopped

¼ cup (1½ oz/45 g) all-purpose flour

5 cups (40 fl oz/1.25 l) chicken broth

1½ lb (750 g) broccoli, tough stems peeled, florets and stems coarsely chopped

1½ Tbsp fresh thyme leaves or ½ tsp dried

1 Tbsp fresh lemon juice

2 cups (16 fl oz/500 ml) milk

½ lb (250 g) sharp Cheddar cheese, shredded

Salt and ground white pepper

If you prefer, instead of puréeing you can finely chop the broccoli into small florets and peel and finely dice the stem for a chunkier consistency.

In a large, heavy pot, melt the butter over medium heat. Add the onion and sauté until very tender, about 8 minutes. Stir in the flour and sauté for 1 minute. Add the broth, broccoli, thyme, and lemon juice and bring to a boil. Reduce the heat to low, cover, and simmer until the broccoli is tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the milk, and bring to a simmer over low heat. Stir in half of the cheese and continue stirring until melted. Season with salt and pepper. Serve, garnished with the remaining cheese.

20

JANUARY

CITRUSY SEAFOOD SOUP

serves 4–6

1 lb (500 g) firm white-fleshed fish fillets such as monkfish, flounder, or cod

Salt and freshly ground pepper

3 Tbsp olive oil

1 large yellow onion, chopped

2 cloves garlic, minced

1 tsp ground cumin

2 tsp paprika

4 cups (32 fl oz/1 l) fish broth or water

½ lb (250 g) small clams such as Manila, scrubbed

⅓ cup (3 fl oz/80 ml) fresh orange juice

2 Tbsp fresh lime juice

Chopped mint or flat-leaf parsley

A tangy mixture of fresh citrus juices gives this soup a wonderfully bright flavor, making it ideal for a cold winter evening. You can substitute calamari or shrimp for the clams.

Cut the fish into strips 1½ inches (4 cm) long and ½ inch (12 mm) wide and place on a plate. Sprinkle lightly with salt, cover, and refrigerate until ready to cook.

In a large, heavy pot, warm the oil over medium heat. Add the onion and sauté until tender, 5–7 minutes. Add the garlic, cumin, and paprika, reduce the heat to low, and sauté until the garlic is tender, about 5 minutes. Add the broth, raise the heat to medium, and bring to a boil. Reduce the heat to low and simmer for 15 minutes to blend the flavors.

Add the fish pieces and the clams, discarding any that do not close to the touch, and cook until the fish is opaque throughout and the clams have opened, 7–10 minutes. Discard any unopened clams. Stir in the orange and lime juices, season with salt and pepper, and serve, garnished with mint.

21

JANUARY

ROAST PORK & UDON NOODLE SOUP

serves 4

This soup is a great way to use leftovers, as you can make it with any meat or seafood and substitute just about any type of vegetable. Serve the soup with both a spoon and a fork or chopsticks.

½ lb (250 g) pork tenderloin

1 Tbsp olive oil

Salt and freshly ground pepper

1 Tbsp canola oil

3 oz (90 g) shiitake mushrooms, thinly sliced

2 baby bok choy, quartered lengthwise

5 cups (40 fl oz/1.25 l) chicken broth

5 Tbsp soy sauce

3 Tbsp mirin

6 oz (185 g) udon noodles

Preheat the oven to 400°F (200°C). Put the pork on a baking sheet, brush with the olive oil, and season with salt and pepper. Roast until an instant-read thermometer inserted into the thickest part registers 135°–140°F (57°–60°C), 20–25 minutes. Let the pork rest for at least 10 minutes and then chop into bite-sized pieces.

While the pork is resting, in a small frying pan, warm the canola oil over medium heat. Add the mushrooms and bok choy and sauté until they begin to caramelize, 5–7 minutes. Remove from the heat and set aside.

In a large, heavy pot, combine the broth, soy sauce, and mirin and bring to a boil over medium-high heat. Add the udon and cook, stirring occasionally, for 4 minutes. Add the pork, mushrooms, and bok choy and reduce the heat to a simmer for 5 minutes. Serve.

22

JANUARY

KUMQUAT-CARROT PURÉE WITH TOASTED FENNEL SEEDS

serves 4

Kumquats are tiny citrus fruits that are packed with flavor. Do not peel them when you make this soup. The peel is the sweet part of the fruit and balances the tartness of the flesh.

2 tsp fennel seeds

4 Tbsp (2 oz/60 g) unsalted butter

1 small yellow onion, chopped

2 cloves garlic, minced

1 cup kumquats, unpeeled, chopped, plus kumquat slices for garnish

2 lb (1 kg) carrots, peeled and thinly sliced

5 cups (40 fl oz/1.25 l) chicken broth

Salt and freshly ground pepper

In a small frying pan, toast the fennel seeds over medium heat just until fragrant, about 3 minutes. Transfer to a spice grinder and grind finely.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the kumquats and carrots and sauté for 10 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer, uncovered, until the carrots and kumquats are very soft, 35–40 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and stir in the ground fennel. Season with salt and pepper and serve, garnished with kumquat slices.



22 JANUARY

JANUARY

23



23

JANUARY

TORTELLINI & ESCAROLE SOUP

serves 6

6 cups (48 fl oz/1.5 l) chicken broth

8 oz (250 g) fresh tortellini

1 small head escarole (6–8 oz/185–250 g)

Salt and freshly ground pepper

¾ cup (3 oz/90 g) grated Parmesan cheese

For easy variations, substitute other small filled pasta, such as ravioli, or use Swiss chard or spinach in place of the escarole.

In a large, heavy pot, bring the broth and 2 cups (16 fl oz/500 ml) water to a boil over medium-high heat. Reduce the heat to medium, add the tortellini, cover, and cook until al dente, 4–5 minutes, or according to the package directions.

Meanwhile, cut the core end from the escarole. Remove the leaves from the head, rinse, and dry well. Pile the leaves on top of one another and cut into ¼-inch (6-mm) strips.

When the tortellini are done, add the escarole and season with salt and pepper. Simmer, uncovered, until the escarole is soft, about 2 minutes. Serve, garnished with the Parmesan.

24

JANUARY

CRANBERRY BEAN & BARLEY SOUP

serves 4

1 cup (7 oz/220 g) dried cranberry or red kidney beans, picked over and rinsed

1 Tbsp olive oil

2 oz (60 g) sliced pancetta, finely chopped

2 celery ribs, chopped

2 carrots, peeled and chopped

1 yellow onion, chopped

2 cloves garlic, finely chopped

½ cup (4 oz/125 g) pearl barley, rinsed

Salt and freshly ground pepper

Extra-virgin olive oil for serving

Beans and barley are a classic combination in soup and one that yields a pleasant texture and earthy, almost meaty flavor. You can replace the barley with farro, wild rice, or Israeli couscous, and use different beans as well. Just keep in mind you may have to adjust the water amount and cooking time accordingly.

Place the dried beans in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain and set aside.

In a large, heavy pot, warm the 1 Tbsp oil over medium heat. Add the pancetta and sauté until lightly browned, about 8 minutes. Add the celery, carrots, onion, and garlic and sauté until tender, about 10 minutes.

Add the beans and 8 cups (64 fl oz/2 l) water. Bring to a simmer over low heat and cook, uncovered, until the beans are very tender, about 1 hour.

Pour through a sieve placed over a clean pot; reserve the liquid. In a food processor, purée the beans and vegetables. Add the purée to the cooking liquid. Stir in the barley and season with salt and pepper. Bring to a simmer over medium heat, reduce the heat to low, and cook, uncovered, stirring often, until the barley is tender, about 30 minutes.

Season with salt and pepper and serve, passing extra-virgin olive oil at the table for drizzling.

25

JANUARY

FENNEL-CELERY BISQUE

serves 4

4 Tbsp (2 oz/60 g) unsalted butter

2 shallots, minced

2 fennel bulbs, stalks and fronds removed, chopped

5 celery ribs, chopped

¼ cup (2 fl oz/60 ml) dry white wine

2 cups (16 fl oz/500 ml) vegetable broth

½ cup (4 fl oz/125 ml) heavy cream

Salt and ground white pepper

Quick and simple to prepare, this soup also freezes well. Freshly cracked black pepper or small crackers make an elegant topping.

In large, heavy pot, melt the butter over medium-high heat. Add the shallots, fennel, and celery and sauté until the vegetables soften, about 10 minutes. Add the wine and cook for 5 minutes. Add the broth, bring to a boil, reduce the heat to low, and simmer until the vegetables are very tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and add the cream. Bring the soup just to a boil over low heat. Season with salt and pepper and serve.

26

JANUARY

STEAK & POTATO SOUP WITH FRIED SHALLOTS

serves 4–6

1 sweet potato, peeled and chopped

1 parsnip, peeled and chopped

5 Tbsp (3 fl oz/80 ml) olive oil

Salt and freshly ground pepper

¾ lb (375 g) flank steak

1 large yellow onion, finely chopped

2 cloves garlic, minced

2 celery ribs, finely chopped

2 Tbsp all-purpose flour

2 Tbsp tomato paste

3 cups (24 fl oz/750 g) beef broth

Fried Shallots (left)

To make the fried shallots, stir together 2 Tbsp all-purpose flour, ½ tsp salt, and ¼ tsp pepper. Add 2 sliced shallots and toss to coat. Heat ½ cup (4 fl oz/125 ml) canola oil in a saucepan over medium-high heat until very hot. Shake off any excess flour from the shallots and fry until golden brown, 4 minutes. Drain on paper towels and season with salt.

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper. In a bowl, toss the sweet potato and parsnip with 2 Tbsp of the oil. Season generously with salt and pepper. Spread the vegetables in an even layer on the prepared pan and roast, stirring once, until caramelized, about 25 minutes.

Warm a grill pan or frying pan over high heat. Brush both sides of the steak with 1 Tbsp of the oil and season with salt and pepper. Cook to medium-rare, 5–6 minutes per side. Let the steak rest for 10 minutes, then cut into ½-inch (12-mm) cubes.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion, garlic, and celery and sauté until softened, about 5 minutes. Add the flour and stir constantly for 1 minute. Add the tomato paste and broth, stir to combine, and cook for 10 minutes. Add the sweet potatoes, parsnips, and steak and cook for 5 minutes. Season with salt and pepper.

Serve, garnished with the shallots.

27

JANUARY

Serve this classic Southwestern soup with thick wedges of corn bread and cold Mexican beer.

TURKEY SOUP WITH CHIPOTLE & LIME

serves 4

1 small can chipotle chiles in adobo

1 Tbsp olive oil

1 red onion, minced

2 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth

1 can (15 oz/470 g) crushed tomatoes

½ tsp ground cumin

2 cups (12 oz/375 g) shredded cooked turkey

3 Tbsp fresh lime juice

Corn tortilla chips, crumbled queso fresco, diced avocado, and cilantro leaves for serving

Purée the chipotles in a blender. Measure out ½–1 tsp of the purée. Refrigerate the remainder for another use (it will keep for 1 month).

In a large, heavy pot, warm the oil over medium heat. Add the onion and garlic and sauté until the onion is soft, about 6 minutes. Add the broth, tomatoes, and cumin and bring to a boil. Reduce the heat to low, cover, and simmer for 10 minutes. Stir in the turkey, lime juice, and chipotle purée to taste. Serve, garnished with tortilla chips, cheese, avocado, and cilantro.

28

JANUARY

A warming potato soup makes a satisfying meal on any cold day, and in summer is refreshing served chilled. Crumbled goat cheese, chopped chives or scallions, or a swirl of yogurt are other good options for toppings.

LEEK & POTATO SOUP WITH BLUE CHEESE

serves 4–6

3 Tbsp unsalted butter

6 cups (18 oz/560 g) thinly sliced leeks (white and pale green parts)

1 large yellow onion, sliced

5 cups (40 fl oz/1.25 l) chicken broth

1 lb (500 g) russet potatoes, peeled and cut into chunks

Salt

3 oz (90 g) blue cheese, crumbled (about ¾ cup), plus more for garnish

1 tsp dry mustard

Sweet paprika for garnish

In a large, heavy pot, melt the butter over medium-low heat. Add the leeks and onion and sauté until tender, about 15 minutes. Add 4 cups (32 fl oz/1 l) of the broth, the potatoes, and 1 tsp salt. Bring to a boil, reduce the heat to low, cover, and simmer until the potatoes are tender, about 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and stir in the 3 oz cheese and the mustard. Heat over medium-low heat, then adjust the consistency with the remaining broth. Serve, garnished with cheese and a sprinkle of paprika.

29

JANUARY

VEGETABLE-LENTIL SOUP WITH SHERRY

serves 6

2 Tbsp olive oil

1 yellow onion, chopped

1 clove garlic, minced

1 carrot, peeled and chopped

1 red bell pepper, seeded and chopped

6 cups (48 fl oz/1.5 l) chicken broth

2 cups (14 oz/440 g) lentils, picked over and rinsed

1 can (28 oz/875 g) diced tomatoes

1 tsp smoked paprika

1 tsp ground cumin

Salt and freshly ground pepper

4 oz (125 g) baby spinach leaves, coarsely chopped

2 Tbsp dry sherry

2-oz (60-g) piece Parmesan cheese

There's nothing more satisfying than a hearty bowl of soup like this one, chock-full of bright vegetables and tender lentils. Unlike other dried legumes, lentils need no presoaking, and they cook relatively quickly. For a vegetarian version of this soup, use vegetable broth instead of chicken.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and sauté until soft, about 5 minutes. Add the garlic, carrot, and bell pepper and sauté for 3 minutes. Stir in the broth, lentils, tomatoes with their juices, paprika, and cumin. Season with ½ tsp salt and ¼ tsp pepper. Bring to a boil. Reduce the heat to maintain a simmer, cover, and cook until the lentils are very tender, about 20 minutes.

Stir in the spinach and cook, uncovered, just until it is wilted, about 2 minutes. Stir in the sherry. Season with salt and pepper and serve, using a vegetable peeler to garnish the soup with shavings of Parmesan.

30

JANUARY

SMOKED TROUT CHOWDER

serves 4–6

3 Tbsp unsalted butter

1 yellow onion, chopped

1 fennel bulb (¾ lb/375 g), stalks and fronds removed, quartered, cored, and thinly sliced

2 cups (16 fl oz/500 ml) chicken broth

1 cup (8 fl oz/250 ml) bottled clam juice

3 small red potatoes, cut into small dice

1 cup (8 fl oz/250 ml) heavy cream

8 oz (250 g) smoked trout, crumbled

2 tsp fresh lemon juice

1 Tbsp minced dill

Salt and freshly ground pepper

Here's a fresh take on a classic chowder, made with flavorful smoked fish. For a lighter version, use whole milk in place of the cream.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and fennel and sauté until soft, about 7 minutes. Add the broth and clam juice and bring to a boil. Add the potatoes, reduce the heat to medium-low, and simmer until the potatoes are tender, about 8 minutes. Add the cream, smoked trout, lemon juice, and dill and cook for 4 minutes. Season with salt and pepper and serve.

31

JANUARY

OLD-FASHIONED TOMATO & RICE SOUP

serves 6

3 Tbsp unsalted butter

1 small yellow onion, chopped

2 cloves garlic, minced

2 cans (28 oz/875 g each) diced tomatoes

¼ cup (2 fl oz/60 ml) heavy cream

1 cup (5 oz/155 g) steamed white rice

Salt and freshly ground pepper

This classic soup, loved by both kids and adults, is a great way to use leftover rice. Serve with grilled Cheddar cheese and sliced apple sandwiches.

In a large saucepan, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the tomatoes with their juices and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan. Stir in the cream and rice and return to a gentle boil. Season with salt and pepper and serve.



30 JANUARY

1 WINTER GREENS & SHIITAKE SOUP WITH POACHED EGGS *page 34*	2 CHILI CON CARNE *page 34*	3 SPANISH-STYLE PEAR, PUMPKIN & BEAN SOUP *page 36*	4 ORECCHIETTE IN AROMATIC BROTH *page 36*
8 SEARED DUCK & BEET GREENS SOUP *page 40*	9 CHICKEN STEW WITH OLIVES & ALMONDS *page 40*	10 NEW ENGLAND CLAM CHOWDER *page 41*	11 LEMONGRASS SOUP WITH SHRIMP & CHILE *page 41*
15 CREAMY CAULIFLOWER SOUP WITH CRISPY PROSCIUTTO *page 45*	16 BLACK-EYED PEA SOUP WITH HERBS & GARLIC *page 46*	17 STONE SOUP *page 46*	18 BEEF PHO *page 47*
22 THAI SQUASH & COCONUT MILK SOUP *page 51*	23 BEEF STEW WITH ORANGE ZEST & RED WINE *page 52*	24 YELLOW SPLIT PEA SOUP WITH HAM *page 52*	25 LENTIL SOUP WITH PASTA & SAGE *page 53*

5 ROASTED ROOT VEGETABLE & BARLEY STEW *page 37*	**6** PASTA & BEAN SOUP WITH FONTINA *page 37*	**7** CHICKPEA, PORCINI & FARRO SOUP *page 39*
12 CHICKEN STEW WITH BUTTERMILK-CHIVE DUMPLINGS *page 42*	**13** SUN-DRIED TOMATO SOUP WITH CRAB *page 42*	**14** CELERY, LEEK & OYSTER BISQUE *page 45*
19 SEAFOOD STEW WITH SAFFRON, SERRANO HAM & ALMONDS *page 48*	**20** PARMESAN STRACIATELLA WITH KALE *page 48*	**21** BLACK BEAN SOUP WITH MEYER LEMON CRÈME FRAÎCHE *page 51*
26 SAUSAGE & KALE SOUP *page 53*	**27** HAM, BEAN & ESCAROLE SOUP *page 54*	**28** TOMATO BROTH WITH SHRIMP, FETA & OREGANO *page 54*

february

Stews, chilis, and bisques—hearty, flavorful, and rich—are the favored soups of winter. These long-simmered concoctions can be made with virtually any type of meat, fish, or vegetable, making them easy to vary for palates and occasions. Draw on seasonal ingredients like winter greens such as kale, chard, and escarole, which need little more than seasoned broth, a bit of ham or sausage, and a sprinkle of cheese to shine.

1

FEBRUARY

Rustic and homey in feel—yet polished in presentation with the addition of a poached egg— this becomes a complete meal with a side of crusty bread. Substitute any sturdy green for the chard.

WINTER GREENS & SHIITAKE SOUP WITH POACHED EGGS

serves 6

3 Tbsp olive oil

1 small yellow onion, chopped

4 cloves garlic, minced

1 lb (500 g) shiitake mushrooms, stemmed and sliced

2 bunches chard, chopped

5 cups (40 fl oz/1.25 l) chicken broth, plus more as needed

Salt and freshly ground pepper

½ tsp white vinegar

6 eggs

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and mushrooms and sauté until the mushrooms begin to turn golden, 5–7 minutes. Add the chard, stir well, and cook for 3 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the chard is tender but not mushy, about 12 minutes, adding more broth if needed. Season with salt and pepper.

In a frying pan, heat 1 inch (2.5 cm) of water over medium heat. Add the vinegar and reduce the heat to bring the water to a gentle simmer. Break an egg into a small bowl and, using a large spoon, place it gently in the water. Using a tablespoon, occasionally spoon the hot water over the top of the exposed egg. Cook until the egg is set but the yolk is still runny, about 5 minutes. Remove the egg with a slotted spoon. Repeat to poach the remaining eggs.

Ladle the soup into bowls, top with the poached eggs, and serve.

2

FEBRUARY

Long, slow simmering gives this Texas-style chili time to develop a complex, robust flavor and hearty texture. You can garnish the chili with just about anything you like, from sour cream to chopped onions to shredded cheese.

CHILI CON CARNE

serves 4–6

2 lb (1 kg) boneless beef chuck, trimmed and cut into ½-inch (12-mm) cubes

Salt and freshly ground pepper

2 Tbsp canola oil

½ cup (2 oz/60 g) finely chopped mixed chiles, such as jalapeño, serrano, and poblano, seeded if desired

1 small red bell pepper, seeded and finely chopped

8 cloves garlic, minced

4 tsp chili powder

1 tsp ground cumin

½ tsp ground coriander

1 can (28 oz/875 g) diced tomatoes

1 tsp dried oregano

2 cups (16 fl oz/500 ml) beef broth or water

1 cup (8 oz/250 g) sour cream (optional)

Leaves from 12 cilantro sprigs

Sprinkle the meat evenly with salt and pepper. In a large, heavy frying pan, warm 1 Tbsp of the oil over medium heat. Working in batches, brown the beef cubes on all sides, about 5 minutes per batch. Transfer to a large, heavy pot.

Warm the remaining 1 Tbsp oil in the pan over medium heat. Add the chiles, bell pepper, and garlic and sauté until the vegetables are softened and beginning to turn golden, about 5 minutes. Stir in the chili powder, cumin, and coriander and cook for about 1 minute. Add the tomatoes with their juices and the oregano, season with salt and pepper, and stir well to scrape up any browned bits on the pan bottom.

Add the vegetable mixture to the pot with the beef. Place over medium heat, add the broth, and bring to a gentle boil, stirring occasionally. Reduce the heat to maintain a gentle simmer, cover, and cook until the meat is very tender and the liquid is slightly thickened, about 2½ hours. If the chili seems too soupy, uncover the pot for the last 30 minutes to evaporate some of the liquid.

Season the chili with salt and pepper and serve, garnished with sour cream, if desired, and cilantro leaves.



2

FEBRUARY

3

FEBRUARY

This chunky soup can feature lentils in place of the chickpeas or white beans, and other vegetables, like braised greens, in place of the green beans. Garnish with chopped fresh flat-leaf parsley and a drizzle of extra-virgin olive oil.

SPANISH-STYLE PEAR, PUMPKIN & BEAN SOUP

serves 6–8

1 cup (7 oz/220 g) dried chickpeas, picked over and rinsed

1 cup (7 oz/220 g) small dried white beans, picked over and rinsed

8 Tbsp (4 fl oz/125 ml) olive oil

1 large yellow onion, chopped

¼ cup (1½ oz/45 g) chopped serrano ham

1 Tbsp sweet paprika

1 cup (8 fl oz/250 ml) canned diced tomatoes, with juices

Pinch of saffron steeped in ¼ cup (2 fl oz/60 ml) hot chicken broth or water

12 almonds

1 slice country-style bread, cut in half

2 cloves garlic

2 Tbsp sherry vinegar

3 pears

1½ cups (8 oz/250 g) peeled and coarsely chopped pumpkin or butternut squash

½ lb (250 g) green beans, trimmed and cut into 2-inch (5-cm) lengths

Salt and freshly ground pepper

Put the chickpeas and beans in a bowl with plenty of water to cover and soak for at least 4 hours or up to overnight.

In a large, heavy pot, bring 8 cups (64 fl oz/250 l) water to a boil over high heat. When the water boils, drain the chickpeas and beans and add to the pot. Bring to a boil, reduce the heat to low, and simmer until tender, about 1 hour.

Meanwhile, in a frying pan, warm 2 Tbsp of the oil over medium heat. Add the onion and sauté until soft, 5–7 minutes. Stir in the ham and paprika and then the tomatoes. Cook, stirring occasionally, for 10 minutes to blend the flavors. Add the saffron and its soaking liquid, mix well, and remove from the heat.

In another frying pan, warm the remaining 6 Tbsp oil over medium heat. Add the almonds, bread, and garlic and cook, stirring occasionally, until golden, about 5 minutes. Using a slotted spoon, transfer the almonds, bread, and garlic to a mortar or a small food processor. Grind with a pestle or process to a paste. Stir in the vinegar. ↣

After the beans have cooked for 1 hour, peel the pears, then halve them, core them, and cut them into chunks. Add the pears and pumpkin to the beans and simmer for 10 minutes. Stir in the onion mixture, green beans, and bread mixture and simmer until the green beans and squash are tender, 10–15 minutes. Season with salt and pepper and serve.

4

FEBRUARY

Orecchiette (or "little ears") are perfectly shaped to trap the fragrant broth in their indentations, but you can substitute any small pasta shape you like. Use a good-quality aged balsamic vinegar for the best flavor.

ORECCHIETTE IN AROMATIC BROTH

serves 6–8

1 Tbsp olive oil

4 oz (125 g) sliced pancetta, finely chopped

6 large yellow onions, thinly sliced

2 leeks, white and pale green parts, thinly sliced

7 cups (56 fl oz/1.75 l) chicken broth

6 oz (185 g) orecchiette pasta

6 slices country-style bread

2 cloves garlic

3 Tbsp balsamic vinegar

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium heat. Add the pancetta, onions, and leeks and sauté until the onions and leeks are soft, about 15 minutes. Add the broth and simmer, covered, for 15 minutes. Add the orecchiette and continue to simmer, covered, until al dente, 12–15 minutes.

Meanwhile, in a toaster or under a broiler, toast the bread slices until golden. Rub one side of each slice with garlic.

Add the vinegar to the soup and season with salt and pepper. Stir to mix well and serve with the garlic toasts.

5

FEBRUARY

If you have trouble finding Jerusalem artichokes, sometimes called sunchokes, add any other favorite root vegetable in their place. For a hit of flavor and crunch, garnish with crumbled cooked bacon or pancetta.

ROASTED ROOT VEGETABLE & BARLEY STEW

serves 6

6 Tbsp (3 fl oz/90 ml) olive oil

1 yellow onion, finely chopped

1 carrot, peeled and finely chopped

1 celery rib, finely chopped

1 cup (8 fl oz/250 ml) dry white wine

5½ cups (44 fl oz/1.35 l) vegetable broth

½ cup (4 oz/125 g) pearl barley

¼ cup (⅓ oz/10 g) minced flat-leaf parsley

2 tsp minced thyme

1 celery root, peeled and diced

½ lb (250 g) Jerusalem artichokes, peeled and quartered

3 parsnips, peeled and thinly sliced

1 red onion, cut into 1-inch (2.5-cm) pieces

1 potato, peeled and cut into 1-inch (2.5-cm) pieces

Salt and freshly ground pepper

Preheat the oven to 400°F (200°C). Lightly oil a baking sheet.

In a large, heavy pot, warm 3 Tbsp of the oil over medium-high heat. Add the yellow onion, carrot, and celery and sauté until browned, 7–8 minutes. Raise the heat to high, add the wine, and stir to scrape up any browned bits on the bottom of the pot. Continue to cook until the wine is reduced by half, 5 minutes.

Add the broth and bring to a boil over high heat. Add the barley, parsley, and thyme, reduce the heat to medium-low, and cook, uncovered, for 35 minutes. Add the celery root, Jerusalem artichokes, and parsnips, cover, and cook over medium-low heat until tender, 15–20 minutes.

Meanwhile, in a large bowl, combine the red onion, potato, and remaining 3 Tbsp oil. Toss to coat well. Spread on the prepared baking sheet and sprinkle with 2 tsp salt. Roast until the vegetables are browned and tender, 40–45 minutes.

Add the roasted vegetables to the pot and stir well. Season with salt and pepper and serve.

6

FEBRUARY

Be sure you have ovenproof bowls on hand for this filling soup, which is topped with slices of toasted bread covered in melted cheese. You can use any small tubular pasta, such as ditalini or even macaroni, in place of the pennette.

PASTA & BEAN SOUP WITH FONTINA

serves 6

3 Tbsp olive oil

2 yellow onions, chopped

2 Tbsp minced garlic

4 oz (125 g) sliced pancetta, finely chopped

1 can (15 oz/470 g) white beans, drained

1 cup (8 fl oz/250 ml) canned diced tomatoes, with juices

6 cups (48 fl oz/1.5 l) beef broth

¼ cup (⅓ oz/10 g) minced flat-leaf parsley

2 Tbsp minced oregano

Salt and freshly ground pepper

8 oz (250 g) pennette pasta

6 slices country-style bread, toasted

3 cups (12 oz/375 g) shredded Fontina cheese

Preheat the oven to 350°F (180°C). In a large, heavy pot, warm the oil over low heat. Add the onions and sauté until very tender, 10–15 minutes. Add the garlic and sauté for about 2 minutes. Add the pancetta and sauté for about 5 minutes. Add the beans, tomatoes, broth, parsley, and oregano and simmer, stirring occasionally, for about 10 minutes.

Meanwhile, bring a large pot of water to a boil. Add 2 tsp salt and the pennette and cook until almost al dente, about 9 minutes or according to the package directions. Drain and add to the soup. Season with salt and pepper.

Ladle the soup into ovenproof bowls. Top each with a piece of toasted bread and sprinkle with cheese. Place on a baking sheet and bake until the cheese is completely melted, about 10 minutes. Serve.

FEBRUARY

7



7

FEBRUARY

Every ingredient in this warming peasant-style soup, from the chickpeas and fresh herbs to the farro and porcini mushrooms, invokes Tuscany. For the most authentic pairing, serve with a Chianti Classico.

CHICKPEA, PORCINI & FARRO SOUP

serves 4–6

1½ cups (9½ oz/295 g) dried chickpeas, picked over and rinsed

⅓ cup (3 fl oz/80 ml) olive oil

1 yellow onion, finely chopped

2 cloves garlic, minced

1 small rosemary sprig

1 Tbsp tomato paste

Salt and freshly ground pepper

4 cups (32 fl oz/1 l) vegetable broth or water

⅓ cup (2 oz/60 g) farro

FOR THE MUSHROOMS

½ lb (250 g) porcini or cremini mushrooms

1½ Tbsp extra-virgin olive oil

1 clove garlic, minced

2 Tbsp dry white wine

1 thyme sprig

Salt and freshly ground pepper

1½ tsp unsalted butter

Extra-virgin olive oil for drizzling

Put the chickpeas in a large bowl with water to cover and soak for at least 4 hours or up to overnight. Drain the chickpeas, rinse well, and place in a large saucepan. Add 8 cups (64 fl oz/2 l) cold water and bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, until the chickpeas are tender, about 2 hours.

In a large, heavy pot, warm the oil over medium-low heat. Add the onion, garlic, and rosemary and sauté until the onion is softened, 5–7 minutes. In a small bowl, dissolve the tomato paste in 1 cup (8 fl oz/250 ml) warm water, and add to the pot. Stir in the chickpeas and their cooking liquid and season with salt and pepper. Bring to a simmer over medium heat and cook for 3 minutes. Add the broth, return to a simmer, and cook, uncovered, until the flavors have blended, about 30 minutes. Remove from the heat and let cool slightly. Discard the rosemary sprig. ↠

Working in batches, purée the soup in a blender. Return to the pot and bring to a simmer over medium heat. Add the farro and cook until tender yet still slightly chewy, about 25 minutes.

Meanwhile, to prepare the mushrooms, thinly slice them lengthwise. In a large frying pan, warm the oil over medium heat. Add the garlic and sauté until fragrant, about 1 minute. Add the mushrooms and cook, stirring, until they begin to soften, 3–4 minutes. Raise the heat to high, add the wine and thyme, and cook, stirring constantly, for about 3 minutes. Reduce the heat to low, season with salt and pepper, and continue to cook, stirring often, until the mushroom juices have evaporated, about 15 minutes. Remove from the heat and discard the thyme sprig. Stir in the butter.

Stir the mushrooms into the soup. Serve, drizzled with olive oil and garnished with a grinding of pepper.

8

FEBRUARY

Grocery stores will often cut the beet greens off of the bunches of beets, so if you don't see them at the market, ask the produce manager. Once cut from the stems, the greens wilt quickly, so use them the day you purchase them.

SEARED DUCK & BEET GREENS SOUP

serves 4

2 small duck breasts (¾ lb/375 g total weight), skin on

3 Tbsp olive oil

Salt and freshly ground pepper

1 small yellow onion, chopped

3 cloves garlic, minced

1 bunch beet greens, tough stems discarded, leaves chopped

4 cups (32 fl oz/1 l) chicken broth

10 drops Asian sesame oil

2 green onions, white and tender green parts, chopped

Brush the duck breasts with 1 Tbsp of the olive oil and season with salt and pepper. Heat a grill pan over high heat until it is very hot. Put the duck breasts in the pan, skin side down, and cook for 7 minutes. Turn the duck breasts over and cook to medium rare, 5–7 minutes more. Transfer to a cutting board and let rest for at least 10 minutes. Remove and discard the skin and shred the meat into bite-size pieces. Set aside.

In a large, heavy pot, warm the remaining 2 Tbsp olive oil over medium-high heat. Add the onion and garlic and cook the onions until translucent, about 5 minutes. Add the beet greens, stir, and sauté for 3 minutes. Add the broth, shredded duck, and sesame oil. Stir to combine and simmer for 5 minutes to blend the flavors. Stir in the green onions, season with salt and pepper, and serve.

9

FEBRUARY

This colorful and richly flavored dish is enlivened with green olives and toasted almonds. If you like, serve it atop couscous and garnish with thinly sliced lemons or minced preserved lemon peel.

CHICKEN STEW WITH OLIVES & ALMONDS

serves 4

½ cup (2½ oz/75 g) slivered almonds

2 Tbsp olive oil

4 skinless, boneless chicken breast halves, cut into bite-sized pieces

2 tsp peeled and minced fresh ginger

1 large sweet white onion, cut into bite-sized pieces

3 large carrots, peeled and cut into 1-inch (2.5-cm) pieces

1 large red bell pepper, seeded and cut lengthwise into strips ½ inch (12 mm) wide

2 tsp ground turmeric

½ cup (4 fl oz/125 ml) chicken broth

⅓ cup (2 oz/60 g) pitted green olives, sliced

Salt and freshly ground pepper

Preheat the oven to 350°F (180°C). Spread the almonds on a baking sheet and toast until fragrant, about 5 minutes. Pour into a bowl and set aside.

In a large, heavy pot, heat the olive oil over medium-high heat. Add the chicken pieces and sauté until golden brown, 8–10 minutes. Transfer to a dish. Add the ginger, onion, and carrots and sauté until the onion is softened, about 5 minutes.

Return the chicken and any accumulated juices to the pot and stir in the bell pepper and turmeric. Add the broth and bring to a simmer, stirring to scrape up any browned bits on the bottom of the pot. Reduce the heat to medium-low, cover, and simmer gently until the chicken is opaque throughout, about 15 minutes.

Stir in the olives and toasted almonds. Season with salt and pepper and serve.

10

FEBRUARY

You can use the meat of 2 lb (1 kg) freshly steamed clams if you prefer. Littleneck or cherrystones are good varieties for chowder. Discard any clams that fail to close to the touch, then steam them in a wide, covered saucepan with 1 cup (8 fl oz/250 ml) water until they open, about 5 minutes. Discard any clams that do not open. Let cool, then remove the meat from the shells.

NEW ENGLAND CLAM CHOWDER

serves 6–8

3 strips bacon, chopped

1 Tbsp unsalted butter

2 celery ribs, chopped

1 yellow onion, finely chopped

3 fresh thyme sprigs or ¼ tsp dried thyme

2 large russet potatoes, peeled and cut into ½-inch (12-mm) cubes

2 cans (6½ oz/200g each) clam meat, drained and chopped, clam juice reserved

1½ cups (12 fl oz/375 ml) milk

1 cup (8 fl oz/250 ml) heavy cream

Salt and freshly ground pepper

Chopped flat-leaf parsley for garnish

In a large saucepan over medium heat, cook the bacon, stirring often, until it starts to brown and has rendered some of its fat, about 3 minutes. Using a slotted spoon, transfer to paper towels to drain. Add the butter to the bacon drippings. When it melts, add the celery, onion, and thyme and sauté until the onion is translucent, about 3 minutes. Add the potatoes and stir well. Add the reserved clam liquor and 2 cups (16 fl oz/500 ml) water and bring to a boil. Reduce the heat to low, cover, and simmer until the potatoes are tender, about 20 minutes.

Add the milk and cream, stirring well to combine. Add the clam meat, heat through, and season to taste with salt and pepper. Discard the thyme sprigs and serve, sprinkled with the reserved bacon and parsley.

11

FEBRUARY

Add cubed chicken breast, tofu, or sliced vegetables in place of, or along with, the shrimp. If using chicken, add it to the broth before simmering it for 15 minutes. A squeeze of fresh lime juice just before serving will brighten the flavors.

LEMONGRASS SOUP WITH SHRIMP & CHILE

serves 4

2 tsp canola oil

5 lemongrass stalks, center white parts only, thinly sliced

1 Tbsp peeled and minced fresh ginger

4 cups (32 fl oz/1 l) chicken broth

1 small red chile, seeded and thinly sliced

½ lb (250 g) medium shrimp, peeled and deveined

2 green onions, dark and light green parts, chopped

1 Tbsp minced cilantro

In a large, heavy pot, warm the oil over medium-high heat. Add the lemongrass and the ginger and sauté for 3 minutes. Add the broth and 1 cup (8 fl oz/240 ml) water and bring to a boil. Reduce the heat to low and simmer, uncovered, for 15 minutes. Add the chile and shrimp and cook until the shrimp are bright pink, 2–3 minutes. Remove from the heat, stir in the green onions and cilantro, and serve.

12

FEBRUARY

This is a great way to use up leftover cooked chicken; just skip the first step, and substitute chicken broth for the poaching liquid. Feel free to change up the vegetables: add spinach, sweet potatoes, or peas.

CHICKEN STEW WITH BUTTERMILK-CHIVE DUMPLINGS

serves 4

2 skinless, boneless chicken breast halves

2 skinless, boneless chicken thighs

1 bay leaf

3 peppercorns

Salt and freshly ground pepper

4 Tbsp (2 oz/60 g) unsalted butter

2 leeks, white parts only, chopped

2 carrots, peeled and sliced

3 celery ribs, sliced

2 Tbsp all-purpose flour

4 cups (32 fl oz/1 l) chicken broth

1 russet potato, peeled and cut into ½-inch (12-mm) dice

2 Tbsp heavy cream

FOR THE DUMPLINGS

1¼ cups (5 oz/155 g) all-purpose flour

1 tsp baking soda

½ tsp salt

1 Tbsp chopped chives

Large pinch of cayenne

3 Tbsp cold unsalted butter, cut into bits

½ cup (4 fl oz/125 ml) buttermilk

Put the chicken breasts and thighs, bay leaf, peppercorns, and ¼ tsp salt in a saucepan and add cold water to cover by 1 inch (2.5 cm). Bring to a boil, then reduce the heat to medium-low. Simmer until the chicken is cooked through, 15–20 minutes, skimming off any foam on the surface. Remove the chicken, shred the meat, and set aside. Reserve 2 cups (16 fl oz/500 ml) of the poaching liquid.

In a large saucepan, melt the butter over medium-high heat. Add the leeks, carrots, and celery and sauté until they begin to soften, about 5 minutes. Add the flour and cook for 2 minutes, stirring. Add the broth and the reserved poaching liquid and bring to a boil. Add the potato and reduce the heat to medium-low. Cook until the potato begins to soften, about 10 minutes. »→

Add the chicken and cream and continue to cook until the soup thickens and the potatoes are very tender, 5 minutes. Season with salt and pepper.

To make the dumplings, sift together the flour, baking soda, and salt into a bowl. Stir in the chives and cayenne. With a pastry blender, cut in the cold butter until it resembles coarse cornmeal. Add the buttermilk and stir just to combine. Use your hands to form small dumplings and add them to the soup, cover, and let steam for 20 minutes. Serve.

13

FEBRUARY

Sun-dried tomatoes give this soup a stunning, deep red color and complex flavor. The crab garnish gives it a luxurious and indulgent feel, but you could easily substitute cooked shrimp or even herbed croutons.

SUN-DRIED TOMATO SOUP WITH CRAB

serves 4

2 Tbsp unsalted butter

2 shallots, minced

1 cup (5 oz/150 g) drained oil-packed sun-dried tomatoes, julienned

1 can (15 oz/470 g) diced tomatoes

1½ cups (12 fl oz/375 ml) chicken broth

3 Tbsp heavy cream

Salt and freshly ground pepper

¼ lb (125 g) fresh lump crabmeat, picked over for shell fragments

2 Tbsp chopped chives

In a large saucepan, melt the butter over medium-high heat. Add the shallots and sauté until soft, about 5 minutes. Add the sun-dried tomatoes, diced tomatoes, and broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the saucepan over low heat and add the cream. Stir to combine, season with salt and pepper, and serve, topped with the crabmeat and sprinkled with the chives.



FEBRUARY

15



14

FEBRUARY

Oysters have long been thought to have aphrodisiac qualities, so what better soup than this to serve on Valentine's Day? Spring for fresh oysters if you can, and do not overcook them, or they will become rubbery.

CELERY, LEEK & OYSTER BISQUE

serves 6

18 small oysters in the shell or bottled shucked oysters

2 Tbsp unsalted butter

1 yellow onion, coarsely chopped

5 large leeks, white and pale green parts, coarsely chopped

5 celery ribs, coarsely chopped

3 bottles (8 fl oz/250 ml each) clam juice

½ cup (4 fl oz/125 ml) heavy cream

1–2 tsp fresh lemon juice

Salt and freshly ground pepper

If using oysters in the shell, shuck them, reserving their liquor. If using bottled oysters, drain them, reserving the liquor. Refrigerate the oysters, then strain the liquor.

In a large, heavy pot, melt the butter over medium-low heat. Add the onion, leeks, and celery and sauté until soft, about 20 minutes. Add the clam juice, 3 cups (24 fl oz/750 ml) water, and the reserved oyster liquor. Bring to a boil over high heat. Reduce the heat to medium and simmer, uncovered, until the vegetables are very soft, about 30 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup until very smooth, 3–4 minutes per batch. Strain the purée through a fine-mesh sieve into a large saucepan. Add the reserved oysters, cream, and lemon juice and bring to a gentle simmer over medium heat. Simmer, uncovered, until the oysters are slightly firm to the touch and opaque and their edges curl slightly, 1–2 minutes. Season with salt and pepper and serve.

15

FEBRUARY

Be careful not to over-salt the soup, as the prosciutto garnish will add a good amount of salt. To make it vegetarian, use vegetable broth in place of the chicken broth and crispy fried shallots (page 28) for the prosciutto.

CREAMY CAULIFLOWER SOUP WITH CRISPY PROSCIUTTO

serves 4–6

2 oz (60 g) thinly sliced prosciutto

2 Tbsp unsalted butter

1 yellow onion, chopped

2 celery ribs, chopped

2 cloves garlic, minced

1 head cauliflower (about 1¾ lb/875 g), coarsely chopped (about 4 cups)

¼ tsp freshly grated nutmeg

4 cups (36 fl oz/1 l) chicken broth, plus more as needed

¼ cup (2 fl oz/60 ml) heavy cream

Salt and ground white pepper

Preheat the oven to 375°F (190°C). Place the prosciutto slices in a single layer on a baking sheet. Bake until crispy, 15–18 minutes. Let cool, then crumble.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion, celery, and garlic and sauté until soft, 5–7 minutes. Add the cauliflower and nutmeg, stir well to coat, and cook for 5 minutes. Add the 4 cups broth and bring to a boil. Reduce the heat to low and simmer until the cauliflower is very tender, 20–25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and add more broth if the soup is too thick. Stir in the cream. Return the soup just to a boil, season with salt and pepper, and serve, garnished with the prosciutto.

16

FEBRUARY

A bouquet garni refers to a bundle of fresh herbs tied together with kitchen string. For this recipe, use 3 flat-leaf parsley sprigs, 2 thyme sprigs, and a bay leaf. Remember to remove and discard the bouquet garni prior to serving.

BLACK-EYED PEA SOUP WITH HERBS & GARLIC

serves 8–10

1 lb (500 g) black-eyed peas, picked over and rinsed

¼ cup (2 fl oz/60 ml) olive oil

1 large yellow onion, chopped

6 cloves garlic, thinly sliced

½ cup (4 fl oz/125 ml) dry white wine

4 cups (32 fl oz/1 l) chicken broth, plus more as needed

2 Tbsp tomato paste

Bouquet Garni (see left)

½ cup (¾ oz/20 g) chopped flat-leaf parsley

Salt and freshly ground pepper

Put the black-eyed peas in a bowl with water to cover and soak for at least 4 hours or up to overnight. Drain.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the wine and cook for 3 minutes. Add the black-eyed peas, 4 cups broth, and tomato paste and stir to combine. Bring the soup to a boil. Reduce the heat to low, add the bouquet garni, and simmer, uncovered, until the peas are tender, 45–55 minutes.

Remove the bouquet garni and add more broth if necessary. Stir in the chopped parsley, season with salt and pepper, and serve.

17

FEBRUARY

This is the proverbial "stone" soup, created from the various ingredients given by curious villagers. In that vein, feel free to vary the ingredients depending on what you have available.

STONE SOUP

serves 6

3 Tbsp olive oil

2 yellow onions, chopped

2 cloves garlic, minced

¼ lb (125 g) bacon, in one piece

¼ lb (125 g) Mexican chorizo or fresh garlic sausage

4 boiling potatoes, peeled and chopped

4 carrots, peeled and chopped

2 turnips, peeled and chopped

1 small head savoy cabbage or 1 bunch kale, trimmed and shredded

2 cups (12 oz/375 g) canned diced plum tomatoes

1 bay leaf

8 cups (64 fl oz/2 l) chicken broth

1 can (15 oz/470 g) kidney beans, drained

½ cup (¾ oz/20 g) chopped cilantro

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium heat. Add the onions and garlic and sauté until tender, 7–10 minutes. Add the bacon, chorizo, potatoes, carrots, turnips, cabbage, tomatoes, bay leaf, and broth. Bring to a boil over high heat, reduce the heat to very low, and simmer until the vegetables are tender, about 30 minutes.

Skim off any foam from the surface and discard the bay leaf. Remove the meats and cut into bite-sized pieces. Return the meats to the pot and add the beans and cilantro. Simmer over medium heat for 5 minutes to warm through. Season with salt and pepper and serve.

18

FEBRUARY

Take the time to prepare this classic Vietnamese soup properly and you will not be disappointed. Set out sliced jalapeño chiles and/or chile sauce, such as Sriracha, for those who like a spicier broth.

BEEF PHO

serves 6

3 lb (1.5 kg) oxtails, cut into 2-inch (5-cm) pieces

2 lb (1 kg) beef brisket

4-inch (10-cm) piece fresh ginger, cut into 4 pieces and crushed

10 shallots, unpeeled

1 lb (500 g) daikon radish, cut into 2-inch (5-cm) chunks

2 carrots, cut into thirds

7 star anise

5 whole cloves

2 cinnamon sticks

3 Tbsp Asian fish sauce

2 tsp sugar, or to taste

½ lb (250 g) beef sirloin, wrapped in plastic wrap and frozen for 1 hour

Leaves from ½ bunch cilantro

½ bunch basil, preferably Thai

2 limes, cut into wedges

½ lb (250 g) flat rice noodles, ¼ inch (6 mm) wide, soaked in warm water for 20 minutes

1 white onion, thinly sliced

3 green onions, white and tender green parts, thinly sliced

1 lb (500 g) bean sprouts

Bring a large, heavy pot of water to a boil. Add the oxtails and brisket, return to a boil, and boil for 3 minutes. Pour off the water, then add 4 qt (4 l) fresh water to the pot and bring to a boil.

Meanwhile, place a dry frying pan over high heat and add the ginger and shallots. Cook, turning occasionally, until evenly colored, 2–3 minutes. Transfer to the pot and add the daikon, carrots, star anise, cloves, and cinnamon sticks. Return to a boil, reduce the heat to a gentle simmer, cover partially, and cook for 1½ hours.

Remove the brisket and let cool. Continue to simmer the stock until it is fragrant and light amber in color, about 1 hour longer. ↣

Cut the brisket across the grain into thin slices. Strain the stock through a sieve into a heatproof bowl and skim off the fat. Discard the oxtails and vegetables. Return the stock to the pot and season with the fish sauce and sugar. Bring to a gentle simmer.

Cut the partially frozen beef on the diagonal into paper-thin slices. Arrange on a platter. On a separate platter, arrange the cilantro, basil, and lime wedges.

Bring a large saucepan of water to a boil. Slide the noodles into the boiling water, stir well, and cook until just tender, 1–2 minutes. Drain. Divide the noodles among bowls. Put a few brisket slices in each bowl. Top with white onion slices, green onions, and bean sprouts. Ladle the hot stock into the bowls. Serve with the platters of beef and herbs for adding to the bowls.

19

FEBRUARY

Inspired by Spain's beloved paella, this saffron-scented dish features an enticing combination of briny mussels, sweet shrimp, and salty Spanish ham. If you can't find Spanish serrano ham, prosciutto can be substituted. Clams can be substituted for the mussels.

SEAFOOD STEW WITH SAFFRON, SERRANO HAM & ALMONDS

serves 6

1 cup (5½ oz/170 g) blanched almonds

6 cups (48 fl oz/1.5 l) chicken broth

¼ cup (2 fl oz/60 ml) olive oil

2 yellow onions, chopped

1 red bell pepper, chopped

½ tsp ground cumin

3 cloves garlic, minced

1 cup (6 oz/185 g) chopped serrano ham

1 can (15 oz/470 g) diced tomatoes

½ cup (3½ oz/105 g) long-grain white rice

¼ tsp saffron threads

Salt and freshly ground pepper

1 lb (500 g) medium shrimp, peeled and deveined

12 mussels, scrubbed and debearded

1 cup (5 oz/155 g) frozen peas, thawed

¼ cup (⅓ oz/10 g) minced flat-leaf parsley

Process the almonds in a food processor until very finely ground. Add 1 cup (8 fl oz/250 ml) of the broth and process until the mixture looks milky. Strain through a fine-mesh sieve into a bowl, pressing hard on the solids. Discard the solids.

In a large, heavy pot, warm the oil over medium-high heat. Add the onions and sauté until just beginning to look translucent, about 2 minutes. Add the bell pepper, cumin, garlic, and ham and cook until the vegetables are tender, about 5 minutes. Add the tomatoes and remaining 5 cups (40 fl oz/1.25 l) broth and bring to a simmer. Reduce the heat and simmer for 10 minutes to blend the flavors.

Meanwhile, in a saucepan, bring 1 cup (8 fl oz/250 ml) water to a boil over medium heat. Rinse the rice under cold running water until the water runs clear. Add the rice, saffron, and ¼ tsp salt to the boiling water. Cover, reduce the heat to low, and cook the rice for 15 minutes. Remove from the heat and let stand undisturbed for 5 minutes. Fluff the rice. ↣

Raise the heat under the soup to medium-high and add the reserved almond liquid, the shrimp, the mussels, discarding any that do not close to the touch, and the peas. Cook, stirring occasionally, until the shrimp are pink and the mussels have opened, about 5 minutes. Discard any unopened mussels. Season with salt and pepper.

Place a scoop of the rice in each bowl and top with the stew. Garnish with the parsley and serve.

20

FEBRUARY

Just a few elements make up this simple soup, so use only the finest-quality ingredients you can find, like rich chicken broth, farm-fresh eggs, and freshly grated Parmigiano-Reggiano cheese. Spinach can be substituted for the kale.

PARMESAN STRACIATELLA WITH KALE

serves 6–8

8 cups (64 fl oz/2 l) chicken broth

1 bunch kale, thick stems and ribs removed, roughly torn

1 tsp cornstarch

5 eggs

Salt and freshly ground pepper

1 cup (4 oz/125 g) grated Parmesan cheese

2 Tbsp extra-virgin olive oil

In a large saucepan, bring the broth to a simmer over medium-high heat. Divide the kale among bowls.

In a bowl, mix together the cornstarch and 2 tsp water. Add the eggs, season with salt and pepper, and whisk to blend.

Stir two-thirds of the cheese and the oil into the broth. Stir the egg mixture and drizzle into the broth in a circular motion. Stir gently so that the egg forms thin ribbons. Remove from the heat and let stand until the eggs are cooked through, about 1½ minutes. Ladle the broth over the kale and serve, passing the remaining cheese at the table.



20

FEBRUARY

FEBRUARY

21



21

FEBRUARY

BLACK BEAN SOUP WITH MEYER LEMON CRÈME FRAÎCHE

serves 4–6

½ lb (250 g) dried black beans, picked over and rinsed

1 Tbsp olive oil

1 small white onion, chopped

2 cloves garlic, minced

1 small jalapeño chile, seeded and minced

1 tsp ground cumin

¼ cup (2 fl oz/60 ml) dry sherry

4 cups (32 fl oz/1 l) chicken or vegetable broth

Salt and freshly ground pepper

Meyer Lemon Crème Fraîche (left)

2 green onions, dark and light green parts only, sliced (optional)

Place the dried beans in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until softened, about 5 minutes. Add the jalapeño and cumin and cook, stirring constantly, for 2 minutes. Add the beans, sherry, and broth and bring to a boil. Reduce the heat to low and simmer, covered, until the beans are tender, about 1¼ hours.

For a smooth soup, remove the pot from the heat and let cool slightly. Working in batches, purée the soup in a blender. Return to the pot and warm over low heat. Season with salt and pepper.

Top the soup with the crème fraîche and green onions, if using, and serve.

To make the meyer lemon crème fraîche, in a small bowl, combine ½ cup (4 oz/125 g) room-temperature crème fraîche or sour cream; the grated zest of 1 Meyer lemon; 1 Tbsp fresh Meyer lemon juice; and a pinch of salt.

22

FEBRUARY

THAI SQUASH & COCONUT MILK SOUP

serves 6

4 shallots, quartered

2 red or green serrano or jalapeño chiles, seeded

1 lemongrass stalk, center white part only, smashed and chopped

1 can (14 fl oz/430 ml) coconut milk

2 cups (16 fl oz/500 ml) chicken broth or water

6 kaffir lime leaves, spines removed

1 kabocha, acorn, or butternut squash (about 1 lb/500 g), peeled and cut into ¾-inch (2-cm) pieces

1½ Tbsp Asian fish sauce

1 Tbsp fresh lime juice

½ tsp sugar

½ cup (½ oz/15 g) basil leaves, preferably Thai

In a blender, combine the shallots, chiles, lemongrass, and ¼ cup (2 fl oz/60 ml) water. Process to form a smooth paste.

Open the can of coconut milk without shaking it. Scrape the thick cream from the top into a large, heavy pot. Stir in the spice paste and bring to a boil over medium-high heat. Reduce the heat to medium and cook uncovered, stirring occasionally, until fragrant, about 5 minutes. Add the remaining coconut milk, broth, lime leaves, and squash. Stir to combine, raise the heat to medium-high, and bring to a boil. Reduce the heat to low and simmer uncovered, stirring once or twice, until the squash is tender, about 15 minutes.

Stir in the fish sauce, lime juice, sugar, and basil, and serve.

Fresh Thai basil, which has a more assertive flavor than Italian sweet basil, is worth seeking out to garnish this soup. For a heartier meal, serve the soup over a bed of steamed jasmine rice.

23

FEBRUARY

BEEF STEW WITH ORANGE ZEST & RED WINE

serves 6–8

2 Tbsp all-purpose flour

Salt and freshly ground pepper

3 lb (1.5 kg) beef chuck roast, trimmed and cut into 1½-inch (4-cm) chunks

3 Tbsp olive oil

1 orange

2 yellow onions, chopped

3 cloves garlic, minced

2 tsp minced thyme

1½ Tbsp fennel seeds, crushed

¾ cup (6 fl oz/180 ml) dry red wine

¾ cup (6 fl oz/180 ml) chicken broth

1 cup (6 oz/185 g) canned diced tomatoes

4 carrots, peeled and sliced

1½ cups (7 oz/220 g) Kalamata olives, pitted and halved

¼ cup (⅓ oz/10 g) finely chopped flat-leaf parsley

Kalamata olives lend a strong briny flavor to this rich stew, although pitted green olives would be delicious as well. Buy an organic orange, if you can, or else be sure to wash the orange thoroughly before removing the zest.

In a resealable plastic bag, combine the flour, 2 tsp salt, and 1 tsp pepper. Add the beef, seal the bag, and shake to coat. In a large, heavy pot, warm 1 Tbsp of the oil over medium-high heat. Remove half the beef pieces from the bag, shaking off excess flour, and add to the pot in a single layer. Cook without stirring until deeply browned, about 4 minutes. Turn and cook without stirring until deeply browned on the second side, about 4 minutes. Transfer to a bowl. Repeat with 1 Tbsp of the oil and the remaining beef. Wipe the pot clean.

Using a vegetable peeler, remove the zest from half of the orange in wide strips. Finely grate the zest from the remaining orange half. Set aside.

Add the remaining 1 Tbsp oil to the pot and warm over medium heat. Add the onions and sauté until just starting to soften, about 2 minutes. Stir in the garlic, orange zest strips, thyme, and fennel seeds and sauté until fragrant, about 45 seconds. Add the wine, raise the heat to high, and bring to a boil, stirring to scrape up any browned bits on the bottom of the pot. Cook until reduced by half, about 4 minutes. Stir in the broth and tomatoes with their juices, then add the browned beef and any accumulated juices. Bring to a boil, reduce the heat to low, cover, and simmer until the beef is tender, about 2½ hours.

Add the carrots and olives, pushing them down into the liquid. Raise the heat to medium, cover, and cook until the carrots are tender, about 8 minutes. Stir in the grated orange zest and the parsley, season with salt and pepper, and serve.

24

FEBRUARY

YELLOW SPLIT PEA SOUP WITH HAM

serves 4

3 oz (90 g) ham, thinly sliced

1 Tbsp unsalted butter

1 Tbsp olive oil

1 yellow onion, chopped

1 celery rib, chopped

4 cups (32 fl oz/1 l) chicken broth

½ lb (250 g) yellow split peas, picked over and rinsed

Salt and freshly ground pepper

This recipe departs just a bit from the traditional split pea soup: instead of adding the ham during the cooking process, it is sautéed and served crispy as a garnish, adding flavor and texture at the same time.

Heat a large, heavy pot over medium-high heat. Add the ham and cook, turning once, until crisp, 7–8 minutes. Let cool, then crumble into bite-sized pieces.

Add the butter and oil to the pot and heat over medium-high heat until the butter is melted. Add the onion and celery and sauté until soft, about 5 minutes. Add the broth and bring to a boil. Add the peas, reduce the heat to low, and cook, partially covered and stirring occasionally, until the peas are tender, 45–50 minutes. Season with salt and pepper and serve, garnished with ham.

25

FEBRUARY

LENTIL SOUP WITH PASTA & SAGE

serves 4

Pick small pasta shapes to suit the petite size of the lentils; those with "ini" word endings are a good scale to aim for. To make a vegetarian version, omit the pancetta and use vegetable broth instead of chicken. Serve with a decadent dollop of mascarpone.

3 Tbsp olive oil

2 oz (60 g) sliced pancetta or bacon, chopped

1 small yellow onion, chopped

2 large cloves garlic, minced

1 carrot, peeled finely chopped

1 celery rib, finely chopped

1 Tbsp minced sage

2 cups (14 oz/440 g) lentils, picked over and rinsed

1 cup (8 fl oz/250 ml) canned diced tomatoes, with juices

6 cups (48 fl oz/1.5 l) chicken broth, plus more as needed

Salt and freshly ground pepper

¼ lb (125 g) tubettini, ditalini, or other small soup pasta

In a large, heavy pot, warm the oil over medium-high heat. Add the pancetta and sauté until lightly browned, about 2 minutes. Add the onion, garlic, carrot, celery, and sage, and sauté until the vegetables are softened, about 3 minutes.

Stir in the lentils and tomatoes and cook, stirring occasionally, for 5 minutes. Raise the heat to high, add the 6 cups broth, and bring to a boil. Add 1 Tbsp salt, reduce the heat to medium-low, and simmer, partially covered, until the lentils are nearly tender, 30–40 minutes. Add more broth if the soup starts to dry out.

Add the pasta and cook, stirring occasionally, until not quite al dente, about 2 minutes less than the package directions. (The pasta will continue to cook in the heat of the soup.) Season with salt and pepper and serve.

26

FEBRUARY

SAUSAGE & KALE SOUP

serves 4–6

In Portugal, where this dish is known as caldo verde (or "green broth"), kale is a staple ingredient. Linguiça or chorizo are the commonly used sausages, but any garlicky pork sausage, such as kielbasa, will do. Serve with warm corn bread.

¼ cup (2 fl oz/60 ml) olive oil

2 yellow onions, finely chopped

4 cloves garlic, minced

3 large russet potatoes (about 2½ lb/1.25 kg), peeled and thinly sliced

6 cups (48 fl oz/1.5 l) chicken or vegetable broth

¾ lb (375 g) kielbasa or other cooked sausage, sliced

1 bunch kale, thick stems and ribs removed, thinly sliced

Salt and freshly ground pepper

Extra-virgin olive oil for drizzling

In a large, heavy pot, warm the olive oil over medium heat. Add the onions and garlic and sauté until golden, 5–7 minutes. Add the potatoes and sauté for about 2 minutes. Add the broth, cover, and bring to a boil. Reduce the heat to a simmer and cook until the potatoes are tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, coarsely purée the soup in a blender, leaving some potato slices intact. Return to the pot, add the sausage, cover, and simmer over medium heat until the sausage is heated through, about 5 minutes. Add the kale and cook, uncovered, until wilted but still bright green, 3–5 minutes. Season with salt and pepper and serve, drizzled with extra-virgin olive oil.

27

FEBRUARY

HAM, BEAN & ESCAROLE SOUP

serves 4–6

The flavor of this hearty soup is enhanced with the addition of savory ham and Parmesan. Pleasantly bitter escarole simmers in the broth just long enough to wilt and mellow; if you can't find escarole at the market, substitute Swiss chard or kale.

2–3 Tbsp olive oil

½ lb (250 g) thickly sliced ham, cut into cubes

1 yellow onion, finely chopped

4 cloves garlic, minced

7 cups (56 fl oz/1.75 l) chicken broth

1 head escarole, cored, leaves torn into pieces

2 cans (15 oz/470 g each) white beans, drained

2 Tbsp minced rosemary

¼ tsp red pepper flakes

½ cup (2 oz/60 g) grated Parmesan cheese

In a large, heavy pot, warm 2 Tbsp of the oil over medium-high heat. Add the ham and sauté until crisp, about 3 minutes. Transfer to a plate. Add more oil if necessary and sauté the onion and garlic over medium heat until softened, about 4 minutes. Add the broth and bring to a boil. Add the escarole and cook, stirring, until wilted, 2–3 minutes. Add the beans, rosemary, and red pepper flakes. Bring to a boil, reduce the heat to medium-low, and simmer for 5 minutes.

Stir in the ham. Mash some of the beans to thicken the soup slightly and simmer for 2 minutes. Season with salt and pepper and serve, garnished with some of the cheese. Pass the remaining cheese at the table.

28

FEBRUARY

TOMATO BROTH WITH SHRIMP, FETA & OREGANO

serves 4–6

This simple tomato soup, adorned with a trio of classic Greek ingredients—shrimp, feta cheese, and oregano—comes together in less than 30 minutes. Serve with sliced country bread that's been lightly toasted and rubbed with a cut garlic clove.

2 Tbsp olive oil

1 small yellow onion, chopped

4 cloves garlic, minced

3 cans (14½ oz/455 g each) diced tomatoes, drained

4 cups (32 fl oz/1 l) chicken broth

Salt and freshly ground pepper

½ lb (250 g) medium shrimp, peeled and deveined

½ lb (250 g) feta cheese, crumbled

2 Tbsp chopped oregano

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, 5–7 minutes. Add the tomatoes and sauté for 4 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot and season with salt and pepper. Keep warm over low heat while you prepare the shrimp.

Preheat the broiler to high. Pour ½ cup (4 fl oz/125 ml) of the tomato broth into a shallow oven-safe dish. Lay the shrimp in a single layer on top of the tomato broth and sprinkle with the feta. Put the shrimp under the broiler for 4 minutes. Remove the shrimp, sprinkle with the oregano, and put back under the broiler until cooked through, 1–2 minutes. Ladle the broth into bowls, top each serving with the shrimp and feta, and serve.



28

FEBRUARY

1 GREEN GARLIC & NEW POTATO SOUP *page 58*	2 CREAM OF ASPARAGUS SOUP *page 58*	3 ARTICHOKE SOUP WITH MOREL BUTTER *page 60*	4 SHRIMP, MUSHROOM & SORREL SOUP *page 60*
8 CAULIFLOWER SOUP WITH CHERVIL *page 63*	9 MUSHROOM SOUP WITH THYME & GREEN ONIONS *page 64*	10 CREAMY PEA SOUP WITH CITRUS OIL & CHIVES *page 64*	11 THREE-ONION SOUP WITH CAMBOZOLA GRILLED CHEESE *page 65*
15 MISO SOUP WITH SHRIMP & PEA SHOOTS *page 69*	16 BEEF & MUSHROOM SOUP WITH FARRO *page 69*	17 IRISH LAMB STEW *page 70*	18 CHICKEN & WILD RICE SOUP WITH GINGER *page 70*
22 MOROCCAN LAMB MEATBALL & COUSCOUS SOUP *page 72*	23 ARTICHOKE, SPRING PEA & MINT SOUP *page 75*	24 PORK STEW WITH PRUNES & SWEET POTATOES *page 75*	25 THREE-BEAN SOUP WITH LINGUIÇA *page 76*
29 PEA & ARBORIO RICE PURÉE *page 77*	30 CHILLED POTATO & LEEK SOUP *page 78*	31 CHICKPEA & ROASTED TOMATO SOUP WITH FRIED ROSEMARY *page 78*	

5 **BROCCOLI-LEEK SOUP** *page 61*	**6** **WILD RICE SOUP WITH BACON** *page 61*	**7** **CRANBERRY BEAN & PAPPARDELLE SOUP** *page 63*
12 **LEMONY ASPARAGUS & RICE SOUP WITH PARMESAN** *page 65*	**13** **BABY BOK CHOY & BEEF NODDLE SOUP** *page 66*	**14** **PARMESAN BROTH WITH LEMON, CHICKEN & SPINACH** *page 66*
19 **NAPA CABBAGE SOUP WITH PORK & BEAN SPROUTS** *page 71*	**20** **PASTA IN BROTH WITH CHIVES** *page 71*	**21** **CHICKEN & CHIPOTLE SOUP WITH AVOCADO & LIME** *page 72*
26 **FIVE-SPICE BROTH WITH SALMON & ONION DUMPLINGS** *page 76*	**27** **FENNEL BROTH WITH CHARD & CHORIZO** *page 77*	**28** **BLACK-EYED PEA STEW** *page 77*

march

As the frost gives way to warmer weather, tender green vegetables begin to break ground, starting with baby spinach and arugula, asparagus, and artichokes. In soups, these young vegetables pair nicely with fresh herbs, citrus oils, poached eggs, and cheeses. Rainy days mixed with breaks of sun make for prime mushroom season, adding meaty flavor and texture to the soup pot.

1

MARCH

Just as new potatoes are potatoes that haven't reached maturity, green garlic is simply immature garlic. Mild in flavor, it resembles a baby leek or green onion. Look for it at farmers' markets in early spring, or substitute 1 clove of mature garlic for every head of green garlic.

GREEN GARLIC & NEW POTATO SOUP

serves 6

1 Tbsp unsalted butter

20 heads green garlic (about 6 oz/185 g), ½–1 inch (12 mm–2.5 cm) in diameter at root end

8 cups (64 fl oz/2 l) chicken broth

1¼ lb (625 g) red new potatoes, peeled and quartered

FOR THE GARNISH

1½ Tbsp extra-virgin olive oil

3 heads green garlic, ½–1 inch (12 mm–2.5 cm) in diameter at root end, bulbs minced

2 Tbsp chopped flat-leaf parsley

Salt and freshly ground pepper

¼ cup (2 fl oz/60 ml) heavy cream

2 Tbsp white wine vinegar

In a large, heavy pot, melt the butter over low heat. Coarsely chop the green garlic bulbs. Add to the pot along with ½ cup (4 fl oz/125 ml) of the broth. Cover and cook until the garlic is soft, about 20 minutes. Add the potatoes and the remaining 7½ cups (60 fl oz/1.75 l) broth and raise the heat to medium-high. Simmer, covered, until the potatoes are soft, about 20 minutes.

Meanwhile, to make the garnish, in a small saucepan over low heat, warm the oil. Add the minced green garlic bulbs and sauté until soft, about 2 minutes. Do not let the garlic turn golden. Let cool for 10 minutes. Stir in the parsley and season with salt and pepper. Set aside.

Remove the soup from the heat and let cool slightly. Working in batches, purée the soup well in a blender. Strain through a fine-mesh sieve into a clean pot. Stir in the cream and vinegar. Season with salt and pepper and serve, topped with the garnish.

2

MARCH

To trim a stalk of asparagus, gently bend it about 2 inches (5 cm) from the bottom and the stalk should snap naturally, right at the point where the tender and tough parts meet. Peel any thicker stems.

CREAM OF ASPARAGUS SOUP

serves 4–6

1 Tbsp unsalted butter

2 Tbsp olive oil

2 leeks, white and light green parts, finely chopped

1 lb (500 g) thick asparagus, trimmed, peeled, and cut into 2-inch (5-cm) pieces, tips reserved

1 russet potato, peeled and cut into 2-inch (5-cm) chunks

4 cups (32 fl oz/1 l) chicken broth

Salt and ground white pepper

Juice of ½ lemon

3 Tbsp crème fraîche or sour cream

1 Tbsp finely chopped chives

In a large, heavy pot, melt the butter with the oil over medium heat. Add the leeks and sauté until softened, about 5 minutes. Add the asparagus stalks and potato and sauté until beginning to soften, about 3 minutes. Add the broth and season with salt and pepper. Bring to a boil over medium-high heat. Reduce the heat to low, cover partially, and cook until the vegetables are very tender, about 15 minutes.

Meanwhile, bring a small saucepan of water to a boil. Add the lemon juice and reserved asparagus tips and cook until crisp-tender, about 3 minutes. Drain and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and reheat over low heat. Serve, garnished with the crème fraîche, asparagus tips, and chives.



2

MARCH

3

MARCH

Dried morel mushrooms create a sumptuous butter topping for this soup, which showcases a favorite spring vegetable. Trimming artichokes takes some technique, but it's worth learning how to do it for the tender hearts. This soup is excellent served with a roast chicken.

ARTICHOKE SOUP WITH MOREL BUTTER

serves 4–6

FOR THE MOREL BUTTER

1 Tbsp small pieces dried morel mushrooms

Boiling water as needed

1 small clove garlic

Salt

4 Tbsp (2 oz/60 g) unsalted butter, at room temperature

1 Tbsp white wine vinegar, or juice of ½ lemon

4 large or 5–6 medium artichokes (about 2½ lb/1.25 kg)

1 Tbsp unsalted butter

3 Tbsp olive oil

4 shallots, chopped

2 cloves garlic, chopped

½ cup (4 fl oz/125 ml) dry white wine

2 cups (16 fl oz/500 ml) chicken broth

1 bay leaf, 3 thyme sprigs, and 4 large flat-leaf parsley sprigs tied together to make a bouquet garni

Salt and freshly ground pepper

To make the morel butter, in a small bowl, combine the mushrooms with boiling water to cover. Cover and soak for 30 minutes. Drain, rinsing if they are gritty, then squeeze out the excess moisture. In a small food processor, process the garlic with a pinch of salt until minced. Add the mushrooms and process until finely chopped. Add the butter and process until mixed. Transfer to a bowl and refrigerate.

Fill a large bowl with water and add the vinegar. Peel, then cut off the stem of each artichoke flush with the bottom. Slice the stems and add to the vinegar water. Snap off the outer leaves until you reach the tender inner leaves, placing the outer leaves in a saucepan. Cut off the top one-third of each artichoke and quarter the rest lengthwise. Cut out the choke from each quarter. As you work, add the quarters to the vinegar water.

Add 5 cups (40 fl oz/1.25 l) water to the saucepan holding the outer leaves. Bring to a boil over medium-high heat. Cook, uncovered, until the water takes on the mineral flavor of artichokes, 15 minutes. ↠

Strain through a fine-mesh sieve into a large measuring cup. Discard the leaves. You should have about 4 cups (32 fl oz/1 l) liquid.

Drain the artichokes and chop. In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the shallots and garlic and sauté until softened, about 5 minutes. Add the chopped artichokes and sauté until half cooked, about 5 minutes. Add the wine and cook until reduced to 1–2 Tbsp. Add the artichoke liquid, the broth, and the bouquet garni. Bring to a boil, reduce the heat to medium, and cook, uncovered, until the artichokes are just tender, 10–15 minutes.

Remove from the heat and discard the bouquet. Using a slotted spoon, transfer the artichoke pieces to a food processor. Add a small amount of the cooking liquid, and purée. Return to the pot and stir to combine. Reheat over medium-high heat and season with salt and pepper. Serve, topped with some of the morel butter.

4

MARCH

Sorrel has a slightly sharp flavor and is a wonderful addition to light soups such as this one. If you can't find sorrel, add a Latin twist with a squeeze of fresh lime juice and a sprinkle of minced cilantro and jalapeño chile just before serving.

SHRIMP, MUSHROOM & SORREL SOUP

serves 4–6

3 oz (90 g) sorrel or baby spinach

3 Tbsp olive oil

2 shallots, minced

4 cloves garlic, minced

½ lb (250 g) white mushrooms, sliced

5 cups (40 fl oz/1.25 l) chicken broth

1 lb (500 g) shrimp, peeled and deveined

Salt and freshly ground pepper

Remove any tough stems from the sorrel and cut the leaves crosswise into ribbons.

In a saucepan, warm the olive oil over medium-high heat. Add the shallots and garlic and sauté until soft, about 5 minutes. Add the mushrooms and sauté, stirring often, until they are soft and brown, 7–10 minutes. Add the broth and bring to a boil. Add the shrimp and cook until they are bright pink, 2–3 minutes. Remove the pan from the heat and stir in the sorrel. Season with salt and pepper and serve.

5

MARCH

To make the garlic croutons, cut 3 slices coarse country bread into bite-sized cubes. In a frying pan over medium-high heat, combine 3 Tbsp olive oil and 2 cloves garlic, thinly sliced. Fry until the garlic turns brown; do not let it burn. Scoop out and discard the garlic. Add the bread to the pan and fry, stirring often, until golden brown, about 5 minutes.

BROCCOLI-LEEK SOUP

serves 4

2 Tbsp olive oil

2 leeks, white and pale green parts, finely chopped

1½ lb (750 g) broccoli, tough stems peeled, florets and stems cut into 1-inch (2.5-cm) pieces

4 cups (32 fl oz/1 l) chicken broth

Salt and ground white pepper

¼ cup (2 oz/60 g) sour cream or plain yogurt

Garlic Croutons (left)

2 Tbsp finely chopped chives

In a large, heavy pot, warm the oil over medium heat. Add the leeks and sauté until softened, 3–5 minutes. Add the broccoli and sauté until slightly softened, about 2 minutes. Add the broth and bring to a simmer over medium heat. Cover partially and cook until the vegetables are tender, 15–20 minutes. Remove from the heat and let cool.

Working in batches, purée the soup in a blender or food processor. Return to the pot and reheat over medium heat. Season with salt and pepper and serve, garnished with the sour cream, croutons, and chives.

6

MARCH

Wild rice brings chewy texture and a nutty, earthy flavor to soup. Here, a touch of cream and smoky bacon elevate a simple soup into a luxurious treat. Serve with a green salad dressed with a citrus vinaigrette.

WILD RICE SOUP WITH BACON

serves 4

8 slices thick-cut bacon

1 Tbsp unsalted butter

1 carrot, peeled and chopped

1 yellow onion, chopped

2 cloves garlic, minced

½ tsp dried thyme

¼ cup (2 fl oz/60 ml) dry white wine

4 cups (32 fl oz/1 l) chicken broth

1 cup (6 oz/185 g) wild rice

2 Tbsp heavy cream

Salt and freshly ground pepper

Lay the bacon slices on the bottom of a large, heavy pot. Place over medium-high heat and cook, turning once, until crisp, about 8 minutes. Transfer to paper towels to drain. Let cool, then cut into 1-inch (2.5-cm) pieces. Set aside.

Add the butter, carrot, onion, and garlic to the pot and cook over medium-high heat, stirring occasionally, until the carrot begins to soften, 5–7 minutes. Stir in the thyme and cook for 1 minute. Add the wine and cook for about 3 minutes, stirring to scrape up any browned bits on the bottom of the pot. Add the broth and rice and bring to a boil. Reduce the heat to low, cover, and simmer until the rice is tender, about 1 hour.

Add the cream and bacon to the soup, return to a simmer, and cook, uncovered, until the soup thickens, about 5 minutes. Season with salt and pepper and serve.

MARCH

7



7

MARCH

Many Italian soups feature a combination of beans and pasta. Red-speckled cranberry beans, an Italian favorite (also called borlotti beans), are worth seeking out if you've never tried them, although other types of cooked beans can be substituted here.

CRANBERRY BEAN & PAPPARDELLE SOUP

serves 8

1½ oz (45 g) dried porcini mushrooms, soaked in hot water to cover for 30 minutes

8 Tbsp (4 fl oz/125 ml) olive oil

1 clove garlic, minced

Small handful of sage leaves, finely chopped, plus torn whole leaves for garnish

1 cup (8 fl oz/250 ml) canned diced tomatoes, with juices

8 cups (64 fl oz/2 l) chicken broth

1 cup (3 oz/90 g) roughly broken pappardelle or tagliatelle

1 can (15 oz/470 g) cranberry (borlotti) beans, drained

Salt and freshly ground pepper

Drain the mushrooms, rinsing if they are gritty, then squeeze out the excess moisture. In a large, heavy pot, warm 3 Tbsp of the oil over medium heat. Add the garlic, chopped sage, and mushrooms and sauté for 3 minutes. Add the tomato and cook, stirring occasionally, until the flavors are well blended, about 5 minutes.

Pour in the broth and bring to a boil. Add the pasta and cook, uncovered, for 5 minutes. Reduce the heat to medium. Stir in the beans. Season with salt and pepper and serve, garnished with the torn sage leaves and drizzled with the remaining 5 Tbsp oil.

8

MARCH

A creamy vegetable soup is a hallmark of home cooking. Here, cauliflower is simmered with potato and milk and then puréed to a smooth, velvety texture. To make the soup even creamier, use a mixture of cream and milk.

CAULIFLOWER SOUP WITH CHERVIL

serves 6

1 small head cauliflower (about ¾ lb/375 g), coarsely chopped (including core)

1 boiling potato (about ½ lb/250 g), peeled and diced

3¼–3½ cups (26–28 fl oz/810–875 ml) milk

Salt and ground white pepper

2 Tbsp unsalted butter

⅛ tsp grated nutmeg

¼ cup (⅓ oz/10 g) chervil or flat-leaf parsley leaves

Bring a large saucepan of water to a boil over medium-high heat. Add the cauliflower and potato, reduce the heat to medium, and cook until the vegetables soften slightly, about 5 minutes. Drain well and return to the pan. Add 2½ cups (20 fl oz/625 ml) of the milk and ½ tsp salt and bring to a boil over medium-high heat. Reduce the heat to medium, cover, and cook until the cauliflower and potato are tender, 15–20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor, adding the remaining milk as needed to reach the desired creamy consistency. Transfer to a clean saucepan and bring to a simmer over medium heat. Stir in the butter, the nutmeg, and ¼ tsp pepper. Serve, garnished with the chervil.

9

MARCH

Dried porcini mushrooms are a useful pantry item to have on hand for adding rich flavor to soups and sauces. To give this soup a creamy texture, purée half of it before you add the green onions.

MUSHROOM SOUP WITH THYME & GREEN ONIONS

serves 4

1 oz (30 g) dried porcini mushrooms

3 Tbsp unsalted butter

2 Tbsp olive oil

2 shallots, minced

5 cloves garlic, minced

1½ lb (750 g) white mushrooms, sliced

½ tsp dried thyme

½ cup (4 fl oz/125 ml) dry sherry

4 cups (32 fl oz/1 l) chicken broth

Salt and freshly ground pepper

1 bunch green onions, white and dark green parts, chopped

In a small bowl, combine the mushrooms with 1 cup (8 fl oz/250 ml) hot water. Cover and soak for 30 minutes. Lift out the mushrooms, reserving the soaking liquid. Rinse if they are gritty, then squeeze out the excess moisture. Coarsely chop the mushrooms, and pour the soaking liquid through a coffee filter into another bowl. Set aside.

In a medium saucepan, melt the butter with the olive oil over medium-high heat. Add the shallots and the garlic and sauté until soft, 4–5 minutes. Add the white mushrooms and cook, stirring often, until browned, 10–12 minutes. Add the porcini mushrooms and thyme and cook for 5 minutes. Add ½ cup (4 fl oz/125 ml) of the porcini soaking liquid and the sherry and cook until most of the liquid is absorbed, 7–8 minutes. Add the chicken broth and bring to boil. Reduce the heat to medium-low and let simmer, uncovered, for 25 minutes to blend the flavors.

Season with salt and pepper, stir in the green onions, and serve.

10

MARCH

To make the citrus oil, in a small saucepan combine ½ cup (4 fl oz/125 ml) extra-virgin olive oil; ½ cup (4 fl oz/125 ml) grapeseed oil; and the grated zest of 1 Meyer lemon. Bring to a simmer over medium-low heat and cook for 10 minutes. Let cool to room temperature. Strain into a small bowl.

CREAMY PEA SOUP WITH CITRUS OIL & CHIVES

serves 4–6

1 Tbsp unsalted butter

1 Tbsp olive oil

1 small yellow onion, chopped

4 cups (32 fl oz/1 l) chicken or vegetable broth

5 cups (25 oz/780 g) fresh or frozen peas

⅓ cup (3 fl oz/80 ml) heavy cream

Salt and freshly ground pepper

Citrus Oil for topping (left)

Thinly sliced chives for garnish

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the peas and cook for 5 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Pass the soup through a fine-mesh sieve set over a bowl, pressing with a spoon to extract all the liquid. Return the soup to the pot and add the cream. Bring to a boil over medium-high heat and remove from the heat. Season with salt and pepper.

Serve the soup, drizzled with the citrus oil and garnished with the chives.

11

MARCH

Onion soup is particularly tasty with cheese, whether grated or crusted atop. Here, a lighter version of the classic French onion soup finds the perfect match in a creamy, buttery grilled cheese sandwich.

THREE-ONION SOUP WITH CAMBOZOLA GRILLED CHEESE

serves 6

2 Tbsp unsalted butter

¼ cup (2 fl oz/60 ml) olive oil

3 large yellow onions, sliced

6 shallots, sliced

3 leeks, white and pale green parts, sliced

1 Tbsp light brown sugar

¼ cup (2 fl oz/60 ml) dry white wine

4 cups (32 fl oz/1 l) chicken broth

Salt and freshly ground pepper

FOR THE GRILLED CHEESE

12 thin slices cranberry-walnut or other fruit-and-nut bread

2 Tbsp unsalted butter, at room temperature

6 oz (185 g) Cambozola or Camembert cheese, at room temperature

In a large, heavy pot, melt the butter with the oil over high heat. Add the onions, shallots, and leeks and sauté until the onions soften, 8–10 minutes. Reduce the heat to low and continue to cook, stirring occasionally, for 30 minutes. Sprinkle the brown sugar over the onions, stir, and cook for 10 minutes. Add the white wine and bring to a simmer, stirring to scrape up any browned bits on the bottom of the pan. Cook until the wine is absorbed, 3–4 minutes. Add the broth and bring to a boil over medium-high heat. Reduce the heat to medium and simmer, uncovered, for 10 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender and return to the pot. Season with salt and pepper.

To make the grilled cheese, spread one side of each slice of bread with the butter. Spread 1 oz of the Cambozola on the unbuttered side of each of 6 bread slices and top with another slice of bread, with the buttered sides on the outside of the sandwich. In a frying pan, cook the sandwiches over medium-low heat until the bread is toasted and the cheese is melted, about 4 minutes per side. Cut each sandwich in half.

Ladle the soup into bowls and serve with the grilled cheese on the side.

12

MARCH

This is a great way to use up leftover cooked white rice. The tough ends of the asparagus don't go to waste here: they infuse the flavor of the vegetable into the broth. Do not add the asparagus spears until you are ready to serve the soup, as they lose their beautiful green coloring quickly.

LEMONY ASPARAGUS & RICE SOUP WITH PARMESAN

serves 4

2 bunches asparagus

4 cups (32 fl oz/1 l) chicken broth

3 Tbsp unsalted butter

1 small yellow onion, finely chopped

3 cloves garlic, minced

1½ cups (7½ oz/235 g) cooked white rice

Grated zest of 1 lemon

3 Tbsp fresh lemon juice

Salt and freshly ground pepper

Grated Parmesan cheese for serving

Snap the tough ends from the asparagus spears and reserve them. Cut the spears into 1-inch (2.5-cm) pieces. In a saucepan, combine the broth and tough asparagus ends. Bring to a boil over medium-high heat, reduce the heat to low, and simmer for 10 minutes. Strain the broth into a bowl. Discard the solids.

In large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Reduce the heat to low, add the rice, asparagus pieces, lemon zest, and lemon juice, and simmer just until the asparagus is crisp-tender, about 3 minutes.

Season with salt and pepper and serve, topped with grated cheese.

13

MARCH

BABY BOK CHOY & BEEF NOODLE SOUP

serves 6–8

Peppery and piquant, fresh ginger invigorates any dish. Here, cinnamon and star anise add flavor complexity, while chewy noodles and tender slices of beef add heartiness. Nearly any Asian-style noodles, including rice vermicelli, can be used; consult the package for cooking instructions.

4-inch (10-cm) piece fresh ginger

2 Tbsp canola oil

1 yellow onion, thinly sliced

4 cinnamon sticks

1 star anise

5 cloves garlic, crushed and thinly sliced

2 tsp Asian chile garlic paste

4 cups (32 fl oz/1 l) chicken broth

½ cup (4 fl oz/125 ml) soy sauce

2 lb (1 kg) beef blade steak, trimmed and cut into slices ¼-inch (6-mm) thick

Salt

1½ lb (750 g) fresh Chinese wheat noodles

5 heads baby bok choy (about 1½ lb/750 g), trimmed, each cut lengthwise into quarters

4 green onions, thinly sliced

Peel the ginger, cut into thin slices, and crush each slice with the flat side of a chef's knife.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and sauté until softened, about 3 minutes. Add the cinnamon sticks and star anise and cook, stirring, until the spices are fragrant and the cinnamon sticks begin to uncurl, about 2 minutes. Add the crushed ginger, the garlic, and the chile garlic paste and cook, stirring, until fragrant, about 45 seconds. Add the broth and soy sauce. Pour in 4½ cups (36 fl oz/1.1 l) water, raise the heat to high, cover, and bring to a boil. Stir in the beef and return to a boil. Reduce the heat to low, cover partially, and simmer until the beef is very tender, about 1½ hours.

In a large saucepan, bring 4 qt (4 l) water to a boil over high heat. Stir in 1 Tbsp salt and the noodles, return to a boil, and cook until the noodles are tender, about 3 minutes. Drain the noodles, rinse well under warm running water, and drain again. Divide the noodles among bowls. »→

Using a slotted spoon, remove and discard the cinnamon sticks, star anise, and ginger from the soup. Add the bok choy and cook just until crisp-tender, about 5 minutes. Stir in half of the green onions. Ladle the soup over the noodles, distributing the beef and bok choy evenly. Garnish with the remaining green onions and serve.

14

MARCH

PARMESAN BROTH WITH LEMON, CHICKEN & SPINACH

serves 4–6

This simple recipe can be made even easier by using shredded rotisserie or grilled chicken. Adding the rind from a piece of Parmesan cheese during cooking adds depth of flavor to a soup.

2 small skinless, boneless chicken breast halves (about ¾ lb/375 g)

2 Tbsp olive oil

1 small yellow onion, chopped

3 cloves garlic, minced

1-inch (2.5-cm) piece of Parmesan cheese rind, plus cheese shavings for garnish

6 cups (48 fl oz/1.5 l) chicken broth

Juice of 1 lemon

1 small bunch spinach, tough stems removed

Salt and freshly ground pepper

In a small saucepan, combine the chicken breasts with cold water to cover by 1 inch (2.5 cm). Bring to a boil over medium-high heat. Reduce the heat to low and simmer until the chicken is opaque throughout, 15–18 minutes, skimming off any foam on the surface. Transfer to a plate and let cool. Shred the chicken.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and cook until translucent, about 5 minutes. Add the Parmesan rind, broth, and lemon juice and bring to a boil. Reduce the heat to low and simmer, uncovered, for 15 minutes. Add the spinach and chicken and continue to simmer, stirring constantly, just until the spinach is wilted. Remove and discard the Parmesan rind and season with salt and pepper. Serve, topped with Parmesan shavings.



14

MARCH

MARCH

15



15

MARCH

MISO SOUP WITH SHRIMP & PEA SHOOTS

serves 2

Traditional miso soup is served with dried shiitake mushrooms, sliced scallions, and tiny cubes of tofu; here it gets a springtime profile with shrimp and pea shoots.

3-inch (7.5-cm) piece kombu

½ cup (½ oz/15 g) bonito flakes

2 Tbsp light miso paste

¼ lb (4 oz/125 g) shrimp, peeled and deveined

⅓ cup (⅓ oz/10 g) pea shoots

In a large saucepan, combine the kombu and 3 cups (24 fl oz/750 ml) cold water. Bring to a boil over medium heat. Remove and discard the kombu. Remove from the heat, add the bonito flakes, and stir gently once. Let stand for 5 minutes. Strain the broth through a fine-mesh sieve, discarding the bonito flakes. Return the broth to the saucepan.

In a small bowl, combine the miso paste with ¼ cup (2 fl oz/60 ml) of the warm broth. Stir until the paste is softened and very smooth. Stir into the broth and warm gently over medium heat, taking care not to boil the soup.

Add the shrimp and simmer just until bright pink, about 4 minutes. Stir in the pea shoots and serve.

16

MARCH

BEEF & MUSHROOM SOUP WITH FARRO

serves 6–8

Dried porcini mushrooms have a woodsy flavor and an intense earthy aroma that easily matches the richness of beef. Farro, with its nutty taste and chewy texture, adds yet another hearty element to this soup.

¾ oz (20 g) dried porcini mushrooms

1½ Tbsp olive oil

¾ lb (375 g) fresh cremini mushrooms, thinly sliced

1 yellow onion, finely chopped

3 carrots, peeled and cut into slices ¼ inch (6 mm) thick

3 cloves garlic, minced

1½ tsp minced thyme

¾ cup (4 oz/125 g) canned diced tomatoes

1½ cups (9 oz/280 g) farro, rinsed and drained

8 cups (64 fl oz/2 l) beef broth

2 cups (12 oz/375 g) shredded cooked beef

4 Tbsp (⅓ oz/10 g) chopped flat-leaf parsley

Salt and freshly ground pepper

In a heatproof bowl, combine the porcini with hot water to cover. Soak for 30 minutes. Lift out the mushrooms, reserving the soaking liquid. Rinse if they are gritty, then squeeze out the excess moisture. Slice thinly. Pour the soaking liquid through a coffee filter into another bowl. Set aside.

In a large, heavy pot, warm 1 Tbsp of the oil over medium heat. Add the cremini mushrooms and sauté until they release their liquid and the liquid evaporates, about 7 minutes. Add the remaining ½ Tbsp oil and then the onion, carrots, garlic, and thyme. Sauté until the vegetables are softened and beginning to brown, about 7 minutes. Add the porcini and their soaking liquid, the tomatoes with their juices, the farro, and the beef broth. Bring to a boil over high heat. Reduce the heat to low and simmer, stirring occasionally, until the farro is almost tender, about 20 minutes.

Add the shredded beef, half of the parsley, and 1½ tsp salt. Season with pepper and stir to mix well. Simmer until the meat is heated through and the farro is completely tender, about 10 minutes. Serve, garnished with the remaining parsley.

17

MARCH

IRISH LAMB STEW

serves 4–6

2 lb (1 kg) boneless lamb shoulder, trimmed and cut into 1-inch (2.5-cm) cubes

4 white boiling potatoes, peeled and cut into slices ½ inch (12 mm) thick

2 yellow onions, cut in half lengthwise and then crosswise into slices ½ inch (12 mm) thick

1 large turnip, peeled and cut into slices ¼ inch (6 mm) thick

2 thyme sprigs, or 4 tsp dried thyme

3 flat-leaf parsley sprigs, plus more for garnish

Salt and freshly ground pepper

Nothing against corned beef and cabbage, but St. Patty's day might be even more delicious with this country-style lamb and vegetable stew. Simmering for 2 hours yields especially tender results. Serve thick slices of Irish soda bread alongside.

In a large, heavy pot, combine the lamb cubes with water to cover. Drain and add fresh water to cover by 1 inch (2.5 cm). Bring to a boil over high heat and boil for 5 minutes. Using a slotted spoon, transfer the lamb to a dish. Pour the broth into a bowl.

Layer half of the potato slices in the bottom of the same pot. Cover with half of the onion slices and then top with all of the turnip slices. Distribute the lamb evenly over the turnips and top with the thyme and the 3 parsley sprigs. Season with 1 tsp salt and 4 tsp pepper. Top with the remaining onions and then the remaining potatoes. Strain the lamb broth through a fine-mesh sieve over the potatoes. Bring to a low boil over high heat. Reduce the heat to medium-low, cover, and simmer until the lamb is tender, about 2 hours. Discard the thyme and parsley sprigs from the pot. Serve, garnished with parsley sprigs.

18

MARCH

CHICKEN & WILD RICE SOUP WITH GINGER

serves 6

½ cup (3 oz/90 g) wild rice, rinsed

1 Tbsp Asian sesame oil

1 Tbsp canola oil

1 yellow onion, chopped

1 Tbsp peeled and grated fresh ginger

2 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth

1 carrot, peeled and diced

3 skinless, bone-in chicken breast halves

2 skinless, bone-in chicken thighs

½ cup (3½ oz/105 g) long-grain white rice

¼ cup (¾ oz/ 20 g) thinly sliced green onions

¼ cup (⅓ oz/10 g) chopped cilantro

Salt and freshly ground pepper

Two kinds of rice give texture and flavor to this fragrant soup. Full of aromatic cold-fighters like ginger, garlic, and cilantro, this soup makes a comforting dish to bring to a friend who is under the weather.

In a small saucepan, bring 2 cups (16 fl oz/ 500 ml) water to a boil. Add the wild rice, reduce the heat to a simmer, cover, and cook until tender, 45–50 minutes. Drain.

Meanwhile, in a large, heavy pot, warm the sesame and canola oils over medium-high heat. Add the yellow onion and sauté until softened, 3–5 minutes. Add the ginger and garlic and sauté for 2 minutes. Add the broth, carrot, chicken pieces, and white rice. Pour in 2 cups (16 fl oz/500 ml) water and bring to a simmer. Reduce the heat to medium-low, cover, and cook until the chicken is opaque throughout, about 15 minutes.

Transfer the chicken to a plate to cool. Remove the meat from the bones and tear into bite-sized pieces. Stir the chicken back into the soup along with the green onions, cilantro, and wild rice. Season with salt and pepper and serve.

19

MARCH

Once rehydrated, dried shiitake mushrooms assume a chewy, almost meaty texture, and their soaking water is infused with smoky flavor. This liquid, added to the broth, creates a savory background for mild-tasting cabbage, hot chile oil, and crunchy bean sprouts.

NAPA CABBAGE SOUP WITH PORK & BEAN SPROUTS

serves 6–8

4-inch (10-cm) piece fresh ginger

6 cups (48 fl oz/1.5 l) chicken broth

½ cup (4 fl oz/125 ml) plus 3 Tbsp Chinese rice wine or dry sherry

5 Tbsp (3 fl oz/80 ml) soy sauce

½ lb (250 g) boneless pork loin chop, cut into thin strips

10 dried shiitake mushrooms

1 head napa cabbage (about 2½ lb/1.25 kg)

4 tsp canola oil

6 cloves garlic, minced

2 tsp Asian sesame oil

Salt

1½ cups (4½ oz/140 g) mung bean sprouts

Asian chile oil for serving

6 green onions, dark green tops only, thinly sliced

Peel the ginger. Mince half. Cut the other half into 6 slices and crush each slice with the flat side of a chef's knife. In a large, heavy pot, combine the crushed ginger, broth, and the ½ cup (4 fl oz/125 ml) rice wine and bring to a boil over high heat. Remove from the heat, cover, and let stand for about 30 minutes to blend the flavors. Using a slotted spoon, remove and discard the crushed ginger.

Meanwhile, in a bowl, stir together the minced ginger, the 3 Tbsp rice wine, 2 Tbsp of the soy sauce, and the pork. Let stand at room temperature for 30 minutes.

In a small bowl, combine the mushrooms with 1 cup (8 fl oz/250 ml) hot water. Soak for 30 minutes. Lift out the mushrooms and cut off and discard the stems. Cut the caps into quarters. Pour the soaking liquid through a coffee filter into the pot of stock.

Separate the leaves from the cabbage and cut crosswise into 1-inch (2.5-cm) pieces. In a large nonstick frying pan, warm 2 tsp of the canola oil over high heat. Add the cabbage and stir-fry for 1 minute. Add the garlic and stir-fry until the cabbage is just crisp-tender, about 2 minutes. ↣

Scrape into the pot. Add the remaining 2 tsp canola oil to the frying pan and warm over high heat. Add the mushrooms and the pork with its marinade and stir-fry until the pork is opaque, about 2 minutes. Transfer to the pot. Add the remaining 3 Tbsp soy sauce to the pot along with the sesame oil and 1 tsp salt. Bring to a boil over high heat, reduce the heat to low, cover partially, and simmer for 10–15 minutes to blend the flavors.

Serve, garnished with a handful of bean sprouts, a drizzle of chile oil, and a sprinkling of green onion tops.

20

MARCH

In Italy, this soup is called pasta en brodo. It makes a wonderful first course, or lends itself well to embellishments and improvisations. For extra color and flavor, try adding green beans, fresh herbs, peas, Swiss chard, or spinach.

PASTA IN BROTH WITH CHIVES

serves 6

2 lb (1 kg) chicken necks and backs, fat removed

1 small yellow onion, quartered

1 small carrot, peeled and coarsely chopped

⅛ tsp dried thyme

5 oz (155 g) stelline, ditalini, farfalline, or other small soup pasta

1 Tbsp minced chives

Salt and freshly ground pepper

½ cup (2 oz/60 g) grated Parmesan cheese

In a large, heavy pot, combine the chicken, onion, carrot, and thyme. Pour in 8 cups (64 fl oz/2 l) water and bring to a boil. Reduce the heat to low and simmer, uncovered, for 3 hours, skimming off any foam on the surface. Periodically add water to the pot to maintain the original level. Strain the broth into a clean pot. Discard the bones. Skim the fat and discard. You should have 8 cups (64 fl oz/2 l); add more water if necessary.

Heat the broth over medium-high heat. Add the pasta and cook until al dente, 2–3 minutes or according to the package directions. Stir in the chives and season with salt and pepper. Serve sprinkled with the cheese.

21

MARCH

The rambunctious flavor of the smoky chipotle chile in this classic soup is tamed by the addition of earthy chickpeas. Garnish with minced fresh cilantro and/or crumbled queso fresco, if you like.

CHICKEN & CHIPOTLE SOUP WITH AVOCADO & LIME

serves 6

6 cups (48 fl oz/1.5 l) chicken broth
1 skinless, bone-in whole chicken breast
1 mint sprig
1 Tbsp canola oil
½ large white onion, chopped
1 large carrot, peeled and chopped
2 cloves garlic, chopped
1 chipotle chile in adobo, finely chopped
1 cilantro sprig
Salt and freshly ground pepper
1 can (15 oz/470 g) chickpeas, drained
1 avocado, pitted, peeled, and diced
1 lime, cut into 6 wedges

In a large saucepan, bring the broth, chicken, and mint to a simmer over medium heat. Cook, partially covered, until the chicken is opaque throughout, about 15 minutes, skimming off any foam on the surface. Lift out the chicken and mint. Discard the mint. Let the chicken cool, then remove the meat from the bones and shred. Reserve the broth.

In a large, heavy pot, warm the oil over medium heat. Add the onion, carrot, and garlic and sauté until translucent, about 5 minutes. Pour in the broth and add the chile, cilantro, ½ tsp salt, and ½ tsp pepper. Bring to a simmer, cover, and cook for 20 minutes. Stir in the chickpeas and simmer, uncovered, for 10 minutes. Add the chicken and heat through.

Serve, topped with the avocado. Pass lime wedges at the table.

22

MARCH

Israeli couscous has much bigger pearls than Moroccan couscous, but it is still very quick-cooking. The meatballs also make a delicious dinner on their own over a bed of couscous.

MOROCCAN LAMB MEATBALL & COUSCOUS SOUP

serves 4–6

FOR THE MEATBALLS
1 tsp ground coriander
1 tsp ground cumin
¼ tsp curry powder
¼ teaspon dried oregano
¼ tsp dried thyme
⅛ tsp dry mustard
⅛ tsp chili powder
Pinch of ground cinnamon
Salt and freshly ground pepper
1 lb (500 g) ground lamb
2 Tbsp tomato paste

1 cup (6 oz/185 g) Israeli couscous
3 Tbsp olive oil
2 shallots, minced
5 cloves garlic, minced
3 cups (24 fl oz/750 ml) chicken broth
1 Tbsp chopped mint

To make the meatballs, preheat the oven to 375°F (190°C). Oil a baking sheet. In a small bowl, combine the coriander, cumin, curry powder, oregano, thyme, mustard, chili powder, and cinnamon. Stir in ½ tsp salt. Add the lamb and tomato paste and mix to combine with your hands. For each meatball, scoop up 1 tsp of the lamb mixture, form into a meatball, and place on the prepared pan. Bake until the meatballs are cooked through, about 10 minutes.

In a small saucepan, bring 1¼ cups (10 fl oz/310 ml) water to a boil over high heat. Add the couscous, reduce the heat to low, cover, and cook until all the liquid is absorbed, 8–10 minutes.

Meanwhile, in a large, heavy pot, warm the oil over medium-high heat. Add the shallots and garlic and sauté for 1 minute. Add the broth and bring to a boil. Reduce the heat to low and add the meatballs and couscous and simmer for 10 minutes. Remove from the heat. Stir in the mint, season with salt and pepper, and serve.



22 MARCH

MARCH

23



23

MARCH

ARTICHOKE, SPRING PEA & MINT SOUP

serves 4–6

The clear broth of this soup allows the green hues from the artichokes and peas to really shine. Use a shallow bowl to present the soup so that you can see all the elements.

Juice of ½ lemon

12 small artichokes

2 Tbsp unsalted butter

1 yellow onion, finely chopped

2 cloves garlic, minced

½ lb (250 g) cremini mushrooms, thinly sliced

5 cups (40 fl oz/1.25 l) chicken broth

1 cup (5 oz/155 g) fresh peas

2 Tbsp chopped mint

Salt and freshly ground pepper

Fill a bowl with water and add the lemon juice. Cut off the stem of each artichoke flush with the bottom. Snap off the outer leaves until you reach the tender inner leaves. Cut off the top one-third of each artichoke to remove the pointed tips. Quarter the artichoke lengthwise. Cut out the choke from each quarter. As you work, add the quarters to the lemon water.

In a large, heavy pot, melt the butter over medium heat. Add the onion and garlic and cook until translucent, about 5 minutes. Drain the artichoke quarters and add to the pan with the mushrooms. Stir to coat, and cook for 4 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer, uncovered, until the artichokes are tender but not mushy, about 10 minutes. Add the peas and cook for 3 minutes. Stir in the mint, season with salt and pepper, and serve.

24

MARCH

PORK STEW WITH PRUNES & SWEET POTATOES

serves 6

This sweet stew would be delicious served over steamed basmati rice. It will taste even better the next day, as the flavors will continue to blend.

4 Tbsp (2 fl oz/60 ml) olive oil

1½ lb (750 g) pork tenderloin, trimmed and cut into 1½-inch (4-cm) cubes

Salt and freshly ground pepper

1 large white onion, cut in half lengthwise and then crosswise into slices ¼ inch (6 mm) thick

4 cloves garlic, minced

1 large sweet potato (¾ lb/375 g), peeled and cut into ½-inch (12-mm) dice

1½ cups (12 fl oz/375 ml) apple cider

2 cups (16 fl oz/500 ml) chicken broth

1 cup (6 oz/185 g) pitted prunes

2 Tbsp minced flat-leaf parsley

Preheat the oven to 350°F (180°C). In a large, heavy pot, warm 2 Tbsp of the oil over high heat. Season the pork generously with salt and pepper. In batches, sauté the pork until browned on all sides, 7–8 minutes total. Transfer to a bowl and set aside.

Reduce the heat to medium-high and warm the remaining 2 Tbsp oil. Add the onion, garlic, and sweet potato and cook, stirring often, until the vegetables soften, 7–8 minutes. Add the cider and bring to a simmer, stirring to scrape up any browned bits on the bottom of the pot. Add the pork and any accumulated juices, the broth, and prunes and stir to combine.

Cover the pot tightly and transfer to the oven. Cook for 1½ hours. Remove from the oven, season with salt and pepper, stir in the parsley, and serve.

25

MARCH

THREE-BEAN SOUP WITH LINGUIÇA

serves 4–6

This soup features a trio of beans and linguiça, a Portuguese sausage that's laden with garlic and paprika. Choose either mild or hot sausage to suit your palate. Puréeing a portion of the beans helps thicken the consistency.

¾ cup (5 oz/155 g) *each* dried pink beans, cannellini beans, and chickpeas, rinsed

2 Tbsp olive oil

1 yellow onion, chopped

2 celery ribs, chopped

3 cloves garlic, minced

1 small red bell pepper, seeded and chopped

5 cups (40 fl oz/1.25 l) chicken broth

1 bay leaf

1 carrot, peeled

5 oz (155 g) linguiça sausage, cut into ¼-inch (6-mm) pieces

1 cup (6 oz/185 g) canned diced tomatoes

1 tsp dried marjoram

½ tsp smoked paprika

Salt and freshly ground pepper

Place the dried beans and chickpeas in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain.

In a large, heavy pot, warm the oil over medium-low heat. Add the onion, celery, garlic, and bell pepper and sauté until softened, about 5 minutes. Add the beans, broth, bay leaf, carrot, and 5 cups (40 fl oz/1.25 l) water, and bring to a boil. Reduce the heat to low and simmer, uncovered, stirring occasionally, until the beans are tender, 1½–2 hours.

Remove the carrot and chop it. Remove and discard the bay leaf. In a blender, purée 3 cups (21 oz/655 g) of the beans with ½ cup (4 fl oz/125 ml) of the cooking liquid. Return to the pot. Add the sausage, tomatoes with their juices, marjoram, paprika, and chopped carrot. Season with ½ tsp salt and ¼ tsp pepper, and heat through. Serve.

26

MARCH

FIVE-SPICE BROTH WITH SALMON & ONION DUMPLINGS

serves 4

This aromatic soup is best served right away as the dumplings do not reheat well. You can make the broth and assemble the dumplings ahead of time, but don't cook the dumplings until just before you are ready to serve.

2 Tbsp canola oil

1 large shallot, minced

1½ tsp peeled and minced fresh ginger

¼ tsp Chinese five-spice powder

4 cups (32 fl oz/1 l) chicken broth

Salt

FOR THE DUMPLINGS

¼ lb (125 g) salmon fillet, skin and pin bones removed, finely chopped

2 green onions, white and pale green parts, finely chopped

½ tsp canola oil

Salt and freshly ground pepper

20 wonton wrappers

2 green onions, dark green parts only, sliced

In a large saucepan, warm the 2 Tbsp oil over medium-high heat. Add the shallot and ginger and sauté for 3 minutes. Add the five-spice powder, the broth, 2 cups (16 fl oz/500 ml) water, and 2 tsp salt. Bring to a boil. Reduce the heat to low and simmer, uncovered, for about 15 minutes to blend the flavors. Remove from the heat and season with salt.

To make the dumplings, in a bowl, stir together the salmon, chopped green onions, and ½ tsp oil. Stir in ¼ tsp salt and ⅛ tsp pepper. Place 1 tsp of the salmon mixture in the middle of each wonton wrapper. Using your fingers, apply a small amount of water on all edges of the wrapper. Fold the wrapper diagonally, forcing out any air bubbles as you press to seal. Take the 2 points on the longest side of the triangle and fold so that the tips meet. Apply a small amount of water on the tips and firmly press to stick them together.

Return the soup to a simmer. Carefully add the dumplings and cook until just tender, about 3 minutes. Ladle the soup into bowls, garnish with the sliced green onions, and serve.

27

MARCH

FENNEL BROTH WITH CHARD & CHORIZO

serves 4

¾ lb (375 g) cured Spanish chorizo, halved lengthwise then cut into ¼-inch (6-mm) slices

1 Tbsp olive oil

2 shallots, minced

3 cloves garlic, minced

1 fennel bulb, stalks and fronds removed, quartered and thinly sliced

⅓ cup (3 fl oz/80 ml) dry white wine

4 cups (32 fl oz/1 l) chicken broth

1 bunch chard, ribs removed, leaves coarsely chopped

Salt and freshly ground pepper

Grated pecorino romano cheese for serving

This fennel broth tastes light, but it is packed with flavor. The chard gives texture, and the spicy chorizo adds a taste explosion. You can substitute Parmesan cheese for the pecorino romano.

In a large, heavy pot, sauté the chorizo over medium-high heat until browned on both sides, about 7 minutes. Transfer to a bowl and set aside.

In the same pot, combine the olive oil, shallots, garlic, and fennel. Sauté until the fennel softens and begins to caramelize, about 10 minutes. Add the white wine and bring to a simmer, stirring to scrape up any browned bits on the bottom of the pot. Add the broth, stir to combine, bring to a simmer, and cook for 5 minutes. Add the chard and chorizo, stir to combine, and simmer for 5 minutes. Season with salt and pepper and serve, topped with the cheese.

28

MARCH

BLACK-EYED PEA STEW

serves 4–6

2 Tbsp olive oil

1 large yellow onion, chopped

4 cloves garlic, minced

1 bunch collard greens, chopped

5 oz (155 g) cooked ham steak, cubed

3 cups (24 fl oz/750 ml) chicken broth, plus more as needed

2 cans (15 oz/470 g each) black-eyed peas, drained

2 Tbsp tomato paste

Salt and freshly ground pepper

Here is a shortened and slightly healthier version of the traditional Southern stew. Garnish with chopped onion and serve with warm jalapeno-corn bread.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until soft, 5–7 minutes. Add the collard greens and ham and cook, stirring often, for 5 minutes. Add the broth and bring to a boil. Reduce the heat to low, add the black-eyed peas and tomato paste, stir well, and simmer for 30 minutes. Add more chicken broth if necessary. Season with salt and pepper and serve.

29

MARCH

PEA & ARBORIO RICE PURÉE

serves 4

1 Tbsp canola oil

1 leek, white part only, chopped

1 white onion, chopped

1 small zucchini, trimmed and chopped

1 Tbsp Arborio rice

2 cups (10 oz/315 g) fresh or frozen peas

Salt

Fresh peas have a short season, but when available, they are well worth the added step of shucking. For the sweetest results, try to use them the day of purchase. Arborio rice adds body and creaminess to the soup without dulling the flavor of the peas. Garnish with minced fresh mint.

In a large saucepan, warm the oil over medium-high heat. Add the leek, onion, and zucchini and stir to coat with the oil. Reduce the heat to low, cover tightly, and cook until the vegetables are soft, about 10 minutes. Add the rice and 3 cups (24 fl oz/750 ml) water, raise the heat to medium, and bring to a boil, then reduce to a simmer, cover, and cook for 10 minutes. Add the peas, cover, and cook until tender, 5–10 minutes. Remove from the heat and let cool slightly. Working in batches, purée the soup in a blender. Season with salt and serve.

30

MARCH

CHILLED POTATO & LEEK SOUP

serves 4

4 leeks, white part only, chopped

4 large green onions, white part only, chopped

3 cups (24 fl oz/750 ml) chicken broth

1 lb (500 g) Yukon gold potatoes, peeled and chopped

1½ Tbsp unsalted butter

Salt and ground white pepper

2 Tbsp minced chives

This is a lighter version of the classic vichyssoise. It delivers the buttery flavor of the original by using yellow-fleshed potatoes and just a modest amount of butter.

In a large, heavy pot over medium-high heat, combine the leeks, the green onions, and ½ cup (4 fl oz/125 ml) of the broth. Bring to a boil, reduce the heat to low, cover, and cook until the vegetables have wilted and begin to soften, about 8 minutes. Add the potatoes and remaining 2½ cups (20 fl oz/625 ml) broth, cover, and cook until the vegetables are very soft, 25–30 minutes. Let cool for 15 minutes. Stir in the butter.

Working in batches, purée the soup in a blender. Return to the pot. Stir in ¼ tsp salt and season with pepper. Cover and refrigerate until well chilled, 3–4 hours or up to overnight. The soup will thicken and become very creamy. Serve, garnished with the chives.

31

MARCH

CHICKPEA & ROASTED TOMATO SOUP WITH FRIED ROSEMARY

serves 4–6

1 lb (500 g) Roma (plum) tomatoes

4 Tbsp olive oil

Salt and freshly ground pepper

1 large yellow onion, chopped

4 cloves garlic, minced

1 tsp ground cumin

½ tsp paprika

1 cinnamon stick

3 cans (15 oz/470 g each) chickpeas, drained

4 cups (32 fl oz/1 l) chicken broth

1 Tbsp sour cream

Fried Rosemary for garnish (left)

To make the fried rosemary, in a small frying pan, warm 2 Tbsp olive oil over high heat. Add 4 sprigs rosemary, 2 at a time, and fry for 1 minute on each side. Transfer to paper towels to drain. Once they are cool enough to handle, remove the leaves and chop, if desired.

Preheat the oven to 450°F (230°C). Slice the tomatoes in half and place in a single layer on a baking sheet. Drizzle with 2 Tbsp of the oil and season with salt and pepper. Roast the tomatoes until they are soft and caramelized, 25–30 minutes. Set aside.

In a large, heavy pot, warm 2 Tbsp oil over medium-high heat. Add the onion and the garlic and sauté until soft, about 5 minutes. Add the cumin, paprika, and cinnamon stick and toast the spices, stirring often, for 2 minutes. Add the chickpeas, roasted tomatoes, and broth, stir to combine, and bring to a boil. Reduce the heat to low and simmer until the chickpeas are very tender, about 45 minutes. Remove from the heat and let cool slightly.

Transfer about two-thirds of the chickpeas and broth to a blender and purée. Return to the pot and stir in the sour cream.

Season the soup with salt and pepper and serve, garnished with fried rosemary.



31

MARCH

1 SPRING VEGETABLE SOUP *page 82*	2 LAMB & DRIED APRICOT STEW *page 82*	3 CARAMELIZED ONION SOUP WITH GORGONZOLA CROUTONS *page 84*	4 VENETIAN RICE & PEA SOUP *page 84*
8 MATZOH BALL SOUP *page 87*	9 UDON NOODLE SOUP WITH CHICKEN & SPINACH *page 88*	10 ASPARAGUS-CHERVIL PURÉE WITH LEMON MASCARPONE *page 88*	11 VEAL STEW WITH TARRAGON *page 89*
15 ASPARAGUS SOUP WITH POACHED EGGS & CRISPY PROSCIUTTO *page 93*	16 THAI HOT & SOUR SOUP *page 93*	17 THREE-MUSHROOM PURÉE WITH SHERRY *page 94*	18 BALSAMIC BEEF STEW *page 94*
22 CARROT & COCONUT PURÉE WITH CURRIED ALMONDS *page 96*	23 CHICKEN-LEMONGRASS SOUP *page 99*	24 CLAMS IN FENNEL BROTH WITH PARSLEY VINAIGRETTE *page 99*	25 LENTIL & ANDOUILLE SOUP *page 100*
29 SPINACH SOUP WITH SUMAC & FETA *page 102*	30 KIELBASA & SAUERKRAUT SOUP *page 102*		

5 SORREL PURÉE WITH TORN CROUTONS *page 85*	**6** LEEK SOUP WITH PANCETTA & BREAD CRUMBS *page 85*	**7** DASHI WITH SCALLOPS, WATERCRESS & SOBA NOODLES *page 87*
12 FAVA BEAN SOUP *page 89*	**13** SHRIMP & SPINACH NOODLE SOUP *page 90*	**14** ARTICHOKE & QUINOA SOUP WITH GREEN GARLIC *page 90*
19 MANHATTAN CLAM CHOWDER *page 95*	**20** FAVA BEAN & FARFALLE SOUP *page 95*	**21** CREAM OF BROCCOLI SOUP *page 96*
26 BLACK BEAN CHILI *page 100*	**27** VEGETABLE-TORTELLINI SOUP *page 101*	**28** CREAMY MUSHROOM SOUP WITH HAM & PEAS *page 101*

april

Lengthening daylight hours nurture an expanding array of fresh ingredients to enhance spring soups. Young onions, chives, green garlic, and watercress appear, delivering bold and grassy flavors. With their short season, fava beans and English peas join the farmers' market bounty this month. In soups and stews, these pair well with tender meats like lamb and ham.

1

APRIL

SPRING VEGETABLE SOUP

serves 6–8

Juice of ½ lemon

8 baby artichokes

4 thyme sprigs

Salt and freshly ground pepper

3 lb (1.5 kg) fava beans in the pods, shelled

2 Tbsp olive oil

8 small leeks, white and pale green parts, cut into 1-inch (2.5-cm) slices

1 bunch green onions, chopped

6 slices prosciutto, torn into strips ½ inch (12 mm) wide

6 cups (48 fl oz/1.5 l) chicken broth

1 cup (2 oz/60 g) shredded chard

1 cup (2 oz/60 g) shredded sorrel

1 cup (1 oz/30 g) baby spinach leaves

1 cup (5 oz/155 g) fresh or frozen peas

½ cup (½ oz/15 g) packed mint leaves

In Italy, this soup is known as vignole, which loosely means "a celebration of spring," so feel free to throw in any spring vegetable you can find. Swirl a spoonful of pesto on top, and serve with rustic bread and a bright Italian white wine such as Vermentino.

Fill a bowl with water and add the lemon juice. Cut off the stem of each artichoke flush with the bottom. Snap off the outer leaves until you reach the tender inner leaves. Cut off the top one-third of each artichoke to remove the pointed tips. As you work, add the artichokes to the lemon water. Fill a saucepan with water and add the thyme and a large pinch of salt. Drain the artichokes and add to the pan. Bring to a boil over medium-high heat and cook until the artichokes are tender, about 10 minutes. Let cool in the water. Drain the artichokes and halve lengthwise. Cut out the chokes.

Bring a saucepan of water to a boil over high heat. Add the fava beans and cook for 1 minute. Drain, rinse under cold running water, and drain again. Split open the skin of each bean along its edge and slip the bean from the skin. Discard the skins.

In a large, heavy pot, warm the oil over medium heat. Add the leeks, green onions, and prosciutto and sauté until the prosciutto is lightly browned, about 3 minutes. Add the broth and bring to a boil. Add the chard, sorrel, spinach, peas, artichokes, and fava beans. Simmer until the vegetables are bright green and the peas float to the top, 3–4 minutes. Season with salt and pepper, stir in the mint, and serve.

2

APRIL

LAMB & DRIED APRICOT STEW

serves 6–8

2 Tbsp olive oil

1½ lb (750 g) boneless lamb shoulder, trimmed and cut into 1-inch (2.5-cm) cubes

1 large yellow onion, chopped

3 cloves garlic, minced

2 tsp ground cumin

½ tsp ground coriander

¼ tsp cayenne pepper

Salt and freshly ground black pepper

2 cups (16 fl oz/500 ml) chicken broth

1 can (14½ oz/455 g) diced tomatoes

1 can (8¾ oz/270 g) chickpeas, rinsed

¼ cup (2 oz/60 g) dried apricots, halved

1 cinnamon stick

3 Tbsp chopped flat-leaf parsley

This aromatic stew is even better the next day, once the spices have had time to really infuse the meat with flavor. Serve with a simple green salad dressed with a lemony vinaigrette.

In a large, heavy pot, warm the oil over medium-high heat. Cook the lamb in 2 batches until browned on all sides, 6–8 minutes per batch. Transfer to a bowl.

Add the onion and garlic and sauté until soft, 5–7 minutes. Add the cumin, coriander, and cayenne, season with ¼ tsp black pepper, and cook, stirring constantly, for 2 minutes. Add the broth and bring to a simmer, stirring to scrape up any browned bits on the bottom of the pot. Add the tomatoes, chickpeas, apricots, cinnamon stick, and lamb and bring to a boil. Reduce the heat to low, cover partially, and simmer, stirring occasionally, until the lamb is tender and the stew thickens, about 1¼ hours.

Stir in the parsley, season with salt and pepper, and serve.



2

APRIL

3

APRIL

This soup, sweet with caramelized onions and savory with beef broth and blue cheese, gets a touch of acidity and brightness from the addition of dry vermouth.

CARAMELIZED ONION SOUP WITH GORGONZOLA CROUTONS

serves 6

7 Tbsp (3½ oz/105 g) unsalted butter, at room temperature

2 lb (1 kg) yellow onions, thinly sliced

2 lb (1 kg) sweet onions, such as Vidalia, thinly sliced

Salt and freshly ground pepper

¾ cup (6 fl oz/180 ml) dry vermouth

4 cups (32 fl oz/1 l) chicken broth

2 cups (16 fl oz/500 ml) beef broth

3 flat-leaf parsley sprigs, 2 thyme sprigs, and 2 small bay leaves, tied together to make a bouquet garni

1 baguette, cut on the diagonal into slices 1 inch (2.5 cm) thick

6 oz (185 g) tangy blue cheese, such as Gorgonzola or Roquefort

In a large, heavy pot, melt 3 Tbsp of the butter over medium heat. Add all the onions and 1 tsp salt. Cook, stirring often, until the onions release their moisture, the moisture evaporates, and browned bits form on the bottom of the pot, about 45 minutes. Raise the heat to medium-high, add ⅓ cup (3 fl oz/80 ml) water, bring to a simmer, and stir to scrape up the browned bits from the bottom of the pot. Cook until the water evaporates and browned bits form again, about 5 minutes. Repeat four times, adding ⅓ cup water at a time.

Add the vermouth, stir to scrape up the browned bits, and cook until the liquid has almost evaporated, about 4 minutes. Add the chicken and beef broths, the bouquet garni, and 1½ tsp salt. Bring to a boil over high heat. Reduce the heat to low, cover, and simmer for about 30 minutes to blend the flavors.

Meanwhile, preheat the oven to 425°F (220°C). Arrange the baguette slices on a baking sheet and toast until lightly browned, about 5 minutes. Remove from the oven and preheat the broiler. Crumble the blue cheese into a bowl. Add 2 Tbsp of the butter and, using a fork, mash to form a fairly smooth paste. ↣

Spread each baguette slice with a scant tablespoon of the blue cheese mixture and return to the baking sheet. Broil until the cheese is golden brown in spots, about 1½ minutes.

Add the remaining 2 Tbsp butter to the soup and stir vigorously to blend. Remove and discard the bouquet. Season with salt and pepper and serve, topping each bowl with 2 baguette slices.

4

APRIL

Risotto rice lends its creamy consistency to this surprisingly quick and easy soup, punctuated with a handful of verdant green peas—substitute fresh, if available. Finish with a sprinkle of grated lemon zest.

VENETIAN RICE & PEA SOUP

serves 4

2 Tbsp unsalted butter

1 shallot, minced

1 celery rib, chopped

½ cup (3½ oz/105 g) medium-grain white rice, such as Arborio

3 cups (24 fl oz/750 ml) chicken broth

2 cups (10 oz/315 g) fresh or frozen peas

½ cup (2 oz/60 g) grated Parmesan cheese

1 Tbsp minced flat-leaf parsley

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium heat. Add the shallot and celery and sauté until the shallot is translucent, about 2 minutes. Add the rice and cook, stirring, until the grains are translucent with a white dot in the center, about 1 minute.

Raise the heat to medium-high, add the broth and 2 cups (16 fl oz/500 ml) water, and bring to a boil. Reduce the heat to low, cover, and simmer until the rice is tender, about 15 minutes. Add the peas and cook, stirring occasionally, for 5 minutes. Stir in the Parmesan and parsley, season with salt and pepper, and serve.

5

APRIL

Sorrel leaves resemble those of spinach and arugula and, like the latter, are often classified as herbs. The plant thrives in the coolness of early spring, when its young leaves have their most delicate taste and texture.

SORREL PURÉE WITH TORN CROUTONS

serves 6

FOR THE TORN CROUTONS

¼ lb (125 g) day-old country-style sourdough bread, crusts removed

3 Tbsp unsalted butter, melted

Salt and freshly ground pepper

2 Tbsp unsalted butter

2 yellow onions, chopped

9 oz (280 g) sorrel leaves, stemmed, or baby spinach

1¼ lb (625 g) small red or new potatoes, peeled and thinly sliced

2 cups (16 fl oz/500 ml) chicken or vegetable broth

½ cup (4 fl oz/125 ml) heavy cream

To make the croutons, preheat the oven to 400°F (200°C). Tear the bread into ½-inch (12-mm) pieces and place on a baking sheet. Drizzle the 3 Tbsp butter over the bread, sprinkle with salt and pepper, and toss to coat evenly. Bake until golden and crisp, 10–15 minutes. Let cool.

In a large, heavy pot, melt the 2 Tbsp butter over medium heat. Add the onions and sauté until softened, about 2 minutes. Raise the heat to high, and add the sorrel, potatoes, and broth. Pour in 4 cups (32 fl oz/1 l) water and bring to a boil. Reduce the heat to medium-low, cover, and simmer until the potatoes are soft, 15–20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup well in a blender. Strain through a fine-mesh sieve into a clean pot. Stir in the cream and season with salt and pepper. Reheat over medium heat. Serve, garnished with the croutons.

6

APRIL

Dressed up with a topping of crispy pancetta and buttered bread crumbs, this simple leek soup is suitable for a special occasion. To clean leeks, halve them lengthwise and rinse under cold water, separating the layers to expose any dirt hidden inside.

LEEK SOUP WITH PANCETTA & BREAD CRUMBS

serves 8

3 oz (90 g) thinly sliced pancetta, cut into ½-inch (12-mm) pieces

4 Tbsp (2 oz/60 g) unsalted butter

1 cup (2 oz/60 g) fresh bread crumbs

4 leeks, white and pale green parts, finely chopped

2 Tbsp chopped yellow onion

1 celery rib, chopped

1 small potato, peeled and chopped

6 cups (48 fl oz/1.5 l) chicken broth

1 cup (8 fl oz/250 ml) heavy cream

In a frying pan, sauté the pancetta over medium heat until crispy, 4–5 minutes. Transfer to paper towels to drain. In a saucepan, melt 2 Tbsp of the butter over medium-high heat. Add the bread crumbs and cook, stirring, until golden brown, about 5 minutes. Transfer to a plate and set aside.

In a large, heavy pot, melt the remaining 2 Tbsp butter over medium-high heat. Add the leeks, onion, celery, and potato and sauté until the leeks and onion are translucent, 3–4 minutes. Add the broth, reduce the heat to low, cover, and simmer until the potato is tender, about 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring to just under a boil over medium-high heat. Let cool, then strain through a fine-mesh sieve lined with cheesecloth into a clean pot. Bring to a simmer over low heat and cook, uncovered, for about 5 minutes to blend the flavors. Serve, sprinkled with the pancetta and garnished with the bread crumbs.

APRIL

7



7

APRIL

Feathery bonito flakes, a staple in the Japanese pantry, infuse their savory, smoky flavor into a broth called dashi. Mild-tasting kombu, or dried sea kelp, is also a key ingredient in dashi. You can find both at well-stocked markets and Asian groceries.

DASHI WITH SCALLOPS, WATERCRESS & SOBA NOODLES

serves 6–8

1 lb (500 g) large sea scallops, tough muscles removed

2 pieces kombu, about 4 inches (10 cm) each

1½ cups (1½ oz/45 g) lightly packed bonito flakes

½ lb (250 g) buckwheat soba noodles

5 Tbsp (3 fl oz/80 ml) soy sauce

3 Tbsp mirin

Salt

1 bunch watercress, tough stems removed

Cut each scallop crosswise into thirds. Cover and refrigerate until needed.

In a large saucepan, combine the kombu and 8 cups (64 fl oz/2 l) water and bring to a simmer over medium heat; do not let it boil. As soon as the liquid reaches a simmer, remove and discard the kombu. Stir in the bonito flakes. Remove from the heat and let stand, covered, until the flakes sink to the bottom of the pot and the dashi, or stock, is fragrant, about 5 minutes.

Meanwhile, in another large saucepan, bring another 8 cups water to a boil over high heat. Add the noodles, reduce the heat to medium, and simmer until tender, about 3 minutes. Drain the noodles, rinse well with warm water, drain again, and divide among bowls.

Strain the dashi through a fine-mesh sieve into a large bowl and discard the bonito flakes. Return the dashi to the pan. Add the soy sauce and mirin and bring to a simmer over medium heat. Add the scallops, reduce the heat to low, and simmer gently until the scallops are opaque throughout, about 3 minutes.

Taste the dashi and adjust the seasoning with salt. Add the watercress to the bowls with the noodles. Ladle the dashi and scallops into the bowls and serve.

8

APRIL

There are countless family recipes for this classic comfort food, often served during the Passover festivities in spring. Here, herb-flecked matzoh balls are simmered in a flavorful chicken broth infused with leek and ginger.

MATZOH BALL SOUP

serves 6

4 eggs

3 Tbsp canola oil

1 cup (5 oz/155 g) matzoh meal

2 Tbsp chopped flat-leaf parsley

¼ cup (⅓ oz/10 g) chopped cilantro

Salt and freshly ground pepper

2–4 Tbsp seltzer water

6 cups (48 fl oz/1.5 l) chicken broth

8 slices peeled ginger

1 leek, white and pale green parts, chopped

2 Tbsp minced chives

In a bowl, whisk together the eggs and oil. Stir in the matzo meal, parsley, cilantro, ½ tsp salt, and ⅛ tsp pepper. Add 2 Tbsp seltzer and stir to form a slightly sticky mixture. If it is too dry, add 1–2 additional Tbsp seltzer. Cover the bowl with plastic wrap and refrigerate until cold, about 2 hours.

Fill a large, heavy pot three-fourths full with water and add 1 Tbsp salt. Bring to a boil over high heat, then reduce to a simmer. Form the matzo mixture into balls 1 inch (2.5 cm) in diameter. You should have 12 balls in all. Drop the balls into the simmering water and cook, uncovered, until they rise to the top and are cooked all the way through, 30–40 minutes. Using a slotted spoon, transfer the matzo balls to a baking sheet. Set aside.

Add the chicken broth and ginger to a saucepan and bring to a simmer over medium-high heat. Reduce the heat to medium-low, add the leek, and simmer, uncovered, until tender, about 10 minutes. Discard the ginger.

Add the matzo balls to the simmering broth and reheat for 3 minutes. Ladle the broth into bowls and place 2 matzo balls in each bowl. Serve, garnished with the chives.

9

APRIL

Japanese udon noodles are often served chilled in the summer and hot in the winter, and toppings are chosen to reflect the seasons. Here, they are paired with spinach and green onions and topped, just before serving, with an egg that cooks gently in the hot broth.

UDON NOODLE SOUP WITH CHICKEN & SPINACH

serves 4

⅛ tsp granulated dashi mixed with 1 cup (8 fl oz/250 ml) hot water

1 Tbsp mirin

1 Tbsp dark soy sauce

1 tsp sugar

½ tsp cornstarch

Ground white pepper

¾ lb (375 g) skinless, boneless chicken breast halves, cut into 1-inch (2.5-cm) pieces

FOR THE BROTH

¾ tsp granulated dashi mixed with 6 cups (48 fl oz/1.5 l) hot water

3 Tbsp dark soy sauce

2 Tbsp light soy sauce

2 Tbsp rice vinegar

1 Tbsp sugar

1 lb (500 g) udon noodles or thick rice noodles

Salt and freshly ground black pepper

3 cups (3 oz/90 g) loosely packed spinach leaves, cut into 2-inch (5-cm) strips, immersed in boiling water for 1 minute, drained, and squeezed dry

4 eggs

4 green onions, white and pale green parts, thinly sliced

1 tsp chili powder

In a saucepan, combine the dashi mixture, mirin, soy sauce, sugar, and cornstarch. Add ⅛ tsp pepper and bring to a boil over high heat. Add the chicken pieces, reduce the heat to medium, and simmer, uncovered, until the chicken is opaque throughout, 10–12 minutes. Remove from the heat.

To make the broth, in a large saucepan, combine the dashi mixture, soy sauces, vinegar, and sugar. Add ⅛ tsp pepper and bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 5 minutes. Keep warm.

Bring a saucepan of water to a boil over high heat. Stir in the noodles and 1 tsp salt. Cook until the noodles are just tender, 2–3 minutes. Drain and divide among bowls. ⤍

Top each serving of noodles with the chicken mixture and spinach. Crack an egg into each bowl and gently pour the hot broth over the top. Serve, garnished with the green onions and a dusting of chili powder.

10

APRIL

To make the lemon mascarpone, in a small bowl, stir together 4 oz (125 g) room-temperature mascarpone; 1 Tbsp grated lemon zest; 2 tsp lemon juice; and a pinch of salt.

ASPARAGUS-CHERVIL PURÉE WITH LEMON MASCARPONE

serves 4–6

1 Tbsp olive oil

1 small yellow onion, finely chopped

2 cloves garlic, minced

3 cups (24 fl oz/750 ml) chicken or vegetable broth

2 lb (1 kg) asparagus, trimmed and chopped

2 Tbsp minced chervil or flat-leaf parsley

Salt and freshly ground pepper

Lemon Mascarpone (left)

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the asparagus and chervil, reduce the heat to medium-low, and simmer until the asparagus is tender, about 10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper. Reheat over low heat.

Serve the soup, garnished with a dollop of the mascarpone.

11

APRIL

Tender springtime veal stars in this twist on a classic French stew, brightened with grassy herbs and a pinch of golden saffron. Pair with a dry French rosé; or, choose a good-quality white wine for cooking and simply pour the rest at the table.

VEAL STEW WITH TARRAGON

serves 4–6

3½ lb (1.75 kg) boneless veal stew meat, trimmed and cut into 2-inch (5-cm) pieces

3 cups (24 fl oz/750 ml) chicken broth

1 cup (8 fl oz/250 ml) dry white wine

3–4 Tbsp chopped tarragon

2–3 Tbsp chopped flat-leaf parsley

1 large clove garlic

2 shallots, chopped

2 green onions, white part only, thinly sliced

½ carrot, peeled and diced

½ celery rib, diced

2 bay leaves

¼ tsp grated lemon zest

1 cup (6 oz/185 g) canned diced tomatoes

Large pinch of saffron threads

Salt and freshly ground pepper

¾ cup (6 fl oz/180 ml) heavy cream

2 egg yolks

Juice of 1 lemon

In a large, heavy pot, combine the veal, broth, and wine. Add enough water to cover the meat with liquid. Bring to a boil, then reduce the heat to low and skim off the foam that rises to the surface. Add 1 Tbsp of the tarragon and 1 Tbsp of the parsley. Add the garlic, shallots, green onions, carrot, celery, bay leaves, lemon zest, and tomatoes with their juices. In a mortar using a pestle, crush the saffron and add half of it to the pot. Season with salt and pepper. Cover and simmer over low heat until the meat is very tender but not falling apart, 2½–3 hours. Using a slotted spoon, transfer the meat to a bowl.

Spoon off any fat from the cooking liquid. Set the pot over high heat and boil until the liquid is reduced by half and intensely flavored, about 10 minutes. Remove and discard the bay leaves. Add the remaining saffron and return the meat to the pot. Reduce the heat to medium.

In a small bowl, whisk together the cream and egg yolks. Whisk in a ladleful of the hot liquid, then pour into the pot and stir well. Cook over medium heat until ↣

the stew thickens slightly, taking care not to scramble the eggs, 3–4 minutes. Stir in the lemon juice. Season with salt and pepper. Sprinkle with the remaining tarragon and parsley and serve.

12

APRIL

Fava beans are a favorite in France and Italy, where the esteemed seasonal vegetable is eaten in as many ways as possible throughout its short growing season. If you find some at your market, snatch them up and let them shine in this simple, creamy soup.

FAVA BEAN SOUP

serves 6

3 lb (1.5 kg) fava beans in the pods, shelled

2 mint sprigs

1 thyme sprig, plus more for garnish

Salt and freshly ground pepper

1½ cups (12 fl oz/375 ml) milk

¼ cup (2 oz/60 g) crème fraîche or sour cream

2 Tbsp unsalted butter

In a large saucepan, bring 4 cups (32 fl oz/1 l) water to a boil over medium-high heat. Add the fava beans and cook for 1–2 minutes. Using a slotted spoon, transfer the beans to a colander, reserving the cooking liquid, and rinse the beans under cold running water. Drain. Split open the skin of each bean along its edge and slip the bean from the skin. Discard the skins.

Pour the cooking liquid into a large measuring cup. Return 1 cup (8 fl oz/250 ml) to the pan and reserve the remainder. Add the beans, mint, the thyme sprig, and 1 tsp salt to the pan and bring to a boil over medium-high heat. Reduce the heat to medium, partially cover, and cook until the beans are tender, about 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pan over medium heat. Slowly whisk in 1¼ cups (10 fl oz/310 ml) of the milk. The soup will be creamy but somewhat stiff. Whisk in the crème fraîche and butter. Whisk in more milk or some of the reserved cooking liquid until the soup reaches the desired consistency. Serve, garnished with thyme sprigs and pepper.

13

APRIL

SHRIMP & SPINACH NOODLE SOUP

serves 4–6

This quick-cooking soup is perfect for a busy weeknight. You can substitute nearly any similar green for the spinach; tender pea shoots, available at many farmers' markets in the springtime, would be delicious.

2 Tbsp olive oil

1 yellow onion, thinly sliced

2 cloves garlic, minced

¼ lb (125 g) white mushrooms, thinly sliced

5 cups (40 fl oz/1.25 l) chicken broth

½ lb (250 g) udon noodles

½ lb (250 g) shrimp, peeled and deveined

1 small bunch spinach, tough stems removed

3 green onions, white and tender green parts, thinly sliced

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and mushrooms and sauté until the mushrooms release their liquid and begin to turn golden brown, 5–7 minutes. Add the broth and bring to a boil. Add the udon noodles and cook for 4 minutes. Add the shrimp and cook until they turn bright pink, 2–3 minutes. Stir in the spinach and cook just until wilted. Stir in the green onions, season with salt and pepper, and serve.

14

APRIL

ARTICHOKE & QUINOA SOUP WITH GREEN GARLIC

serves 6–8

The fresh, mellow flavor of green garlic adds a welcome springtime accent in this earthy soup that combines nutty quinoa and sweet, mild-tasting artichokes. You can substitute cooked barley or farro for the quinoa.

Juice of ½ lemon

12 artichokes

2 Tbsp unsalted butter

1 yellow onion, finely diced

4 heads green garlic, white and pale green bottoms finely chopped, tender green tops thinly sliced

½ tsp minced thyme

6 cups (48 fl oz/1.5 l) chicken broth

¾ cup (8 oz/250 g) quinoa, cooked

Salt and freshly ground pepper

Extra-virgin olive oil for serving

Fill a large bowl with water and add the lemon juice. Cut off the stem of each artichoke flush with the bottom. Snap off the outer leaves until you reach the tender inner leaves. Cut off the top one-third of the artichoke. As you work, add the artichokes to the lemon water.

In a large pot fitted with a steamer basket, bring 2–3 inches (5–7.5 cm) of water to a boil over medium-high heat. Place the artichokes in the steamer. Cover and cook until the bottoms are tender when pierced with a knife, 35–40 minutes. Drain upside down on paper towels until cool. Pull off the leaves from each artichoke and cut out the chokes. Finely chop the hearts.

In a large, heavy pot, melt the butter over medium heat. Add the onion and sauté until softened, about 5 minutes. Add the chopped green garlic bottoms and cook until fragrant, 3–4 minutes. Add the thyme, broth, and chopped artichokes, raise the heat to high, and bring to a boil. Reduce the heat to low, cover, and simmer for about 10 minutes to blend the flavors.

Purée half of the mixture in a blender and return to the pot. Add the quinoa and 1½ tsp salt, and season with pepper. Cook gently over medium-low heat until heated through, about 10 minutes. Ladle the soup into bowls and drizzle with olive oil. Sprinkle with pepper and the green garlic tops and serve.



14

APRIL

APRIL

15



15

APRIL

ASPARAGUS SOUP WITH POACHED EGGS & CRISPY PROSCIUTTO

serves 4

A perfect spring luncheon soup, this is wonderful served with a glass of dry white wine or even Champagne. You can make the soup a day ahead and reheat it gently while you fry the prosciutto and poach the eggs. Serve with toasted baguette slices.

2 oz (60 g) prosciutto, thinly sliced

2 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

¼ cup (2 fl oz/60 ml) dry white wine

3 cups (24 fl oz/750 ml) chicken broth

2 bunches asparagus, trimmed and cut into ½-inch (12-mm) pieces

2 Tbsp heavy cream

Salt and freshly ground pepper

1 tsp white vinegar

4 eggs

Lay the prosciutto slices in the bottom of a large, heavy pot. Cook over medium-high heat, turning with tongs, until the prosciutto is crispy, about 7 minutes. Transfer to paper towels. Let cool, then crumble.

Add the butter, onion, and garlic to the same pot and sauté until translucent, 5 minutes. Add the wine, bring to a simmer, stir to scrape up any browned bits on the bottom of the pot, and cook for 3 minutes. Add the broth and bring to a boil. Add the asparagus and cook, uncovered, until tender, 8–10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring to a boil over medium heat. Season with salt and pepper and keep warm over low heat.

In a frying pan, heat 1 inch (2.5 cm) of water over medium heat. Add the vinegar and reduce the heat to keep the water at a gentle simmer. Break an egg into a small bowl and, using a large spoon, place the egg gently in the water. Using a tablespoon, occasionally spoon the hot water over the top of the exposed egg. Cook until the egg is set but the yolk is still runny, about 5 minutes. Remove the egg with a slotted spoon. Repeat to poach the remaining eggs.

Ladle the soup into bowls, top with the poached eggs and prosciutto, and serve.

16

APRIL

THAI HOT & SOUR SOUP

serves 6

You may need to take a trip to an Asian market to source the classic Thai ingredients in this fragrant soup. If you can't find kaffir lime leaves, substitute the grated zest of 1 lime. Adjust the amount of chiles and lime juice according to your taste.

¾ lb (375 g) large shrimp, peeled and deveined, tail segments intact and shells reserved

3 lemongrass stalks, center white part only, smashed and cut into 1-inch (2.5-cm) lengths

5 thin slices galangal, about ¼ inch (6 mm) thick

3 fresh or dried kaffir lime leaves

2 Tbsp Asian fish sauce

5 oz (155 g) white mushrooms, stem ends trimmed and caps quartered

1 tomato, peeled (page 172) and cut into thin wedges

¼ small yellow onion, cut lengthwise into thin slivers

4 tsp Thai red or green chile paste

2 small red or green chiles such as Thai or serrano

¼ cup (2 fl oz/60 ml) fresh lime juice, or to taste

¼ cup (⅓ oz/10 g) chopped cilantro

In a large saucepan, combine the shrimp shells with 5 cups (40 fl oz/1.25 l) water. Add the lemongrass to the pan. Bring to a simmer over medium heat, cover partially, and simmer gently for 15 minutes to blend the flavors. Strain the broth through a fine-mesh sieve into a clean saucepan.

Add the galangal, lime leaves, fish sauce, mushrooms, tomato, onion, and chile paste. Remove the stems from the chiles, then quarter the chiles lengthwise. Add as many of the quarters to the broth as you like; you may want to start with just a few.

Bring the soup to a simmer over medium heat, cover partially, and simmer gently until the mushrooms are barely tender, about 2 minutes. Taste halfway through and add more chile quarters if the soup is not spicy enough. Stir in the shrimp and simmer just until they turn pink, about 2 minutes. Remove from the heat.

Stir in the ¼ cup lime juice and the cilantro. Taste and adjust the seasoning with more lime juice, if desired, and serve.

17

APRIL

A trio of earthy mushrooms, dried and fresh, creates deep flavor and a variety of textures. Sherry lends a touch of acidity to brighten the palate. Dry to very dry sherries, like golden fino or the slightly darker manzanilla, are best for soups.

THREE-MUSHROOM PURÉE WITH SHERRY

serves 4–6

1½ oz (45 g) dried mushrooms such as porcini or shiitake

3 Tbsp olive oil

1 yellow onion, finely chopped

1 lb (500 g) fresh white mushrooms, thinly sliced

½ lb (250 g) shiitake mushrooms, stemmed and thinly sliced

3 Tbsp all-purpose flour

Salt and freshly ground pepper

4 cups (32 fl oz/1 l) beef, chicken, or vegetable broth

½ cup (4 fl oz/125 ml) half-and-half

¼ cup (2 fl oz/60 ml) dry sherry

2 Tbsp finely chopped flat-leaf parsley

In a heatproof bowl, combine the dried mushrooms and 3 cups (24 fl oz/750 ml) very hot water. Soak for 30 minutes. Drain well, reserving 2 cups (16 fl oz/500 ml) of the soaking liquid. Strain the soaking liquid through a coffee filter into another bowl and set aside.

In a large, heavy pot, warm the oil over medium heat. Add the onion and sauté until softened, 5–7 minutes. Add the fresh mushrooms and cook, stirring, until slightly softened, about 3 minutes. Sprinkle with the flour and season with salt and pepper. Stir to coat the mushrooms and to cook the flour, about 1 minute. Add the broth and the reserved mushroom soaking liquid. Add the drained dried mushrooms and reduce the heat to medium-low. Simmer until all the mushrooms are completely softened, about 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor, making sure to leave a little texture. Return to the pot and place over medium heat. Add the half-and-half and sherry and cook for about 3 minutes to blend the flavors. Serve, garnished with the parsley.

18

APRIL

This beef-and-potato stew will warm you up—and also fill you up—on a chilly spring evening. It goes perfectly with a glass of red wine or bottle of dark ale. Use good-quality balsamic vinegar for drizzling.

BALSAMIC BEEF STEW

serves 6

3 Tbsp all-purpose flour

Salt and freshly ground pepper

2 lb (1 kg) boneless beef chuck, trimmed and cut into 1½-inch (4-cm) pieces

3 Tbsp canola oil

1 large red onion, sliced

2 bay leaves

1 cup (8 fl oz/250 ml) full-bodied red wine

2 cups (16 fl oz/500 ml) beef broth

1 lb (500 g) red or Yukon gold potatoes, unpeeled, cut into 1½-inch (4-cm) chunks

3 large carrots, peeled and cut into 1-inch (2.5-cm) chunks

2 Tbsp balsamic vinegar

In a resealable plastic bag, combine the flour, ½ tsp salt, and ½ tsp pepper. Add the beef, seal the bag, and shake to coat the beef. In a large, heavy pot, warm the oil over medium-high heat. Working in batches, remove the beef from the bag, shaking off the excess flour, and add to the pot in a single layer. Cook, turning as needed, until the meat is browned on all sides, 6–8 minutes. Transfer to a plate. Add the onion, reduce the heat to medium, and sauté until golden, about 5 minutes. Stir in the bay leaves, wine, and broth.

Return the meat and any accumulated juices to the pot. Bring to a simmer, then reduce the heat to low. Cover and cook until the meat is nearly fork-tender, 1½–2 hours. Add the potatoes and carrots, cover, and cook until the vegetables are tender, about 30 minutes. Remove and discard the bay leaves.

Season the stew with salt and pepper, stir in the vinegar, and serve.

19

APRIL

Among the various seafood chowders, Manhattan clam chowder stands out because it includes tomatoes in its clear broth instead of the more typical base of milk or cream. The result is a bright, fresh flavor that supports the briny taste of the clams.

MANHATTAN CLAM CHOWDER

serves 4

FOR THE CLAM BROTH

1 thick slice yellow onion

½ celery rib with leaves

1 bay leaf

1 clove garlic, lightly crushed

Salt

3 lb (1.5 kg) cherrystone or littleneck clams, scrubbed

1 slice thick-cut lightly smoked bacon, cut into ¼-inch (6-mm) dice

1 Tbsp olive oil

1 small onion, finely chopped

1 celery rib, finely chopped

1 large clove garlic, minced

1 can (15½ oz/485 g) crushed tomatoes

1 Tbsp minced flat-leaf parsley, plus whole leaves for garnish

1 tsp thyme leaves

3 Tbsp pearl barley

To make the broth, in a large saucepan over high heat, combine the onion, celery, bay leaf, and garlic. Add 3 cups (24 fl oz/750 ml) water and 1 tsp salt and bring to a boil over high heat. Reduce the heat to low, cover, and cook for 20 minutes to blend the flavors.

Add the clams to the broth, discarding any that do not close to the touch. Raise the heat to medium-high, cover, and cook until the clams open, 3–4 minutes for littlenecks, 4–5 minutes for cherrystones. Transfer the opened clams to a large bowl. Discard any unopened clams.

Strain the broth through a fine-mesh sieve lined with cheesecloth into a heatproof bowl. Working over the sieve to capture any juices, pull the clam meats from the shells and return to the bowl. Cut the clams into ½-inch (12-mm) pieces and refrigerate. Measure the broth; you will need 4 cups (32 fl oz/1 l). Add water if necessary.

In a large, heavy pot, combine the bacon and oil. Warm over medium-low heat until they sizzle. Add the onion, celery, and garlic and sauté until soft, about 12 minutes. Add the strained broth, tomatoes, minced parsley, and thyme. Season with ½ tsp salt and ⅛ tsp pepper. Bring to a boil over medium-high heat. Stir in the barley, reduce the heat to low, cover, and cook until the barley is very soft, about 50 minutes.

Add in the clams and cook, stirring often, until heated through, about 3 minutes. Serve, garnished with parsley leaves.

20

APRIL

Celebrate spring—and the arrival of fava beans—with this Italian-inspired soup. You can substitute any small- to medium-sized pasta shape for the farfalle. Serve immediately, so the pasta doesn't overcook.

FAVA BEAN & FARFALLE SOUP

serves 6

2½ lb (1.25 kg) fava beans in the pods, shelled

9 cups (72 fl oz/2.1 l) chicken broth

6 oz (185 g) farfalle

1 Tbsp fresh lemon juice

Salt and freshly ground pepper

½ cup (2 oz/60 g) grated Parmesan cheese

Bring a pot of water to a boil. Add the fava beans and cook for 20 seconds. Drain, rinse under cold running water, and drain again. Split open the skin of each bean along its edge and slip the bean from the skin. Discard the skins.

In a large, heavy pot, bring the broth to a boil. Add the farfalle and cook until al dente, 10–12 minutes or according to the package directions. Add the fava beans and lemon juice. Season with salt and pepper.

Serve the soup, passing the Parmesan at the table.

21

APRIL

CREAM OF BROCCOLI SOUP

serves 4

Broccoli, which is at its best from fall through spring, gives this cream soup a full flavor and a warm, pleasing color. Garnish with chunky croutons or crumbled cooked bacon.

1 bunch broccoli (about 1¼ lb/625 g), tough stems peeled, florets and stems coarsely chopped

2 cups (16 fl oz/500 ml) milk, plus 1 cup (8 fl oz/250 ml) if needed

2 cups (16 fl oz/500 ml) chicken broth

3 Tbsp unsalted butter

3 Tbsp all-purpose flour

Salt and freshly ground pepper

½ cup (4 fl oz/125 ml) heavy cream

In a wide-bottomed saucepan, bring ½ inch (12 mm) of water to a boil. Place a steamer basket in the pan, add the broccoli, cover, and cook until tender, about 5 minutes. Remove the broccoli from the pan and let cool. Transfer the broccoli to a food processor and process until finely chopped.

In separate saucepans, warm the 2 cups milk and the broth over low heat. In a large, heavy pot, melt the butter over medium-low heat. Stir in the flour until blended. Whisking constantly, gradually add the hot milk. Cook, stirring often, until the mixture is bubbling and has thickened, about 3 minutes. Gradually whisk in the hot stock and cook, stirring slowly, for about 3 minutes. Stir in the broccoli. Add 1 tsp salt and ⅛ tsp pepper. Reduce the heat to low, cover, and cook, stirring occasionally, for 10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a food processor or a blender. Return to the pot and stir in the cream. Reheat over low heat, stirring constantly, for about 5 minutes. If the soup seems too thick, thin it with a little milk, adding it ¼ cup (2 fl oz/60 ml) at a time. Season with salt and pepper and serve.

22

APRIL

CARROT & COCONUT PURÉE WITH CURRIED ALMONDS

serves 6–8

Bright coriander harmonizes with two kinds of sweetness in this soup—a familiar, earthy sweetness from the carrots and a more exotic, tropical sweetness from the coconut. Serve as a first course preceding a simple roast chicken or rack of lamb.

1½ tsp sugar

Salt and freshly ground pepper

¼ tsp ground coriander, plus 1 Tbsp

½ tsp curry powder

1½ tsp unsalted butter, plus 3 Tbsp

½ cup (2 oz/60 g) sliced almonds, toasted (page 207)

1 yellow onion, chopped

2 lb (1 kg) carrots, peeled and thinly sliced

¼ cup (1 oz/30 g) unsweetened shredded coconut, toasted

½ tsp ground ginger

4 cups (32 fl oz/1 l) chicken broth

2 cans (14 oz/440 g each) coconut milk

2 tsp rice vinegar

Stir together ½ tsp of the sugar, ¼ tsp salt, the ¼ tsp coriander, and the curry powder.

In a nonstick frying pan, melt the 1½ tsp butter with 1 Tbsp water and the remaining 1 tsp sugar over medium-high heat. Bring to a boil, swirling the pan to blend. Add the almonds, stir to coat, and cook until the liquid is almost evaporated, about 45 seconds. Transfer to the bowl with the spice mixture and toss to coat the almonds evenly. Pour onto a piece of parchment paper, spread in a single layer, and let cool.

In a large, heavy pot, melt the 3 Tbsp butter over medium-high heat. Add the onion, carrots, coconut, ginger, and the 1 Tbsp coriander and stir to combine. Reduce the heat to low, cover, and cook until the vegetables give off some of their liquid, about 10 minutes. Add the broth, raise the heat to high, and bring to a boil. Reduce the heat to low, cover, and simmer until the carrots are tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Pour into a clean pot. Add the coconut milk (reserve some for serving), the vinegar, and 1 tsp salt. Cook gently over medium-low heat, stirring occasionally, until heated through, about 10 minutes. Serve, sprinkled with the spiced almonds and swirled with coconut milk.



22

APRIL

APRIL

24



23

APRIL

This soup, filled with the flavors of Thailand, is easy to make and very addictive. Do not eat the galangal, lemongrass, and lime leaves; they deliver flavor, but are too tough to consume.

CHICKEN-LEMONGRASS SOUP

serves 6

1 lb (500 g) skinless, boneless chicken breasts, cut into 1-inch (2.5-cm) pieces

2 cups (16 fl oz/500 ml) chicken broth

3 cups (24 fl oz/750 ml) coconut milk

10 slices galangal

4 lemongrass stalks, center white part only, smashed and cut into 2-inch (5-cm) lengths

6 green Thai chiles or 8 green serrano chiles, cut in half crosswise

8 kaffir lime leaves, spines removed

½ cup (3½ oz/105 g) drained canned straw mushrooms

½ cup (2 oz/60 g) sliced bamboo shoots

3 Tbsp Asian fish sauce

¼ cup (2 fl oz/60 ml) fresh lime juice

¼ cup (¼ oz/7 g) cilantro leaves

In a large saucepan, combine the chicken pieces, broth, coconut milk, galangal, lemongrass, chiles, and lime leaves. Bring to a boil over high heat, reduce the heat to maintain a gentle boil, and cook, uncovered, until the chicken is opaque, about 20 minutes.

Stir in the mushrooms and bamboo shoots, raise the heat to high, and bring to a boil. Add the fish sauce and lime juice, then taste and adjust the seasonings. Serve, garnished with the cilantro.

24

APRIL

You can use cockles or mussels in place of the clams in this recipe. Serve with crusty country-style bread to soak up the broth. The parsley vinaigrette is also delicious drizzled on sliced grilled chicken or fish.

CLAMS IN FENNEL BROTH WITH PARSLEY VINAIGRETTE

serves 4

FOR THE VINAIGRETTE

⅓ cup (½ oz/15 g) minced flat-leaf parsley

Grated zest and juice of 1 lemon

1 Tbsp extra-virgin olive oil

1 Tbsp Dijon mustard

1 clove garlic, minced

Salt and freshly ground pepper

1 Tbsp unsalted butter

1 Tbsp olive oil

2 cloves garlic, sliced

2 small fennel bulbs, including stalks and fronds, sliced

2 shallots, minced

½ cup (4 fl oz/125 ml) dry white wine

1 cup (8 fl oz/250 ml) chicken broth

2 lb (1 kg) manila clams, scrubbed

To make the vinaigrette, in a small bowl, stir together the parsley, lemon zest and juice, oil, mustard, and garlic. Season with salt and pepper and let stand at room temperature.

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the garlic, fennel, and shallots and sauté until soft, about 5 minutes. Add the wine and cook for 2 minutes. Add the broth and bring to a boil. Add the clams to the pot, discarding any that do not close to the touch. Cover and cook until the clams open, 6–8 minutes. Discard any unopened clams.

Ladle the clams and broth into bowls, drizzle with the vinaigrette, and serve.

25

APRIL

LENTIL & ANDOUILLE SOUP

serves 8–10

1 lb (500 g) andouille sausage, cut into ¼-inch-thick (6-mm-thick) slices

2 Tbsp olive oil

2 carrots, peeled and chopped

1 large yellow onion, chopped

4 large cloves garlic, minced

1 lb (500 g) lentils, picked over and rinsed

8 cups (64 fl oz/2 l) chicken broth, plus more as needed

1 Tbsp heavy cream

¼ cup (⅓ oz/10 g) chopped flat-leaf parsley

Salt and freshly ground pepper

In a large, heavy pot, cook the sausage slices over medium-high heat until browned on both sides, about 8 minutes. Transfer to a plate and set aside.

Add the oil, carrots, onion, and garlic to the same pot and sauté until the vegetables are softened, about 8 minutes. Add the lentils and broth and bring to a boil. Reduce the heat to low and simmer, uncovered, stirring occasionally, until the lentils are tender, about 1 hour. Remove from the heat and let cool slightly.

Purée half of the soup in a food processor. Return to the pot and stir to combine. Stir in the sausage, cream, and parsley, and reheat over low heat. Season with salt and pepper and serve.

You can make this soup ahead and refrigerate it, but you will need to add more broth when you rewarm it as the lentils will have absorbed most of the liquid. Kielbasa can be substituted for the andouille.

26

APRIL

BLACK BEAN CHILI

serves 6–8

2 cups (14 oz/440 g) dried black beans, picked over and rinsed

3 Tbsp canola oil

3 yellow onions, finely chopped

5 cloves garlic, minced

¼ cup (2 oz/60 g) chili powder

4 tsp dried oregano

4 tsp ground cumin

1 tsp ground coriander

1 Tbsp paprika

¼ tsp cayenne pepper

3 cups (24 fl oz/750 ml) vegetable broth

1½ cups (9 oz/280 g) canned diced tomatoes

½–1 canned chipotle chile in adobo or 1 small jalapeño chile, seeded and minced

1 Tbsp rice vinegar or white wine vinegar

3 Tbsp finely chopped cilantro, plus 6–8 sprigs for garnish

Salt

½ cup (2 oz/60 g) diced Muenster cheese

½ cup (4 oz/125 g) sour cream

Place the dried beans in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain.

In a large, heavy pot, warm the oil over medium heat. Add the onions and sauté until softened, about 5 minutes. Stir in the garlic, chili powder, oregano, cumin, coriander, paprika, and cayenne. Cook, stirring occasionally, for about 5 minutes.

Add the broth, tomatoes with their juices, chile, and beans. Pour in 3 cups (24 fl oz/750 ml) water and bring to a boil. Reduce the heat to low, cover partially, and cook for 45 minutes. Uncover and continue to cook until the beans are tender, about 45 minutes. If the chili is too soupy, use a potato masher to mash some of the beans to help thicken the mixture. Stir in the vinegar and chopped cilantro. Season with salt.

Divide the cheese among bowls and ladle in the chili. Serve, garnished with the sour cream and cilantro sprigs.

Starting with dried black beans, and allowing the ingredients to simmer and the flavors to meld, will yield the tastiest chili. Add a dollop of fresh tomato salsa, if you like, and serve with corn bread or warm corn tortillas.

27

APRIL

VEGETABLE-TORTELLINI SOUP

serves 4–6

Few kids can say no to this soup, especially if you use red and/or green tortellini and serve it with warm, buttery garlic bread. It's a great way to use up surplus vegetables, so feel free to toss in whatever you find in the vegetable drawer.

3 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

3 carrots, peeled and chopped

6 oz (185 g) white mushrooms, sliced

1 russet potato, peeled and cut into small cubes

1 tsp dried thyme

1 can (14½ oz/455 g) diced tomatoes

4 cups (32 fl oz/1 l) chicken broth

9 oz (280 g) cheese tortellini

2 cups (2 oz/60 g) packed spinach leaves

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the carrots, mushrooms, and potato and cook, stirring often, until the vegetables begin to soften, 8–10 minutes. Add the thyme and cook, stirring, for 1 minute. Add the tomatoes and broth and bring to a boil. Reduce the heat to low and simmer, uncovered, until the carrots and potatoes are tender, 15–20 minutes.

Add the tortellini and cook for about 8 minutes. Add the spinach and cook, stirring, just until wilted. Season with salt and pepper and serve.

28

APRIL

CREAMY MUSHROOM SOUP WITH HAM & PEAS

serves 4

Everyday cream of mushroom soup gets a boost from savory ham cubes and green peas. For an earthier flavor, substitute cremini mushrooms.

3 Tbsp unsalted butter

2 Tbsp olive oil

1 lb (500 g) white mushrooms, sliced

1 small yellow onion, chopped

2 cloves garlic, chopped

2 Tbsp all-purpose flour

¼ cup (2 fl oz/60 ml) dry white wine

2 cups (16 fl oz/500 ml) chicken broth

6 oz (185 g) cooked ham, cubed

¼ cup (2 oz/30 g) fresh or frozen peas

3 Tbsp heavy cream

Salt and freshly ground pepper

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the mushrooms, onion, and garlic and cook, stirring often, until the mushrooms are very soft, 12–15 minutes. Stir in the flour and cook, stirring constantly, for 1 minute. Add the wine and cook for 3 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer, uncovered, until the soup thickens, about 20 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender and return to the pot. Add the ham, peas, and cream, and return to a boil. Remove from the heat, season with salt and pepper, and serve.

29

APRIL

SPINACH SOUP WITH SUMAC & FETA

serves 6–8

Sumac, a tart Middle Eastern spice, brightens up this spinach soup, as does a sprinkle of feta cheese. This is a great recipe to have in your arsenal because it calls for frozen spinach, but you can substitute fresh spinach if you have some on hand.

2 Tbsp unsalted butter

1 Tbsp olive oil

1 large yellow onion, finely chopped

4 cloves garlic, minced

2 tsp sumac

1½ tsp ground cumin

1 tsp ground coriander

¼ tsp cayenne pepper

2 bags (1 lb/500 g each) frozen chopped spinach, thawed

4½ cups (36 fl oz/1.1 l) chicken broth, plus more as needed

Grated zest and juice of 1 lemon

3 Tbsp heavy cream

Salt and freshly ground black pepper

6 oz (185 g) feta cheese, crumbled

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the sumac, cumin, coriander, and cayenne, and cook for 2 minutes. Stir in the spinach, broth, and lemon zest and juice. Bring to a boil. Reduce the heat to low and simmer, stirring frequently, for 10 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot, thin with additional chicken broth, if desired, then stir in the cream. Season with salt and pepper, and reheat over low heat. Serve, topped with the crumbled feta.

30

APRIL

KIELBASA & SAUERKRAUT SOUP

serves 8–10

Germany is to thank for this genius combination of sausages and pickled cabbage, a sour-savory comfort food. This soup feeds a crowd, but it also freezes well if you have any left over. Serve with hunks of freshly baked rye or pumpernickel bread.

1 lb (500 g) kielbasa sausage, sliced

2 Tbsp olive oil

2 yellow onions, thinly sliced

4 cloves garlic, minced

1 sweet potato (about 10 oz/315 g), peeled and shredded

6 cups (48 fl oz/1.5 l) chicken broth

1 lb (500 g) sauerkraut, drained

2 Tbsp tomato paste

Salt and freshly ground pepper

Warm a large, heavy pot over medium-high heat. Add the kielbasa slices and sauté until browned on both sides, about 8 minutes. Transfer to a bowl and set aside.

Put the oil in the same pot. Add the onions and garlic and cook, stirring often and scraping up the brown bits on the bottom of the pot, until softened, 5–7 minutes. Add the sweet potato, the broth, and 1 cup (8 fl oz/250 ml) water and bring to a boil. Reduce the heat to low and simmer, uncovered, for 10 minutes. Add the sauerkraut, tomato paste, and kielbasa, stir well to combine, and simmer, uncovered, for 10 minutes. Season with salt and pepper and serve.



30

APRIL

1 CHILLED CARROT SOUP WITH GINGER & ORANGE ZEST *page 106*	2 POTATO-LEEK PURÉE WITH SMOKED SALMON & DILL *page 106*	3 MUSHROOM & MADEIRA SOUP WITH BRIE CHEESE *page 108*	4 MOROCCAN-SPICED VEGETARIAN CHILI *page 108*
8 PEA & MINT PURÉE WITH LEMON *page 111*	9 FIVE-SPICE CHICKEN NOODLE SOUP *page 112*	10 RED BEAN & ANDOUILLE SOUP *page 112*	11 LEEK & ASPARAGUS VICHYSSOISE *page 113*
15 CURRIED CARROT PURÉE *page 117*	16 PEA SHOOT & PASTA SOUP *page 117*	17 ARTICHOKE SOUP WITH CAMEMBERT CROSTINI *page 118*	18 BEAN & ELBOW PASTA SOUP WITH BASIL PESTO *page 118*
22 CHILLED SOUR CHERRY SOUP WITH TARRAGON *page 120*	23 SWEET ONION SOUP WITH BLUE CHEESE TOASTS *page 123*	24 CRAB & ASPARAGUS EGG FLOWER SOUP *page 123*	25 FENNEL VICHYSSOISE *page 124*
29 SIMPLE ASPARAGUS SOUP *page 125*	30 GINGERY BROTH WITH PRAWNS & GREEN ONIONS *page 126*	31 SPINACH & VERMICELLI SOUP WITH FRIED EGG *page 126*	

5 WONTON SOUP *page 109*	**6** MUSHROOM-QUINOA SOUP *page 109*	**7** TURKEY MEATBALL SOUP WITH ARUGULA *page 111*
12 GREEN LENTIL SOUP *page 113*	**13** SPICY COCONUT CURRY SEAFOOD SOUP *page 114*	**14** RAMEN NOODLE SOUP WITH SUGAR SNAP PEAS *page 114*
19 ISRAELI COUSCOUS SOUP WITH CURRY, CHICKEN & SPINACH *page 119*	**20** WATERCRESS SOUP *page 119*	**21** COLD ZUCCHINI & AVOCADO SOUP *page 120*
26 EGG-LEMON SOUP WITH FAVA BEANS & FRIED GARLIC CHIPS *page 124*	**27** STRAWBERRY-LEMON SOUP *page 125*	**28** CREAMY SPINACH-LEEK SOUP *page 125*

may

May heralds high spring, when brisk but ever-sunnier days welcome bowls full of tender shoots and leaves. Enjoy the season's last asparagus, artichokes, and fava beans, and if a few residual rain showers linger, take comfort in a creamy wild mushroom soup while you still can. As the weather continues to warm, stone fruit and berries, starting with cherries and strawberries, steadily sneak into markets, welcoming the cold soups of the summer season.

1

MAY

This light and bright soup, which can be served cold or hot, is a fitting welcome to spring. Try replacing the ginger with 2 tsp cumin seed or coriander seed and the orange zest with lime zest or lemon zest. Use chicken broth in place of the vegetable broth for a richer taste.

CHILLED CARROT SOUP WITH GINGER & ORANGE ZEST

serves 4–6

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

2-inch (5-cm) piece fresh ginger, peeled and minced

2 lb (1 kg) carrots, thinly sliced

4 cups (32 fl oz/1 l) vegetable broth

Salt and freshly ground pepper

Grated zest of 1 orange

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and ginger and sauté until soft, about 5 minutes. Add the carrots, stir, and cook for 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the carrots are very tender, about 35 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor and return to the pot. Season with salt and pepper.

Stir in the orange zest and let the soup cool to room temperature. Cover and refrigerate until well chilled, at least 3 hours or up to overnight. Serve.

2

MAY

For a stunning presentation, serve this soup in shallow bowls so the salmon doesn't sink to the bottom. The dill can be replaced by chopped chervil or chives, if you prefer.

POTATO-LEEK PURÉE WITH SMOKED SALMON & DILL

serves 6

2 Tbsp olive oil

2 leeks, white and pale green parts, chopped

2 russet potatoes, peeled and finely diced

4 cups (32 fl oz/1 l) chicken broth

½ cup (4 fl oz/125 ml) heavy cream

1 Tbsp chopped dill

Salt and freshly ground pepper

¼ lb (125 g) smoked salmon, chopped

In a large, heavy pot, warm the oil over medium-high heat. Add the leeks and sauté until soft, about 5 minutes. Add the potatoes and the broth and bring to a boil. Reduce the heat to low and simmer until the potatoes are very soft, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and stir in the cream and dill. Return the soup to a gentle boil, turn off the heat, and season with salt and pepper.

Serve, garnished with the smoked salmon.



2

MAY

3

MAY

Any ripe, soft cheese is tasty with this soup. Be sure to have it at room temperature when ready to serve so that it melts into the soup on impact.

MUSHROOM & MADEIRA SOUP WITH BRIE CHEESE

serves 4

¼ cup (2 oz/60 g) unsalted butter

2 small shallots, chopped

1 small white sweet onion, chopped

1 lb (500 g) cremini mushrooms, coarsely chopped

1 russet potato, peeled and cut into ½-inch (12-mm) dice

2 cups (16 fl oz/500 ml) chicken broth

Salt and freshly ground pepper

1 cup (8 fl oz/250 ml) heavy cream

2–3 Tbsp good-quality Madeira wine

Pinch of grated nutmeg

2 oz (60 g) Brie cheese, rind removed and cheese sliced into 8–12 thin pieces

Chopped basil for garnish

In a large, heavy pot, melt the butter over medium-low heat. Add the shallots and onion and sauté until translucent, 5–6 minutes. Add the mushrooms, increase the heat to medium, and sauté until the mushrooms begin to release their liquid, 8–10 minutes; do not allow the onions to brown. Add the potato and broth and season with salt. Cover partially, and simmer until the mushrooms and potato are soft, 15–20 minutes, adjusting the heat if necessary to maintain a simmer. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and add the cream. Place over medium-low heat and bring almost to a simmer; do not allow to boil. Add Madeira to taste, the nutmeg, and pepper to taste.

Ladle the soup into bowls and float 2 or 3 pieces of the cheese on the surface of each serving. Sprinkle with the basil and serve.

4

MAY

Serve this richly spiced vegetarian chili with toasted pita bread or on a bed of steamed couscous or rice. Hubbard or acorn may be used in place of the butternut squash.

MOROCCAN-SPICED VEGETARIAN CHILI

serves 6

4 large ancho chiles

4 large whole cloves garlic, plus 6 large cloves, sliced

1 yellow onion, chopped

1½ tsp ground turmeric

1½ tsp ground cinnamon

1½ tsp ground cumin

1½ tsp ground coriander

1 can (28 oz/875 g) diced tomatoes

1 butternut squash (about 1¼ lb/625 g), halved, seeded, peeled, and cut into ½-inch (12-mm) cubes

2 cans (15½ oz/485 g each) chickpeas

2 zucchini, cut into ½-inch (12-mm) dice

⅓ cup (2 oz/60 g) sliced dried apricots

⅓ cup (2 oz/60 g) sliced pitted prunes

In a saucepan, combine the chiles and 3 cups (24 fl oz/750 ml) water and bring to a boil. Remove from the heat. Cover and let stand for 15 minutes. Using tongs or a slotted spoon, transfer the chiles to a work surface; reserve the liquid. Discard the stems and seeds from the chiles. In a blender or food processor, combine the chiles with the 4 whole cloves garlic and **½** cup (4 fl oz/125 ml) of the chile soaking liquid. Process until smooth and set aside.

Heat a large, heavy pot over medium heat. Coat the pan with nonstick cooking spray. Add the onion, the sliced garlic cloves, turmeric, cinnamon, cumin, and coriander and sauté until the onion and garlic have softened, about 5 minutes. Stir in the tomatoes and their juices, the butternut squash, and chile purée. Cover and simmer, stirring occasionally, until the butternut squash is just tender, about 25 minutes.

Stir in the chickpeas with their liquid, the zucchini, and the dried apricots and prunes. Simmer, uncovered, until the zucchini is tender, about 15 minutes. Serve.

5

MAY

Simmered in broth, stuffed wontons plump and tenderize for a satisfying soup. Triangles are easy to fold, but also try little bundles or half moons, as you like.

WONTON SOUP

serves 4–6

FOR THE WONTONS

¼ lb (125 g) diced pork, chicken, or shrimp

1½ tsp peeled and grated fresh ginger

2 Tbsp chopped water chestnuts

1½ Tbsp chopped green onion, white part only

1 Tbsp chopped cilantro

1 Tbsp light soy sauce

1 tsp rice wine (optional)

1 small egg

Salt and ground white pepper

24 wonton wrappers

2–3 dried black mushrooms, soaked in hot water to cover for 30 minutes and drained

6 cups (48 fl oz/1.5 l) chicken broth

¾ cup (1¾ oz/50 g) small bok choy leaves

1½-inch (4-cm) piece carrot, peeled and cut into thin matchsticks

1 green onion, tender green part only, cut into thin matchsticks

To make the wontons, in a food processor, combine the pork, chicken, or shrimp and the ginger and process to a smooth paste. Add the water chestnuts, green onion, cilantro, soy sauce, rice wine (if using), and egg. Season with salt and pepper and process again until a smooth paste forms.

Working with 1 wonton wrapper at a time, place it on a work surface and moisten any 2 edges with cold water. Place 2–3 tsp of the filling in the center and fold in half into a triangle. Press the edges firmly to seal, then fold the two outer points across the top of the mound and pinch the edges together. If they do not stick, moisten with a little water. Repeat until all the dumplings are filled.

To prepare the soup, remove and discard the stems from the mushrooms if necessary and slice the caps. In a saucepan, bring the broth to a boil over medium heat. Add the bok choy leaves, carrot, and mushrooms and simmer for 2 minutes.

Meanwhile, bring a saucepan three-fourths full of water to a boil over high heat. Add the wontons, reduce the heat to medium, and simmer gently until they float to the ↣

surface and the skins are tender, about 3 minutes. Using a wire skimmer, carefully lift out the wontons and divide evenly among individual bowls.

Ladle the soup over the wontons, garnish with the green onion tops, and serve.

6

MAY

A good choice for spring soups, quinoa is lighter than some other grains and has a nuttiness that pairs well with young vegetables like asparagus, artichokes, new potatoes, and the mushrooms used in this recipe.

MUSHROOM-QUINOA SOUP

serves 4

2 Tbsp unsalted butter

2 Tbsp all-purpose flour

Salt and freshly ground pepper

1 leek, white part only, halved and thinly sliced

1 carrot, peeled and finely chopped

1 celery rib, finely chopped

1 cup (8 fl oz/250 ml) dry red wine

4 cups (32 fl oz/1 l) vegetable or chicken broth

1 lb (500 g) cremini mushrooms, quartered

⅓ cup (2 oz/60 g) quinoa, well rinsed

In a large, heavy pot, melt the butter over medium heat. Remove from the heat and slowly add the flour, whisking out any lumps. Add ½ tsp salt and ¼ tsp pepper. Return the pan to medium heat and cook the roux, stirring constantly, until it begins to brown, about 3 minutes. Add the leek, carrot, and celery and stir. Slowly add the wine while whisking constantly. Reduce the heat to low and let simmer, stirring occasionally, until the flavors have blended and the mixture has thickened, about 20 minutes.

Meanwhile, in a saucepan, bring the broth to a simmer over medium heat. Add the mushrooms and cook, uncovered, for 10 minutes. When the wine mixture is ready, add the broth and mushrooms and stir well. Bring to a boil, then reduce the heat to medium-low. Add the quinoa and simmer, uncovered, until tender, about 20 minutes. Season with salt and pepper and serve.

MAY

8



7

MAY

Double the recipe for the meatballs and freeze half for another meal. They are especially delicious served over buttered noodles with shaved Parmesan.

TURKEY MEATBALL SOUP WITH ARUGULA

serves 6

FOR THE MEATBALLS

1 lb (500 g) ground turkey

¼ lb (125 g) prosciutto, finely chopped

1 clove garlic, minced

½ cup (2 oz/60 g) seasoned dried bread crumbs

1 egg, lightly beaten

2 Tbsp minced flat-leaf parsley

Grated zest of 1 lemon

Salt and freshly ground pepper

2 Tbsp olive oil

1 yellow onion, chopped

3 cloves garlic, minced

6 cups (48 fl oz/1.5 l) chicken broth

3 ripe plum tomatoes, seeded and chopped

3 cups (3 oz/90 g) arugula

Salt and freshly ground pepper

Grated pecorino romano cheese for garnish

To make the meatballs, preheat the oven to 375°F (190°C). In a large bowl, combine the ground turkey, prosciutto, garlic, bread crumbs, egg, parsley, lemon zest, ½ tsp salt, and ¼ tsp pepper and mix well. Scoop out a teaspoonful of the turkey mixture, form a meatball, and place on an oiled baking sheet. Repeat until all the meatballs are formed. Bake the meatballs until cooked through, 10–15 minutes. Set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and the garlic and sauté until soft, about 5 minutes. Add the broth and bring to a boil. Reduce the heat to low, add the tomatoes, and simmer for 10 minutes. Add the arugula and the meatballs and stir just until the arugula is wilted, about 1 minute. Season with salt and pepper. Serve, topped with the pecorino.

8

MAY

This quintessential spring soup is simply divine, showcasing tender fresh peas. You can substitute frozen peas if necessary, or to enjoy this dish throughout the year. For an elegant and flavorful garnish, swirl crème fraîche or olive oil on top.

PEA & MINT PURÉE WITH LEMON

serves 4–6

2 Tbsp unsalted butter

2 shallots, minced

3 cups (24 fl oz/750 ml) chicken broth

3 cups (15 oz/470 g) fresh or frozen peas, plus more for garnish

½ cup (¾ oz/20 g) chopped mint, plus small leaves for garnish

1 Tbsp sour cream

Grated zest of 1 lemon

Salt and freshly ground pepper

Extra-virgin olive oil for drizzling

In a large, heavy pot, melt the butter over medium-high heat. Add the shallots and cook until soft, 5 minutes. Add the broth and bring to a boil. Add the peas, reserving a few for the garnish, and cook until tender, 3–5 minutes. Stir in the chopped mint. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot, stir in the sour cream, and warm over medium heat. Turn off the heat and stir in the lemon zest. Season with salt and pepper and serve, garnished with mint leaves and peas and drizzled with oil.

9

MAY

FIVE-SPICE CHICKEN NOODLE SOUP

serves 4

This is a simple version of a classic Asian soup, with the warming flavors of ginger and chile. Rice noodles are a quick and easy choice; requiring only a brief soak in hot water, they are added just before serving.

6 cups (48 fl oz/1.5 l) chicken broth

3 shallots, thinly sliced

2 Tbsp peeled and minced fresh ginger

1 tsp Chinese five-spice powder

3 limes

¼ cup (2 fl oz/60 ml) Asian fish sauce

2 tsp sugar

1 cup (1 oz/30 g) slivered basil, preferably Thai

1 jalapeño chile, thinly sliced

2 cups (12 oz/375 g) shredded cooked chicken

6 oz (185 g) dried rice stick noodles, soaked in hot water for 15 minutes and drained

2 green onions, white and tender green parts, thinly sliced

In a large saucepan, combine the broth, shallots, ginger, and five-spice powder and bring to a boil over high heat. Reduce the heat to low and simmer for 10 minutes.

Squeeze the juice from 2 of the limes (about 3 Tbsp juice). In a small bowl, combine the lime juice, fish sauce, and sugar and stir to dissolve the sugar. Cut the remaining lime into wedges and place on a plate with the basil and chile.

Pour the lime juice mixture into the broth and stir in the chicken to heat through. Add the noodles to heat for about 5 seconds. Serve, garnished with the green onions and passing the lime wedges, basil, and chile at the table.

10

MAY

RED BEAN & ANDOUILLE SOUP

serves 6–8

This New Orleans–style soup is easy to vary; use a different kind of bean, chicken or vegetable broth, or another lean sausage. Serve with a side of corn bread and hot sauce for dousing.

4 cups (28 oz/875 g) dried red kidney beans, picked over and rinsed

1 meaty ham bone, about 1 lb (500 g), trimmed of excess fat

1 yellow onion, chopped

1 celery rib, chopped

2 cloves garlic, chopped

1 large bay leaf

½ tsp dried thyme

Hot sauce, such as Tabasco

Salt and freshly ground pepper

½ lb (250 g) andouille or other lean smoked sausage, cut into slices ¼ inch (6 mm) thick

Chopped green onions, white and tender green parts, for garnish

Soak the dried beans in cold water to cover for at least 4 hours or overnight.

In a large, heavy pot, combine the ham bone and 6 cups (48 fl oz/1.5 l) water and bring to a boil over high heat. Reduce the heat to medium-low and simmer briskly for 1 hour, skimming frequently to remove any foam that rises to the surface.

Remove from the heat. Using tongs, carefully lift the bone from the pot and set aside. When cool enough to handle, remove the meat from the bone, discarding any fat. Skim any fat from the surface of the broth and return the bone to the broth.

Drain the beans and add to the broth along with the yellow onion, celery, garlic, bay leaf, and thyme. Return to high heat and bring to a boil. Reduce the heat to low, cover, and simmer, stirring frequently, until the beans are tender, about 2 hours.

Remove and discard the ham bone and bay leaf and let the soup cool slightly. Scoop out 3 cups (21 oz/655 g) of the beans with a little liquid and purée in a blender or food processor. Return to the pot. Cut the reserved ham into bite-sized pieces and add to the pot. Season with a few drops of hot-pepper sauce, salt, and pepper.

In a large frying pan, brown the andouille over medium-high heat, 2 minutes per side.

Serve, topped with sausage and green onions.

11

MAY

Vichyssoise is usually served chilled, but if you prefer it warm, reheat slightly after blending and serve. For a healthier, brighter green soup, omit the half-and-half or use yogurt instead.

LEEK & ASPARAGUS VICHYSSOISE

serves 6–8

5 leeks (about 2½ lb/1.25 kg total), white and pale green parts

2 Tbsp unsalted butter

2 Tbsp canola oil

1 tsp minced thyme

5 cups (40 fl oz/1.25 l) chicken broth

1 small russet potato, peeled and coarsely chopped

2 lb (1 kg) asparagus, trimmed and coarsely chopped

1 cup (1 oz/30 g) packed baby spinach leaves

1 cup (8 fl oz/250 ml) half-and-half, plus 3 Tbsp

Salt and freshly ground pepper

Cut the leeks in half lengthwise and then cut each half crosswise into pieces ¼ inch (6 mm) thick. Rinse well and drain.

In a large, heavy pot, melt 1 Tbsp of the butter with 1 Tbsp of the oil over medium-high heat. Set aside 1 cup (4 oz/125 g) of the leeks and add the rest to the pot along with the thyme. Reduce the heat to low, cover, and cook, stirring occasionally, until the leeks are softened, about 10 minutes. Add the broth and potato, raise the heat to medium-high, cover, and bring to a boil. Reduce the heat to medium-low and simmer until the potato is tender, about 10 minutes.

When the potato is tender, add the asparagus, cover the pot, and cook until the asparagus is bright green and just tender, about 3 minutes. Stir in the spinach and cook just until it wilts, about 45 seconds. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Pour the purée into a bowl, add the 1 cup (8 fl oz/250 ml) half-and-half, 1 tsp salt, and pepper to taste. Stir to blend and let cool to room temperature. Transfer to a covered container and refrigerate until well chilled, at least 3 hours or up to overnight.

When ready to serve, in a frying pan, melt the remaining 1 Tbsp butter with the remaining 1 Tbsp oil over medium heat. Add the reserved 1 cup (4 oz/125 g) leeks and ¼ tsp salt and sauté until the leeks are crisp, about 8 minutes. Transfer to paper towels to drain.

Taste the soup and season with salt and pepper. Serve, drizzled with the remaining 3 Tbsp half-and-half and topped with the fried leeks.

12

MAY

Of all the lentils, the French du Puy variety hold their shape best when cooked, so don't be tempted to purée this soup. The speckled blue-green lentils look beautiful in a brothy mix with sun-dried tomatoes and carrots.

GREEN LENTIL SOUP

serves 4

2 slices thick-cut bacon, cut into ¼-inch (6-mm) pieces

1 clove garlic, minced

½ small yellow onion, finely chopped

2 carrots, peeled and finely chopped

1 celery rib, finely chopped

1½ cups (10½ oz/330 g) small green (du Puy) lentils

2 tsp thyme leaves

Salt and freshly ground pepper

1 bay leaf

2 drained oil-packed sun-dried tomatoes, chopped

In a large, heavy pot, cook the bacon over medium heat, stirring occasionally, until lightly crisp, about 5 minutes. Add the garlic, onion, carrots, and celery and sauté until the onion is translucent and the vegetables are soft, about 3 minutes. Add the lentils and stir well. Add 4 cups (32 fl oz/1 l) water, the thyme, 1 tsp salt, ½ tsp pepper, and the bay leaf. Reduce the heat to low and simmer, adding more water if needed, until the lentils are tender but firm, 30–40 minutes.

Serve, garnished with the sun-dried tomatoes.

13

MAY

SPICY COCONUT CURRY SEAFOOD SOUP

serves 4–6

A rich coconut curry, fresh egg noodles, and briny-sweet shellfish blend into citrus and spice notes. Substitute thinly sliced cooked chicken or beef for the seafood, stirring them into the soup toward the end of cooking to warm through.

2 Tbsp canola oil

½ cup (5 oz/155g) Asian chile paste

3 cups (24 fl oz/750 ml) coconut milk

¼ cup (2 fl oz/60 ml) Asian fish sauce

2 Tbsp fresh lime juice

2 Tbsp brown sugar

1 Tbsp tamarind paste

Salt

1 lb (500 g) fresh Asian egg noodles

½ lb (250 g) large shrimp, peeled and deveined

½ lb (250 g) cleaned squid bodies, cut into rings ½ inch (12 mm) wide

1 lb (500 g) mussels, scrubbed and debearded

2 green onions, white and tender green parts

Mung bean sprouts, cilantro sprigs, Thai basil sprigs, and sliced serrano chile for garnish

1 lime, cut into wedges

In a large, heavy pot, warm the oil over medium-high heat. Add the chile paste and sauté until fragrant, about 2 minutes. Add the coconut milk, fish sauce, lime juice, sugar, tamarind paste, and 2 cups (16 fl oz/ 500 ml) water and bring to a boil. Cook for 2 minutes, then reduce the heat to low and simmer the soup for 10 minutes to blend the flavors.

Meanwhile, bring a large saucepan three-fourths full of water to a boil over high heat. Stir in 1 tsp salt. Add the noodles and cook until just tender, 2–3 minutes. Drain and divide them among bowls.

In the same pan, bring 4 cups (32 fl oz/1 l) water to a boil. Reduce the heat to low, add the shrimp, and cook until they just turn pink, about 1 minute. Using a slotted spoon, transfer the shrimp to a large bowl. Add the squid to the same simmering water and cook until they turn opaque, about 1 minute. Transfer to the bowl with the shrimp. Add the mussels to the simmering water, discarding any that do not close to the touch. ↣

Cook just until the shells open, 2–3 minutes. Transfer the cooked mussels to the bowl of seafood, discarding any unopened mussels. Discard the cooking liquid.

Just before serving, ready all of the garnishes: thinly slice the green onions on the diagonal. Add all of the seafood to the simmering soup and cook just to heat through, about 3 minutes. Use tongs to top each bowl of noodles with a variety of seafood, and then ladle the hot soup over the seafood. Generously top each bowl with the garnishes and serve. Pass lime wedges at the table.

14

MAY

RAMEN NOODLE SOUP WITH SUGAR SNAP PEAS

serves 4–6

Ramen noodles are a fast, easy, and inexpensive staple to keep on hand. Sugar snap peas and diced tomatoes add depth, flavor, and nutritional value to this perfect weeknight soup.

2 Tbsp olive oil

2 shallots, chopped

4 cloves garlic, minced

6 cups (48 fl oz/1.5 l) chicken broth

3 oz (90 g) dried ramen noodles

1 can (14½ oz/455 g) diced tomatoes

1½ cups (5 oz/155 g) sugar snap peas, trimmed and halved diagonally

4 green onions, white and tender green parts, thinly sliced

Salt and freshly ground pepper

Hot sauce, such as Sriracha, for serving

In a large, heavy pot, warm the oil over medium-high heat. Add the shallots and garlic and sauté for 3 minutes. Add the broth and bring to a boil. Add the ramen noodles and tomatoes and cook, stirring occasionally, for 5 minutes. Add the sugar snap peas and green onions and cook for 2 minutes. Season with salt and pepper and serve, passing the hot sauce at the table.



14 MAY

MAY

15



15

MAY

CURRIED CARROT PURÉE

serves 4

1 Tbsp olive oil, plus more for drizzling

1 large shallot, minced

1½ lb (750 g) carrots, peeled and coarsely chopped

1 tsp curry powder

6 cups (48 fl oz/1.5 l) chicken broth

2 Tbsp fresh orange juice

Salt and freshly ground pepper

Here, curry powder and orange juice add flavor and vibrancy to this earthy carrot soup. To mix it up, try a touch of ground cinnamon or ginger in place of or in addition to the curry powder.

In a large, heavy pot, warm the 1 Tbsp oil over medium heat. Add the shallot and sauté until translucent, about 2 minutes. Add the carrots, curry powder, and broth. Raise the heat to medium-high and bring to a boil. Reduce the heat to low, cover, and cook until the carrots are tender, about 20 minutes. Remove from the heat and add the orange juice. Let cool slightly.

Working in batches, purée the soup in a blender or food processor. Season with salt and pepper.

The soup can be served warm or chilled. To serve warm, return to the pot and gently warm over medium heat. To serve chilled, let cool, transfer to a covered container, and refrigerate for at least 3 hours or up to overnight. Serve, drizzled with oil.

16

MAY

PEA SHOOT & PASTA SOUP

serves 4

Salt and freshly ground pepper

½ cup (3½ oz/105 g) stelline or other small soup pasta

2 eggs

4 cups (32 fl oz/1 l) chicken broth

1 small carrot, peeled and chopped

2 cups (2 oz/60 g) chopped pea shoots

¼ cup (1 oz/30 g) grated Parmesan cheese

Look for fresh pea shoots at farmers' markets in early spring, or at Asian markets year-round. Tender and sweet, they deliver the flavor of fresh peas without the effort of shelling. If pea shoots are unavailable, baby spinach can substitute.

Bring a small saucepan of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes or according to the package directions. Drain and rinse under cold running water. In a small bowl, beat the eggs lightly and season with salt and pepper.

In a large saucepan, combine the broth with 1 cup (8 fl oz/250 ml) water. Bring to a simmer over medium-high heat. Add the carrot and simmer, uncovered, until crisp-tender, 5–6 minutes. Add the pea shoots and simmer until tender, 2–3 minutes. Remove from the heat. Slowly drizzle in the beaten egg, stirring the soup gently in one direction to form even threads of cooked egg. Gently stir in the pasta and cheese. Season with salt and pepper and serve.

17

MAY

Try Brie, St. André, or a soft goat cheese in place of the Camembert. Serve extra crostini and a bottle of Pinot Gris at the table for a light spring dinner. If you prefer to use fresh artichokes, prep the hearts according to the method on page 75.

ARTICHOKE SOUP WITH CAMEMBERT CROSTINI

serves 6

2 Tbsp olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

¼ cup (2 fl oz/60 ml) dry white wine

1 small russet potato, peeled and finely diced

8 oz (250 g) frozen artichoke hearts

2 cups (16 fl oz/500 ml) chicken broth

Salt and freshly ground pepper

FOR THE CROSTINI

12 thin baguette slices

2 oz (60 g) Camembert cheese, at room temperature

In a large saucepan, warm the oil over medium-high heat. Add the onion and the garlic and sauté until translucent, about 5 minutes. Add the white wine and potato and cook for 5 minutes. Add the artichoke hearts and broth and bring to a boil. Reduce the heat to low and simmer until the potato is very tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the saucepan and season with salt and pepper.

To make the crostini, preheat the broiler to high. Top each baguette slice with a thin slice of Camembert. Place on a baking sheet and broil until the cheese melts slightly, 1–2 minutes.

Serve, topping each bowl with 2 crostini.

18

MAY

To make the pesto, finely grind ⅓ cup (2 oz/60 g) pine nuts and 3 cloves garlic in a food processor. Add 2 cups (2 oz/60 g) packed basil leaves and purée. With the motor running, add ½ cup (4 fl oz/125 ml) extra-virgin olive oil in a steady stream. Stop and add ½ cup (2 oz/60 g) grated Parmesan and purée. Season with salt and pepper.

BEAN & ELBOW PASTA SOUP WITH BASIL PESTO

serves 6–8

Salt and freshly ground pepper

1 cup (3½ oz/105 g) elbow pasta

2 Tbsp olive oil

1 yellow onion, chopped

4 cloves garlic, minced

2 Tbsp tomato paste

5 cups (40 fl oz/1.25 l) chicken broth

1 can (14½ oz/455 g) diced tomatoes, drained

1 can (15 oz/470 g) butter beans, drained

1 can (15 oz/470 g) cannellini beans, drained

¼ cup (⅓ oz/10 g) chopped basil

Basil Pesto (left)

In a saucepan, bring 4 cups (32 fl oz/1 l) water to a boil. Add ¼ tsp salt and the pasta and cook until al dente, about 8 minutes, or according to the package directions. Drain and set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and the garlic and sauté for 5 minutes. Add the tomato paste and stir to combine. Add the broth and tomatoes and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Add the pasta, butter beans, and cannellini beans and simmer for 5 minutes. Stir in the basil and season with salt and pepper.

Serve, topping each bowl with a dollop or swirl of pesto.

19

MAY

ISRAELI COUSCOUS SOUP WITH CURRY, CHICKEN & SPINACH

serves 4–6

This soup is a great way to use leftover rotisserie or grilled chicken. When reheating, you may need to add more broth or water, as the couscous will absorb the liquid as it sits.

1 cup (6 oz/185 g) Israeli couscous

2 small skinless, boneless chicken breast halves (about ¾ lb/375 g total)

3 Tbsp olive oil

Salt and freshly ground pepper

1 small yellow onion, chopped

2 cloves garlic, minced

½ tsp curry powder

¼ tsp ground turmeric

6 cups (48 fl oz/1.5 l) chicken broth

2 cups (2 oz/60 g) baby spinach leaves

Preheat the oven to 375°F (190°C).

In a small saucepan, bring 1¼ cups (10 fl oz/310 ml) water to a boil. Add the couscous, stir once, and cover. Reduce the heat to low and cook until all the water is absorbed, 8–10 minutes. Set aside.

Place the chicken breasts on a baking sheet, brush with 1 Tbsp of the oil, and season with salt and pepper. Bake the chicken until it is cooked all the way through, 18–20 minutes. When it is cool enough to handle, shred the chicken and set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and the garlic and sauté until soft, about 5 minutes. Add the curry powder and turmeric, stir to combine, and cook for 2 minutes. Add the broth and bring to a boil. Reduce the heat to low, add the couscous and chicken and simmer, stirring occasionally, until the couscous is al dente, about 10 minutes. Stir in the spinach and cook just until it wilts, about 45 seconds. Season with salt and pepper and serve.

20

MAY

WATERCRESS SOUP

serves 4

Watercress may bring visions of delectable finger sandwiches, but this favorite salad ingredient also has a tradition in British soups. The peppery green leaves are popular in creamy soups that can be eaten hot or chilled; hot watercress soup is often topped with crisp croutons, while cold soup is given a swirl of cream.

¼ cup (2 fl oz/60 ml) olive oil

1 yellow onion, coarsely chopped

2 large Yukon gold potatoes, peeled and diced

1 lb (500 g) leeks, white and pale green parts, thinly sliced

4 cups (32 fl oz/1 l) chicken broth or water

Salt and freshly ground pepper

2 bunches watercress

1 cup (8 fl oz/250 ml) heavy cream

In a large saucepan, warm the oil over medium heat. Add the onion and sauté until softened, 5–7 minutes. Stir in the potatoes and cook for 2 minutes. Add the leeks, raise the heat to medium-high, and cook, stirring occasionally, until the leeks begin to soften and wilt, about 4 minutes. Add the broth and season with salt and pepper. Raise the heat to high, bring to a boil, then reduce the heat to medium-low and simmer, uncovered, until the vegetables are very soft, about 25 minutes.

Strip the watercress leaves from the stems and discard the stems. Add the leaves to the saucepan and cook just until they are tender, about 3 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Stir in the cream. Taste and adjust the seasoning.

To serve the soup hot, gently reheat over medium heat. To serve the soup cold, transfer to a covered container and refrigerate until well chilled, at least 2 hours. Ladle the soup into bowls and serve.

21

MAY

COLD ZUCCHINI & AVOCADO SOUP

serves 4

⅔ cup (3½ oz/105 g) whole raw almonds

4 zucchini, trimmed and chopped

4 celery ribs, chopped

¼ cup (2 fl oz/60 ml) extra-virgin olive oil

¼ cup (2 fl oz/60 ml) fresh lemon juice

2 ripe avocados, pitted, peeled, and diced

A few dashes of Tabasco sauce

Salt and freshly ground pepper

3 Tbsp chopped basil

Good-quality olive oil and ripe avocados are imperative to the success of this dish. Serve with a shredded carrot, feta, and pine nut salad. This soup can also be served at room temperature.

Put the almonds into a food processor and pulse until finely ground. Add the zucchini, celery, oil, and lemon juice and purée until very smooth. Add the avocados and 1½ cups (12 fl oz/375 ml) water and continue to purée. If needed, add 1 Tbsp of water at a time to achieve the desired consistency. Add the Tabasco and combine. Season with salt and pepper.

Serve, topped with chopped basil.

22

MAY

CHILLED SOUR CHERRY SOUP WITH TARRAGON

serves 6–8

3 lb (1.5 kg) fresh sour cherries, stemmed and pitted

3 Tbsp unsalted butter

4 shallots, minced

2 tsp grated lemon zest

2 cups (16 fl oz/500 ml) fruity red wine

2 Tbsp cornstarch

⅔ cup (5 oz/155 g) sugar, plus more as needed

Salt

1 lb (500 g) fresh sweet cherries, stemmed, pitted, and quartered

¼ cup (2 fl oz/60 ml) heavy cream (optional)

¼ cup (⅓ oz/10 g) chopped tarragon

For a less sweet and more festive soup, replace the fruity red wine with a dry Prosecco or a sparkling rosé stirred in after chilling to preserve the bubbles. Save a little bubbly for serving alongside.

Using a food processor, process the sour cherries to a smooth purée. Pour the purée through a fine-mesh sieve set over a bowl and, using a wooden spoon, press hard on the solids to extract as much liquid as possible. Discard the solids in the sieve.

In a large, heavy pot, melt the butter over medium heat. Add the shallots and sauté until softened, about 3 minutes. Stir in the lemon zest and cook until fragrant, about 45 seconds. Add the sour-cherry purée, the wine, and 1½ cups (12 fl oz/375 ml) water and stir to blend. Raise the heat to medium-high and bring to a simmer.

In a small bowl, whisk together the cornstarch with ¼ cup (2 fl oz/60 ml) water and stir it into the simmering cherry mixture along with the ⅔ cup sugar and a pinch of salt. Reduce the heat to medium-low and simmer, stirring often, until thickened to the consistency of light cream, about 4 minutes. Remove from the heat and stir in the sweet cherries. Transfer the soup to a nonaluminum bowl and let cool completely. Cover and refrigerate until well chilled, at least 4 hours or up to overnight.

When ready to serve, taste the soup and adjust the seasoning with salt and sugar. Serve, drizzled with cream, if using, and sprinkled with tarragon.



22 MAY

MAY

23



23

MAY

Vidalia onions have a high sugar content and caramelize beautifully. But they really do take 30 minutes to reach their optimal flavor, so be patient at the stove.

SWEET ONION SOUP WITH BLUE CHEESE TOASTS

serves 4–6

3 Tbsp unsalted butter

2 Tbsp olive oil

4 sweet onions, such as Vidalia, thinly sliced

1 Tbsp balsamic vinegar

3 cloves garlic, minced

¼ cup (2 fl oz/60 ml) dry white wine

3 cups (24 fl oz/750 ml) chicken broth

Salt and freshly ground pepper

FOR THE BLUE CHEESE TOASTS

1 baguette, cut into 8–12 thin slices

3 oz (90 g) blue cheese, crumbled

In a large, heavy pot, melt the butter with the oil over high heat. Add the onions and sauté until they begin to soften, 5–7 minutes. Reduce the heat to low and continue to cook, stirring occasionally, for 30 minutes. Add the vinegar, stir to combine, and cook, stirring occasionally, for 30 minutes. Stir in the garlic and cook for 5 minutes. Add the wine and cook for 2 minutes. Add the broth, raise the heat to medium-high, and bring to a boil. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot and season with salt and pepper.

Meanwhile, to make the blue cheese croutons, preheat the broiler to high. Place the bread slices on a baking sheet and cover each with blue cheese. Place under the broiler until the cheese is melted and the croutons are toasted, 1–2 minutes.

Serve, topping each bowl with 2 or 3 toasts.

24

MAY

For this soup, try to catch the moment when your local crab haul overlaps with the spring asparagus harvest. Either lump crabmeat or flake will work, but avoid vacuum-packed, frozen, or imitation—with so few ingredients, freshness is key.

CRAB & ASPARAGUS EGG FLOWER SOUP

serves 4

4 cups (32 fl oz/1 l) chicken broth

1 tsp peeled and minced fresh ginger

½ lb (250 g) asparagus, trimmed and cut on the diagonal into 1-inch (2.5-cm) pieces

1 Tbsp cornstarch

1 egg, well beaten

2 tsp dry sherry

1 tsp Asian sesame oil

1 tsp soy sauce

1 cup (6 oz/185 g) fresh lump or flake crabmeat, picked over for shell fragments

In a large saucepan, combine the broth and ginger over medium-high heat and bring to a rolling boil. Add the asparagus, reduce the heat to medium, cover, and simmer until the asparagus is crisp-tender, about 3 minutes.

Meanwhile, in a bowl, mix together the cornstarch and 2 Tbsp water. Set aside.

Reduce the heat to medium-low. Stir 2 Tbsp of the hot broth into the beaten egg. Slowly pour the egg mixture into the broth, stirring constantly to form even threads of cooked egg. Add the cornstarch mixture, sherry, sesame oil, and soy sauce to the broth. Cook, stirring, until the soup thickens slightly, about 1 minute.

Stir in the crabmeat and cook just until it is warmed through, 2–3 minutes. Taste and adjust the seasoning, then serve.

25

MAY

FENNEL VICHYSSOISE

serves 4–6

2 Tbsp unsalted butter

1 Tbsp olive oil

½ yellow onion, chopped

2 fennel bulbs (1½ lb/750 g total), stalks and fronds removed, quartered, cored, and thinly sliced

¼ cup (2 fl oz/60 ml) dry white wine

3 cups (24 fl oz/750 ml) vegetable broth

1 russet potato (¾ lb/375 g), peeled and diced

½ cup (4 fl oz/125 ml) heavy cream

Salt and ground white pepper

Traditional vichyssoise is a cold potato and leek soup. In this version, fennel takes center stage. This soup is just as good warm as it is cold, so you can make that decision based on the weather.

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion and fennel and sauté until the fennel is very soft, 7–9 minutes. Add the wine and cook, stirring often, for 2 minutes. Add the broth, bring to a boil, then add the potato. Reduce the heat to medium-low and simmer until the potato is very soft, 30–35 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the cream, and bring to a gentle boil. Remove from the heat and season to taste with salt and pepper.

If serving cold, let the soup cool to room temperature. Transfer to a covered container and refrigerate until well chilled, at least 3 hours or up to overnight. Serve.

26

MAY

EGG-LEMON SOUP WITH FAVA BEANS & FRIED GARLIC CHIPS

serves 6–8

Salt

3 lb (1.5 kg) fava beans in the pods, shelled

1 large lemon

8 cups (64 fl oz/2 l) chicken broth

⅔ cup (4½ oz/145 g) long-grain white rice, such as basmati

1 bay leaf

2 eggs, at room temperature

2 egg yolks, at room temperature

Fried Garlic Chips (left)

To make fried garlic chips, thinly slice 8 cloves of garlic. Warm 2 Tbsp oil in a small frying pan over medium heat. Add the garlic and cook, stirring often, until golden brown, about 3 minutes. Transfer to paper towels to drain.

Bring a large saucepan of water to a boil. Add 1 Tbsp salt and the fava beans and cook for 2 minutes. Drain and rinse under cold water. Pinch open the skin of each bean along its edge and slip the bean from the skin. Discard the skins.

With a vegetable peeler, remove the zest from the lemon in wide strips, then squeeze ¼ cup (2 fl oz/60 ml) juice and set aside.

In a large, heavy pot, bring the broth to a boil over high heat. Stir in the rice, lemon zest, bay leaf, and 1½ tsp salt. Reduce the heat to medium, cover, and simmer until the rice is tender, 15–20 minutes.

Remove the bay leaf and lemon zest from the broth. In a bowl, whisk together the eggs, egg yolks, and lemon juice. Whisking constantly, ladle about one-fourth of the hot broth mixture into the egg mixture and whisk until blended. Stir back into the pot. Add the fava beans, reduce the heat to low, and cook, stirring, until the soup thickens and wisps of steam appear, about 5 minutes. Do not allow the soup to come to a simmer, and remove it from the heat as soon as it has thickened.

Taste and adjust the seasoning. Serve, garnished with the garlic chips.

27

MAY

STRAWBERRY-LEMON SOUP

serves 4–6

1 lb (500 g) fresh or frozen strawberries

¼ cup (2 oz/60 g) sugar

2 lemons

¼ cup (2 fl oz/60 g) dry white wine

4–6 tsp crème fraîche or sour cream for serving

For a special garnish, roll the bottom half of whole strawberries in crème fraîche and sprinkle with lemon zest. Fresh mint also pairs nicely with this summery soup.

If you are using frozen strawberries, let them defrost in a bowl, reserving all their juices. Put the strawberries, sugar, the grated zest and juice of 1 lemon, and the wine into a blender and purée.

Transfer the soup to a nonreactive bowl, cover, and refrigerate until well chilled, at least 3 hours.

Serve, garnished with a dollop of the crème fraîche and the grated zest of the remaining lemon.

28

MAY

CREAMY SPINACH-LEEK SOUP

serves 4–6

1 Tbsp unsalted butter

1 Tbsp olive oil

2 leeks, white and pale green parts, chopped

½ tsp grated nutmeg

1½ cups (12 fl oz/375 ml) vegetable broth

2 large bunches spinach, tough stems removed

¼ cup (2 fl oz/60 ml) heavy cream

Salt and freshly ground pepper

Here, nutmeg is the secret ingredient that laces this simple spinach soup, mellowing the earthy dark greens.

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the leeks and nutmeg and sauté until the leeks are softened, 5–7 minutes. Add the broth and bring to a boil. Add the spinach and cook, stirring often, for 10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring just to a boil. Season with salt and pepper. Serve.

29

MAY

SIMPLE ASPARAGUS SOUP

serves 4–6

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

3 cups (24 fl oz/750 ml) chicken broth

2 lb (1 kg) asparagus, trimmed and cut into ½-inch (12-mm) pieces

2 Tbsp heavy cream

Grated zest and juice of 1 lemon

Salt and freshly ground pepper

Spring asparagus is gorgeous, but overcook it and it will turn a dingy brown color. If you buy fat asparagus spears, cut them into smaller pieces so they will cook faster in the broth.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the asparagus and cook until tender, 8–10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring just to a boil. Turn the heat off and stir in the lemon zest and juice. Season with salt and pepper and serve.

30

MAY

The aromatic broth can be made ahead and stored in the refrigerator for up to 3 days. Cook the shrimp and green onions in the broth just before serving.

GINGERY BROTH WITH PRAWNS & GREEN ONIONS

serves 4

3 green onions

2 tsp canola oil

3-inch (7.5-cm) piece of fresh ginger, peeled and grated

1 clove garlic, minced

⅛ tsp Chinese five-spice powder

¼ lb (125 g) cremini mushrooms, thinly sliced

½ red bell pepper, seeded and thinly sliced

4 cups (32 fl oz/1 l) chicken broth

2 Tbsp soy sauce

½ lb (250 g) medium shrimp, peeled and deveined

Thinly slice the green onions on the diagonal, reserving the white and pale green parts in one bowl and the dark green parts in a separate bowl.

In a large, heavy pot, warm the oil over medium-high heat. Add the ginger and garlic and cook until fragrant, about 4 minutes. Add the five-spice powder, mushrooms, red pepper, and the white and light green parts of the green onions and cook, stirring often, for 3–4 minutes. Add the broth, 2 cups (16 fl oz/500 ml) water, and the soy sauce and simmer for 20 minutes. Raise the heat to high and return the broth to a boil. Add the shrimp and cook until bright pink, about 3 minutes. Serve, sprinkled with the dark green parts of the green onions.

31

MAY

Both kid and adult friendly, this soup uses ingredients that you probably already have in your pantry. Substitute chard, kale, or other sturdy cooking greens for the spinach.

SPINACH & VERMICELLI SOUP WITH FRIED EGG

serves 4

1 Tbsp olive oil

½ small yellow onion, thinly sliced

1 clove garlic, minced

5 cups (40 fl oz/1.25 l) chicken broth

½ lb (250 g) vermicelli, broken into 2-inch (5-cm) pieces

1 bunch spinach, stemmed

1 Tbsp unsalted butter

4 eggs

Hot sauce, such as Sriracha, for serving (optional)

In a large saucepan, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the vermicelli, return to a boil, and cook, stirring occasionally, for 4 minutes. Add the spinach and stir through just until it is wilted, about 2 minutes. Reduce the heat to low to keep the soup warm while you prepare the eggs.

In a nonstick frying pan, melt the butter over medium heat. Fry each egg until it is set but the yolk is still runny, 5–6 minutes.

Ladle the soup into bowls and top each with a fried egg. Serve, passing the hot sauce at the table, if using.



31

MAY

1 CHILLED CARROT SOUP WITH GINGER & ORANGE ZEST *page 106*	2 POTATO-LEEK PURÉE WITH SMOKED SALMON & DILL *page 106*	3 MUSHROOM & MADEIRA SOUP WITH BRIE CHEESE *page 108*	4 MOROCCAN-SPICED VEGETARIAN CHILI *page 108*
8 PEA & MINT PURÉE WITH LEMON *page 111*	9 FIVE-SPICE CHICKEN NOODLE SOUP *page 112*	10 RED BEAN & ANDOUILLE SOUP *page 112*	11 LEEK & ASPARAGUS VICHYSSOISE *page 113*
15 CURRIED CARROT PURÉE *page 117*	16 PEA SHOOT & PASTA SOUP *page 117*	17 ARTICHOKE SOUP WITH CAMEMBERT CROSTINI *page 118*	18 BEAN & ELBOW PASTA SOUP WITH BASIL PESTO *page 118*
22 CHILLED SOUR CHERRY SOUP WITH TARRAGON *page 120*	23 SWEET ONION SOUP WITH BLUE CHEESE TOASTS *page 123*	24 CRAB & ASPARAGUS EGG FLOWER SOUP *page 123*	25 FENNEL VICHYSSOISE *page 124*
29 SIMPLE ASPARAGUS SOUP *page 125*	30 GINGERY BROTH WITH PRAWNS & GREEN ONIONS *page 126*	31 SPINACH & VERMICELLI SOUP WITH FRIED EGG *page 126*	

5 WONTON SOUP *page 109*	**6** MUSHROOM-QUINOA SOUP *page 109*	**7** TURKEY MEATBALL SOUP WITH ARUGULA *page 111*
12 GREEN LENTIL SOUP *page 113*	**13** SPICY COCONUT CURRY SEAFOOD SOUP *page 114*	**14** RAMEN NOODLE SOUP WITH SUGAR SNAP PEAS *page 114*
19 ISRAELI COUSCOUS SOUP WITH CURRY, CHICKEN & SPINACH *page 119*	**20** WATERCRESS SOUP *page 119*	**21** COLD ZUCCHINI & AVOCADO SOUP *page 120*
26 EGG-LEMON SOUP WITH FAVA BEANS & FRIED GARLIC CHIPS *page 124*	**27** STRAWBERRY-LEMON SOUP *page 125*	**28** CREAMY SPINACH-LEEK SOUP *page 125*

may

May heralds high spring, when brisk but ever-sunnier days welcome bowls full of tender shoots and leaves. Enjoy the season's last asparagus, artichokes, and fava beans, and if a few residual rain showers linger, take comfort in a creamy wild mushroom soup while you still can. As the weather continues to warm, stone fruit and berries, starting with cherries and strawberries, steadily sneak into markets, welcoming the cold soups of the summer season.

1

MAY

This light and bright soup, which can be served cold or hot, is a fitting welcome to spring. Try replacing the ginger with 2 tsp cumin seed or coriander seed and the orange zest with lime zest or lemon zest. Use chicken broth in place of the vegetable broth for a richer taste.

CHILLED CARROT SOUP WITH GINGER & ORANGE ZEST

serves 4–6

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

2-inch (5-cm) piece fresh ginger, peeled and minced

2 lb (1 kg) carrots, thinly sliced

4 cups (32 fl oz/1 l) vegetable broth

Salt and freshly ground pepper

Grated zest of 1 orange

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and ginger and sauté until soft, about 5 minutes. Add the carrots, stir, and cook for 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the carrots are very tender, about 35 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor and return to the pot. Season with salt and pepper.

Stir in the orange zest and let the soup cool to room temperature. Cover and refrigerate until well chilled, at least 3 hours or up to overnight. Serve.

2

MAY

For a stunning presentation, serve this soup in shallow bowls so the salmon doesn't sink to the bottom. The dill can be replaced by chopped chervil or chives, if you prefer.

POTATO-LEEK PURÉE WITH SMOKED SALMON & DILL

serves 6

2 Tbsp olive oil

2 leeks, white and pale green parts, chopped

2 russet potatoes, peeled and finely diced

4 cups (32 fl oz/1 l) chicken broth

½ cup (4 fl oz/125 ml) heavy cream

1 Tbsp chopped dill

Salt and freshly ground pepper

¼ lb (125 g) smoked salmon, chopped

In a large, heavy pot, warm the oil over medium-high heat. Add the leeks and sauté until soft, about 5 minutes. Add the potatoes and the broth and bring to a boil. Reduce the heat to low and simmer until the potatoes are very soft, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and stir in the cream and dill. Return the soup to a gentle boil, turn off the heat, and season with salt and pepper.

Serve, garnished with the smoked salmon.



2

MAY

3

MAY

Any ripe, soft cheese is tasty with this soup. Be sure to have it at room temperature when ready to serve so that it melts into the soup on impact.

MUSHROOM & MADEIRA SOUP WITH BRIE CHEESE

serves 4

¼ cup (2 oz/60 g) unsalted butter

2 small shallots, chopped

1 small white sweet onion, chopped

1 lb (500 g) cremini mushrooms, coarsely chopped

1 russet potato, peeled and cut into ½-inch (12-mm) dice

2 cups (16 fl oz/500 ml) chicken broth

Salt and freshly ground pepper

1 cup (8 fl oz/250 ml) heavy cream

2–3 Tbsp good-quality Madeira wine

Pinch of grated nutmeg

2 oz (60 g) Brie cheese, rind removed and cheese sliced into 8–12 thin pieces

Chopped basil for garnish

In a large, heavy pot, melt the butter over medium-low heat. Add the shallots and onion and sauté until translucent, 5–6 minutes. Add the mushrooms, increase the heat to medium, and sauté until the mushrooms begin to release their liquid, 8–10 minutes; do not allow the onions to brown. Add the potato and broth and season with salt. Cover partially, and simmer until the mushrooms and potato are soft, 15–20 minutes, adjusting the heat if necessary to maintain a simmer. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and add the cream. Place over medium-low heat and bring almost to a simmer; do not allow to boil. Add Madeira to taste, the nutmeg, and pepper to taste.

Ladle the soup into bowls and float 2 or 3 pieces of the cheese on the surface of each serving. Sprinkle with the basil and serve.

4

MAY

Serve this richly spiced vegetarian chili with toasted pita bread or on a bed of steamed couscous or rice. Hubbard or acorn may be used in place of the butternut squash.

MOROCCAN-SPICED VEGETARIAN CHILI

serves 6

4 large ancho chiles

4 large whole cloves garlic, plus 6 large cloves, sliced

1 yellow onion, chopped

1½ tsp ground turmeric

1½ tsp ground cinnamon

1½ tsp ground cumin

1½ tsp ground coriander

1 can (28 oz/875 g) diced tomatoes

1 butternut squash (about 1¼ lb/625 g), halved, seeded, peeled, and cut into ½-inch (12-mm) cubes

2 cans (15½ oz/485 g each) chickpeas

2 zucchini, cut into ½-inch (12-mm) dice

⅓ cup (2 oz/60 g) sliced dried apricots

⅓ cup (2 oz/60 g) sliced pitted prunes

In a saucepan, combine the chiles and 3 cups (24 fl oz/750 ml) water and bring to a boil. Remove from the heat. Cover and let stand for 15 minutes. Using tongs or a slotted spoon, transfer the chiles to a work surface; reserve the liquid. Discard the stems and seeds from the chiles. In a blender or food processor, combine the chiles with the 4 whole cloves garlic and **½** cup (4 fl oz/125 ml) of the chile soaking liquid. Process until smooth and set aside.

Heat a large, heavy pot over medium heat. Coat the pan with nonstick cooking spray. Add the onion, the sliced garlic cloves, turmeric, cinnamon, cumin, and coriander and sauté until the onion and garlic have softened, about 5 minutes. Stir in the tomatoes and their juices, the butternut squash, and chile purée. Cover and simmer, stirring occasionally, until the butternut squash is just tender, about 25 minutes.

Stir in the chickpeas with their liquid, the zucchini, and the dried apricots and prunes. Simmer, uncovered, until the zucchini is tender, about 15 minutes. Serve.

5

MAY

Simmered in broth, stuffed wontons plump and tenderize for a satisfying soup. Triangles are easy to fold, but also try little bundles or half moons, as you like.

WONTON SOUP

serves 4–6

FOR THE WONTONS

¼ lb (125 g) diced pork, chicken, or shrimp

1½ tsp peeled and grated fresh ginger

2 Tbsp chopped water chestnuts

1½ Tbsp chopped green onion, white part only

1 Tbsp chopped cilantro

1 Tbsp light soy sauce

1 tsp rice wine (optional)

1 small egg

Salt and ground white pepper

24 wonton wrappers

2–3 dried black mushrooms, soaked in hot water to cover for 30 minutes and drained

6 cups (48 fl oz/1.5 l) chicken broth

¾ cup (1¾ oz/50 g) small bok choy leaves

1½-inch (4-cm) piece carrot, peeled and cut into thin matchsticks

1 green onion, tender green part only, cut into thin matchsticks

To make the wontons, in a food processor, combine the pork, chicken, or shrimp and the ginger and process to a smooth paste. Add the water chestnuts, green onion, cilantro, soy sauce, rice wine (if using), and egg. Season with salt and pepper and process again until a smooth paste forms.

Working with 1 wonton wrapper at a time, place it on a work surface and moisten any 2 edges with cold water. Place 2–3 tsp of the filling in the center and fold in half into a triangle. Press the edges firmly to seal, then fold the two outer points across the top of the mound and pinch the edges together. If they do not stick, moisten with a little water. Repeat until all the dumplings are filled.

To prepare the soup, remove and discard the stems from the mushrooms if necessary and slice the caps. In a saucepan, bring the broth to a boil over medium heat. Add the bok choy leaves, carrot, and mushrooms and simmer for 2 minutes.

Meanwhile, bring a saucepan three-fourths full of water to a boil over high heat. Add the wontons, reduce the heat to medium, and simmer gently until they float to the ↣

surface and the skins are tender, about 3 minutes. Using a wire skimmer, carefully lift out the wontons and divide evenly among individual bowls.

Ladle the soup over the wontons, garnish with the green onion tops, and serve.

6

MAY

A good choice for spring soups, quinoa is lighter than some other grains and has a nuttiness that pairs well with young vegetables like asparagus, artichokes, new potatoes, and the mushrooms used in this recipe.

MUSHROOM-QUINOA SOUP

serves 4

2 Tbsp unsalted butter

2 Tbsp all-purpose flour

Salt and freshly ground pepper

1 leek, white part only, halved and thinly sliced

1 carrot, peeled and finely chopped

1 celery rib, finely chopped

1 cup (8 fl oz/250 ml) dry red wine

4 cups (32 fl oz/1 l) vegetable or chicken broth

1 lb (500 g) cremini mushrooms, quartered

⅓ cup (2 oz/60 g) quinoa, well rinsed

In a large, heavy pot, melt the butter over medium heat. Remove from the heat and slowly add the flour, whisking out any lumps. Add ½ tsp salt and ¼ tsp pepper. Return the pan to medium heat and cook the roux, stirring constantly, until it begins to brown, about 3 minutes. Add the leek, carrot, and celery and stir. Slowly add the wine while whisking constantly. Reduce the heat to low and let simmer, stirring occasionally, until the flavors have blended and the mixture has thickened, about 20 minutes.

Meanwhile, in a saucepan, bring the broth to a simmer over medium heat. Add the mushrooms and cook, uncovered, for 10 minutes. When the wine mixture is ready, add the broth and mushrooms and stir well. Bring to a boil, then reduce the heat to medium-low. Add the quinoa and simmer, uncovered, until tender, about 20 minutes. Season with salt and pepper and serve.

MAY

8



7

MAY

Double the recipe for the meatballs and freeze half for another meal. They are especially delicious served over buttered noodles with shaved Parmesan.

TURKEY MEATBALL SOUP WITH ARUGULA

serves 6

FOR THE MEATBALLS

1 lb (500 g) ground turkey

¼ lb (125 g) prosciutto, finely chopped

1 clove garlic, minced

½ cup (2 oz/60 g) seasoned dried bread crumbs

1 egg, lightly beaten

2 Tbsp minced flat-leaf parsley

Grated zest of 1 lemon

Salt and freshly ground pepper

2 Tbsp olive oil

1 yellow onion, chopped

3 cloves garlic, minced

6 cups (48 fl oz/1.5 l) chicken broth

3 ripe plum tomatoes, seeded and chopped

3 cups (3 oz/90 g) arugula

Salt and freshly ground pepper

Grated pecorino romano cheese for garnish

To make the meatballs, preheat the oven to 375°F (190°C). In a large bowl, combine the ground turkey, prosciutto, garlic, bread crumbs, egg, parsley, lemon zest, ½ tsp salt, and ¼ tsp pepper and mix well. Scoop out a teaspoonful of the turkey mixture, form a meatball, and place on an oiled baking sheet. Repeat until all the meatballs are formed. Bake the meatballs until cooked through, 10–15 minutes. Set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and the garlic and sauté until soft, about 5 minutes. Add the broth and bring to a boil. Reduce the heat to low, add the tomatoes, and simmer for 10 minutes. Add the arugula and the meatballs and stir just until the arugula is wilted, about 1 minute. Season with salt and pepper. Serve, topped with the pecorino.

8

MAY

This quintessential spring soup is simply divine, showcasing tender fresh peas. You can substitute frozen peas if necessary, or to enjoy this dish throughout the year. For an elegant and flavorful garnish, swirl crème fraîche or olive oil on top.

PEA & MINT PURÉE WITH LEMON

serves 4–6

2 Tbsp unsalted butter

2 shallots, minced

3 cups (24 fl oz/750 ml) chicken broth

3 cups (15 oz/470 g) fresh or frozen peas, plus more for garnish

½ cup (¾ oz/20 g) chopped mint, plus small leaves for garnish

1 Tbsp sour cream

Grated zest of 1 lemon

Salt and freshly ground pepper

Extra-virgin olive oil for drizzling

In a large, heavy pot, melt the butter over medium-high heat. Add the shallots and cook until soft, 5 minutes. Add the broth and bring to a boil. Add the peas, reserving a few for the garnish, and cook until tender, 3–5 minutes. Stir in the chopped mint. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot, stir in the sour cream, and warm over medium heat. Turn off the heat and stir in the lemon zest. Season with salt and pepper and serve, garnished with mint leaves and peas and drizzled with oil.

9

MAY

FIVE-SPICE CHICKEN NOODLE SOUP

serves 4

This is a simple version of a classic Asian soup, with the warming flavors of ginger and chile. Rice noodles are a quick and easy choice; requiring only a brief soak in hot water, they are added just before serving.

6 cups (48 fl oz/1.5 l) chicken broth

3 shallots, thinly sliced

2 Tbsp peeled and minced fresh ginger

1 tsp Chinese five-spice powder

3 limes

¼ cup (2 fl oz/60 ml) Asian fish sauce

2 tsp sugar

1 cup (1 oz/30 g) slivered basil, preferably Thai

1 jalapeño chile, thinly sliced

2 cups (12 oz/375 g) shredded cooked chicken

6 oz (185 g) dried rice stick noodles, soaked in hot water for 15 minutes and drained

2 green onions, white and tender green parts, thinly sliced

In a large saucepan, combine the broth, shallots, ginger, and five-spice powder and bring to a boil over high heat. Reduce the heat to low and simmer for 10 minutes.

Squeeze the juice from 2 of the limes (about 3 Tbsp juice). In a small bowl, combine the lime juice, fish sauce, and sugar and stir to dissolve the sugar. Cut the remaining lime into wedges and place on a plate with the basil and chile.

Pour the lime juice mixture into the broth and stir in the chicken to heat through. Add the noodles to heat for about 5 seconds. Serve, garnished with the green onions and passing the lime wedges, basil, and chile at the table.

10

MAY

RED BEAN & ANDOUILLE SOUP

serves 6–8

This New Orleans–style soup is easy to vary; use a different kind of bean, chicken or vegetable broth, or another lean sausage. Serve with a side of corn bread and hot sauce for dousing.

4 cups (28 oz/875 g) dried red kidney beans, picked over and rinsed

1 meaty ham bone, about 1 lb (500 g), trimmed of excess fat

1 yellow onion, chopped

1 celery rib, chopped

2 cloves garlic, chopped

1 large bay leaf

½ tsp dried thyme

Hot sauce, such as Tabasco

Salt and freshly ground pepper

½ lb (250 g) andouille or other lean smoked sausage, cut into slices ¼ inch (6 mm) thick

Chopped green onions, white and tender green parts, for garnish

Soak the dried beans in cold water to cover for at least 4 hours or overnight.

In a large, heavy pot, combine the ham bone and 6 cups (48 fl oz/1.5 l) water and bring to a boil over high heat. Reduce the heat to medium-low and simmer briskly for 1 hour, skimming frequently to remove any foam that rises to the surface.

Remove from the heat. Using tongs, carefully lift the bone from the pot and set aside. When cool enough to handle, remove the meat from the bone, discarding any fat. Skim any fat from the surface of the broth and return the bone to the broth.

Drain the beans and add to the broth along with the yellow onion, celery, garlic, bay leaf, and thyme. Return to high heat and bring to a boil. Reduce the heat to low, cover, and simmer, stirring frequently, until the beans are tender, about 2 hours.

Remove and discard the ham bone and bay leaf and let the soup cool slightly. Scoop out 3 cups (21 oz/655 g) of the beans with a little liquid and purée in a blender or food processor. Return to the pot. Cut the reserved ham into bite-sized pieces and add to the pot. Season with a few drops of hot-pepper sauce, salt, and pepper.

In a large frying pan, brown the andouille over medium-high heat, 2 minutes per side.

Serve, topped with sausage and green onions.

11

MAY

Vichyssoise is usually served chilled, but if you prefer it warm, reheat slightly after blending and serve. For a healthier, brighter green soup, omit the half-and-half or use yogurt instead.

LEEK & ASPARAGUS VICHYSSOISE

serves 6–8

5 leeks (about 2½ lb/1.25 kg total), white and pale green parts

2 Tbsp unsalted butter

2 Tbsp canola oil

1 tsp minced thyme

5 cups (40 fl oz/1.25 l) chicken broth

1 small russet potato, peeled and coarsely chopped

2 lb (1 kg) asparagus, trimmed and coarsely chopped

1 cup (1 oz/30 g) packed baby spinach leaves

1 cup (8 fl oz/250 ml) half-and-half, plus 3 Tbsp

Salt and freshly ground pepper

Cut the leeks in half lengthwise and then cut each half crosswise into pieces ¼ inch (6 mm) thick. Rinse well and drain.

In a large, heavy pot, melt 1 Tbsp of the butter with 1 Tbsp of the oil over medium-high heat. Set aside 1 cup (4 oz/125 g) of the leeks and add the rest to the pot along with the thyme. Reduce the heat to low, cover, and cook, stirring occasionally, until the leeks are softened, about 10 minutes. Add the broth and potato, raise the heat to medium-high, cover, and bring to a boil. Reduce the heat to medium-low and simmer until the potato is tender, about 10 minutes.

When the potato is tender, add the asparagus, cover the pot, and cook until the asparagus is bright green and just tender, about 3 minutes. Stir in the spinach and cook just until it wilts, about 45 seconds. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Pour the purée into a bowl, add the 1 cup (8 fl oz/250 ml) half-and-half, 1 tsp salt, and pepper to taste. Stir to blend and let cool to room temperature. Transfer to a covered container and refrigerate until well chilled, at least 3 hours or up to overnight.

When ready to serve, in a frying pan, melt the remaining 1 Tbsp butter with the remaining 1 Tbsp oil over medium heat. Add the reserved 1 cup (4 oz/125 g) leeks and ¼ tsp salt and sauté until the leeks are crisp, about 8 minutes. Transfer to paper towels to drain.

Taste the soup and season with salt and pepper. Serve, drizzled with the remaining 3 Tbsp half-and-half and topped with the fried leeks.

12

MAY

Of all the lentils, the French du Puy variety hold their shape best when cooked, so don't be tempted to purée this soup. The speckled blue-green lentils look beautiful in a brothy mix with sun-dried tomatoes and carrots.

GREEN LENTIL SOUP

serves 4

2 slices thick-cut bacon, cut into ¼-inch (6-mm) pieces

1 clove garlic, minced

½ small yellow onion, finely chopped

2 carrots, peeled and finely chopped

1 celery rib, finely chopped

1½ cups (10½ oz/330 g) small green (du Puy) lentils

2 tsp thyme leaves

Salt and freshly ground pepper

1 bay leaf

2 drained oil-packed sun-dried tomatoes, chopped

In a large, heavy pot, cook the bacon over medium heat, stirring occasionally, until lightly crisp, about 5 minutes. Add the garlic, onion, carrots, and celery and sauté until the onion is translucent and the vegetables are soft, about 3 minutes. Add the lentils and stir well. Add 4 cups (32 fl oz/1 l) water, the thyme, 1 tsp salt, ½ tsp pepper, and the bay leaf. Reduce the heat to low and simmer, adding more water if needed, until the lentils are tender but firm, 30–40 minutes.

Serve, garnished with the sun-dried tomatoes.

13

MAY

SPICY COCONUT CURRY SEAFOOD SOUP

serves 4–6

A rich coconut curry, fresh egg noodles, and briny-sweet shellfish blend into citrus and spice notes. Substitute thinly sliced cooked chicken or beef for the seafood, stirring them into the soup toward the end of cooking to warm through.

2 Tbsp canola oil

½ cup (5 oz/155g) Asian chile paste

3 cups (24 fl oz/750 ml) coconut milk

¼ cup (2 fl oz/60 ml) Asian fish sauce

2 Tbsp fresh lime juice

2 Tbsp brown sugar

1 Tbsp tamarind paste

Salt

1 lb (500 g) fresh Asian egg noodles

½ lb (250 g) large shrimp, peeled and deveined

½ lb (250 g) cleaned squid bodies, cut into rings ½ inch (12 mm) wide

1 lb (500 g) mussels, scrubbed and debearded

2 green onions, white and tender green parts

Mung bean sprouts, cilantro sprigs, Thai basil sprigs, and sliced serrano chile for garnish

1 lime, cut into wedges

In a large, heavy pot, warm the oil over medium-high heat. Add the chile paste and sauté until fragrant, about 2 minutes. Add the coconut milk, fish sauce, lime juice, sugar, tamarind paste, and 2 cups (16 fl oz/ 500 ml) water and bring to a boil. Cook for 2 minutes, then reduce the heat to low and simmer the soup for 10 minutes to blend the flavors.

Meanwhile, bring a large saucepan three-fourths full of water to a boil over high heat. Stir in 1 tsp salt. Add the noodles and cook until just tender, 2–3 minutes. Drain and divide them among bowls.

In the same pan, bring 4 cups (32 fl oz/1 l) water to a boil. Reduce the heat to low, add the shrimp, and cook until they just turn pink, about 1 minute. Using a slotted spoon, transfer the shrimp to a large bowl. Add the squid to the same simmering water and cook until they turn opaque, about 1 minute. Transfer to the bowl with the shrimp. Add the mussels to the simmering water, discarding any that do not close to the touch. ↣

Cook just until the shells open, 2–3 minutes. Transfer the cooked mussels to the bowl of seafood, discarding any unopened mussels. Discard the cooking liquid.

Just before serving, ready all of the garnishes: thinly slice the green onions on the diagonal. Add all of the seafood to the simmering soup and cook just to heat through, about 3 minutes. Use tongs to top each bowl of noodles with a variety of seafood, and then ladle the hot soup over the seafood. Generously top each bowl with the garnishes and serve. Pass lime wedges at the table.

14

MAY

RAMEN NOODLE SOUP WITH SUGAR SNAP PEAS

serves 4–6

Ramen noodles are a fast, easy, and inexpensive staple to keep on hand. Sugar snap peas and diced tomatoes add depth, flavor, and nutritional value to this perfect weeknight soup.

2 Tbsp olive oil

2 shallots, chopped

4 cloves garlic, minced

6 cups (48 fl oz/1.5 l) chicken broth

3 oz (90 g) dried ramen noodles

1 can (14½ oz/455 g) diced tomatoes

1½ cups (5 oz/155 g) sugar snap peas, trimmed and halved diagonally

4 green onions, white and tender green parts, thinly sliced

Salt and freshly ground pepper

Hot sauce, such as Sriracha, for serving

In a large, heavy pot, warm the oil over medium-high heat. Add the shallots and garlic and sauté for 3 minutes. Add the broth and bring to a boil. Add the ramen noodles and tomatoes and cook, stirring occasionally, for 5 minutes. Add the sugar snap peas and green onions and cook for 2 minutes. Season with salt and pepper and serve, passing the hot sauce at the table.



14 MAY

MAY

15



15

MAY

CURRIED CARROT PURÉE

serves 4

1 Tbsp olive oil, plus more for drizzling

1 large shallot, minced

1½ lb (750 g) carrots, peeled and coarsely chopped

1 tsp curry powder

6 cups (48 fl oz/1.5 l) chicken broth

2 Tbsp fresh orange juice

Salt and freshly ground pepper

Here, curry powder and orange juice add flavor and vibrancy to this earthy carrot soup. To mix it up, try a touch of ground cinnamon or ginger in place of or in addition to the curry powder.

In a large, heavy pot, warm the 1 Tbsp oil over medium heat. Add the shallot and sauté until translucent, about 2 minutes. Add the carrots, curry powder, and broth. Raise the heat to medium-high and bring to a boil. Reduce the heat to low, cover, and cook until the carrots are tender, about 20 minutes. Remove from the heat and add the orange juice. Let cool slightly.

Working in batches, purée the soup in a blender or food processor. Season with salt and pepper.

The soup can be served warm or chilled. To serve warm, return to the pot and gently warm over medium heat. To serve chilled, let cool, transfer to a covered container, and refrigerate for at least 3 hours or up to overnight. Serve, drizzled with oil.

16

MAY

PEA SHOOT & PASTA SOUP

serves 4

Salt and freshly ground pepper

½ cup (3½ oz/105 g) stelline or other small soup pasta

2 eggs

4 cups (32 fl oz/1 l) chicken broth

1 small carrot, peeled and chopped

2 cups (2 oz/60 g) chopped pea shoots

¼ cup (1 oz/30 g) grated Parmesan cheese

Look for fresh pea shoots at farmers' markets in early spring, or at Asian markets year-round. Tender and sweet, they deliver the flavor of fresh peas without the effort of shelling. If pea shoots are unavailable, baby spinach can substitute.

Bring a small saucepan of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes or according to the package directions. Drain and rinse under cold running water. In a small bowl, beat the eggs lightly and season with salt and pepper.

In a large saucepan, combine the broth with 1 cup (8 fl oz/250 ml) water. Bring to a simmer over medium-high heat. Add the carrot and simmer, uncovered, until crisp-tender, 5–6 minutes. Add the pea shoots and simmer until tender, 2–3 minutes. Remove from the heat. Slowly drizzle in the beaten egg, stirring the soup gently in one direction to form even threads of cooked egg. Gently stir in the pasta and cheese. Season with salt and pepper and serve.

17

MAY

Try Brie, St. André, or a soft goat cheese in place of the Camembert. Serve extra crostini and a bottle of Pinot Gris at the table for a light spring dinner. If you prefer to use fresh artichokes, prep the hearts according to the method on page 75.

ARTICHOKE SOUP WITH CAMEMBERT CROSTINI

serves 6

2 Tbsp olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

¼ cup (2 fl oz/60 ml) dry white wine

1 small russet potato, peeled and finely diced

8 oz (250 g) frozen artichoke hearts

2 cups (16 fl oz/500 ml) chicken broth

Salt and freshly ground pepper

FOR THE CROSTINI

12 thin baguette slices

2 oz (60 g) Camembert cheese, at room temperature

In a large saucepan, warm the oil over medium-high heat. Add the onion and the garlic and sauté until translucent, about 5 minutes. Add the white wine and potato and cook for 5 minutes. Add the artichoke hearts and broth and bring to a boil. Reduce the heat to low and simmer until the potato is very tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the saucepan and season with salt and pepper.

To make the crostini, preheat the broiler to high. Top each baguette slice with a thin slice of Camembert. Place on a baking sheet and broil until the cheese melts slightly, 1–2 minutes.

Serve, topping each bowl with 2 crostini.

18

MAY

To make the pesto, finely grind ⅓ cup (2 oz/60 g) pine nuts and 3 cloves garlic in a food processor. Add 2 cups (2 oz/60 g) packed basil leaves and purée. With the motor running, add ½ cup (4 fl oz/125 ml) extra-virgin olive oil in a steady stream. Stop and add ½ cup (2 oz/60 g) grated Parmesan and purée. Season with salt and pepper.

BEAN & ELBOW PASTA SOUP WITH BASIL PESTO

serves 6–8

Salt and freshly ground pepper

1 cup (3½ oz/105 g) elbow pasta

2 Tbsp olive oil

1 yellow onion, chopped

4 cloves garlic, minced

2 Tbsp tomato paste

5 cups (40 fl oz/1.25 l) chicken broth

1 can (14½ oz/455 g) diced tomatoes, drained

1 can (15 oz/470 g) butter beans, drained

1 can (15 oz/470 g) cannellini beans, drained

¼ cup (⅓ oz/10 g) chopped basil

Basil Pesto (left)

In a saucepan, bring 4 cups (32 fl oz/1 l) water to a boil. Add ¼ tsp salt and the pasta and cook until al dente, about 8 minutes, or according to the package directions. Drain and set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and the garlic and sauté for 5 minutes. Add the tomato paste and stir to combine. Add the broth and tomatoes and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Add the pasta, butter beans, and cannellini beans and simmer for 5 minutes. Stir in the basil and season with salt and pepper.

Serve, topping each bowl with a dollop or swirl of pesto.

19

MAY

ISRAELI COUSCOUS SOUP WITH CURRY, CHICKEN & SPINACH

serves 4–6

This soup is a great way to use leftover rotisserie or grilled chicken. When reheating, you may need to add more broth or water, as the couscous will absorb the liquid as it sits.

1 cup (6 oz/185 g) Israeli couscous

2 small skinless, boneless chicken breast halves (about ¾ lb/375 g total)

3 Tbsp olive oil

Salt and freshly ground pepper

1 small yellow onion, chopped

2 cloves garlic, minced

½ tsp curry powder

¼ tsp ground turmeric

6 cups (48 fl oz/1.5 l) chicken broth

2 cups (2 oz/60 g) baby spinach leaves

Preheat the oven to 375°F (190°C).

In a small saucepan, bring 1¼ cups (10 fl oz/310 ml) water to a boil. Add the couscous, stir once, and cover. Reduce the heat to low and cook until all the water is absorbed, 8–10 minutes. Set aside.

Place the chicken breasts on a baking sheet, brush with 1 Tbsp of the oil, and season with salt and pepper. Bake the chicken until it is cooked all the way through, 18–20 minutes. When it is cool enough to handle, shred the chicken and set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and the garlic and sauté until soft, about 5 minutes. Add the curry powder and turmeric, stir to combine, and cook for 2 minutes. Add the broth and bring to a boil. Reduce the heat to low, add the couscous and chicken and simmer, stirring occasionally, until the couscous is al dente, about 10 minutes. Stir in the spinach and cook just until it wilts, about 45 seconds. Season with salt and pepper and serve.

20

MAY

WATERCRESS SOUP

serves 4

Watercress may bring visions of delectable finger sandwiches, but this favorite salad ingredient also has a tradition in British soups. The peppery green leaves are popular in creamy soups that can be eaten hot or chilled; hot watercress soup is often topped with crisp croutons, while cold soup is given a swirl of cream.

¼ cup (2 fl oz/60 ml) olive oil

1 yellow onion, coarsely chopped

2 large Yukon gold potatoes, peeled and diced

1 lb (500 g) leeks, white and pale green parts, thinly sliced

4 cups (32 fl oz/1 l) chicken broth or water

Salt and freshly ground pepper

2 bunches watercress

1 cup (8 fl oz/250 ml) heavy cream

In a large saucepan, warm the oil over medium heat. Add the onion and sauté until softened, 5–7 minutes. Stir in the potatoes and cook for 2 minutes. Add the leeks, raise the heat to medium-high, and cook, stirring occasionally, until the leeks begin to soften and wilt, about 4 minutes. Add the broth and season with salt and pepper. Raise the heat to high, bring to a boil, then reduce the heat to medium-low and simmer, uncovered, until the vegetables are very soft, about 25 minutes.

Strip the watercress leaves from the stems and discard the stems. Add the leaves to the saucepan and cook just until they are tender, about 3 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Stir in the cream. Taste and adjust the seasoning.

To serve the soup hot, gently reheat over medium heat. To serve the soup cold, transfer to a covered container and refrigerate until well chilled, at least 2 hours. Ladle the soup into bowls and serve.

21

MAY

COLD ZUCCHINI & AVOCADO SOUP

serves 4

⅔ cup (3½ oz/105 g) whole raw almonds

4 zucchini, trimmed and chopped

4 celery ribs, chopped

¼ cup (2 fl oz/60 ml) extra-virgin olive oil

¼ cup (2 fl oz/60 ml) fresh lemon juice

2 ripe avocados, pitted, peeled, and diced

A few dashes of Tabasco sauce

Salt and freshly ground pepper

3 Tbsp chopped basil

Good-quality olive oil and ripe avocados are imperative to the success of this dish. Serve with a shredded carrot, feta, and pine nut salad. This soup can also be served at room temperature.

Put the almonds into a food processor and pulse until finely ground. Add the zucchini, celery, oil, and lemon juice and purée until very smooth. Add the avocados and 1½ cups (12 fl oz/375 ml) water and continue to purée. If needed, add 1 Tbsp of water at a time to achieve the desired consistency. Add the Tabasco and combine. Season with salt and pepper.

Serve, topped with chopped basil.

22

MAY

CHILLED SOUR CHERRY SOUP WITH TARRAGON

serves 6–8

3 lb (1.5 kg) fresh sour cherries, stemmed and pitted

3 Tbsp unsalted butter

4 shallots, minced

2 tsp grated lemon zest

2 cups (16 fl oz/500 ml) fruity red wine

2 Tbsp cornstarch

⅔ cup (5 oz/155 g) sugar, plus more as needed

Salt

1 lb (500 g) fresh sweet cherries, stemmed, pitted, and quartered

¼ cup (2 fl oz/60 ml) heavy cream (optional)

¼ cup (⅓ oz/10 g) chopped tarragon

For a less sweet and more festive soup, replace the fruity red wine with a dry Prosecco or a sparkling rosé stirred in after chilling to preserve the bubbles. Save a little bubbly for serving alongside.

Using a food processor, process the sour cherries to a smooth purée. Pour the purée through a fine-mesh sieve set over a bowl and, using a wooden spoon, press hard on the solids to extract as much liquid as possible. Discard the solids in the sieve.

In a large, heavy pot, melt the butter over medium heat. Add the shallots and sauté until softened, about 3 minutes. Stir in the lemon zest and cook until fragrant, about 45 seconds. Add the sour-cherry purée, the wine, and 1½ cups (12 fl oz/375 ml) water and stir to blend. Raise the heat to medium-high and bring to a simmer.

In a small bowl, whisk together the cornstarch with ¼ cup (2 fl oz/60 ml) water and stir it into the simmering cherry mixture along with the ⅔ cup sugar and a pinch of salt. Reduce the heat to medium-low and simmer, stirring often, until thickened to the consistency of light cream, about 4 minutes. Remove from the heat and stir in the sweet cherries. Transfer the soup to a nonaluminum bowl and let cool completely. Cover and refrigerate until well chilled, at least 4 hours or up to overnight.

When ready to serve, taste the soup and adjust the seasoning with salt and sugar. Serve, drizzled with cream, if using, and sprinkled with tarragon.



22 MAY

MAY

23



23

MAY

Vidalia onions have a high sugar content and caramelize beautifully. But they really do take 30 minutes to reach their optimal flavor, so be patient at the stove.

SWEET ONION SOUP WITH BLUE CHEESE TOASTS

serves 4–6

3 Tbsp unsalted butter

2 Tbsp olive oil

4 sweet onions, such as Vidalia, thinly sliced

1 Tbsp balsamic vinegar

3 cloves garlic, minced

¼ cup (2 fl oz/60 ml) dry white wine

3 cups (24 fl oz/750 ml) chicken broth

Salt and freshly ground pepper

FOR THE BLUE CHEESE TOASTS

1 baguette, cut into 8–12 thin slices

3 oz (90 g) blue cheese, crumbled

In a large, heavy pot, melt the butter with the oil over high heat. Add the onions and sauté until they begin to soften, 5–7 minutes. Reduce the heat to low and continue to cook, stirring occasionally, for 30 minutes. Add the vinegar, stir to combine, and cook, stirring occasionally, for 30 minutes. Stir in the garlic and cook for 5 minutes. Add the wine and cook for 2 minutes. Add the broth, raise the heat to medium-high, and bring to a boil. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot and season with salt and pepper.

Meanwhile, to make the blue cheese croutons, preheat the broiler to high. Place the bread slices on a baking sheet and cover each with blue cheese. Place under the broiler until the cheese is melted and the croutons are toasted, 1–2 minutes.

Serve, topping each bowl with 2 or 3 toasts.

24

MAY

For this soup, try to catch the moment when your local crab haul overlaps with the spring asparagus harvest. Either lump crabmeat or flake will work, but avoid vacuum-packed, frozen, or imitation—with so few ingredients, freshness is key.

CRAB & ASPARAGUS EGG FLOWER SOUP

serves 4

4 cups (32 fl oz/1 l) chicken broth

1 tsp peeled and minced fresh ginger

½ lb (250 g) asparagus, trimmed and cut on the diagonal into 1-inch (2.5-cm) pieces

1 Tbsp cornstarch

1 egg, well beaten

2 tsp dry sherry

1 tsp Asian sesame oil

1 tsp soy sauce

1 cup (6 oz/185 g) fresh lump or flake crabmeat, picked over for shell fragments

In a large saucepan, combine the broth and ginger over medium-high heat and bring to a rolling boil. Add the asparagus, reduce the heat to medium, cover, and simmer until the asparagus is crisp-tender, about 3 minutes.

Meanwhile, in a bowl, mix together the cornstarch and 2 Tbsp water. Set aside.

Reduce the heat to medium-low. Stir 2 Tbsp of the hot broth into the beaten egg. Slowly pour the egg mixture into the broth, stirring constantly to form even threads of cooked egg. Add the cornstarch mixture, sherry, sesame oil, and soy sauce to the broth. Cook, stirring, until the soup thickens slightly, about 1 minute.

Stir in the crabmeat and cook just until it is warmed through, 2–3 minutes. Taste and adjust the seasoning, then serve.

25

MAY

FENNEL VICHYSSOISE

serves 4–6

2 Tbsp unsalted butter

1 Tbsp olive oil

½ yellow onion, chopped

2 fennel bulbs (1½ lb/750 g total), stalks and fronds removed, quartered, cored, and thinly sliced

¼ cup (2 fl oz/60 ml) dry white wine

3 cups (24 fl oz/750 ml) vegetable broth

1 russet potato (¾ lb/375 g), peeled and diced

½ cup (4 fl oz/125 ml) heavy cream

Salt and ground white pepper

Traditional vichyssoise is a cold potato and leek soup. In this version, fennel takes center stage. This soup is just as good warm as it is cold, so you can make that decision based on the weather.

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion and fennel and sauté until the fennel is very soft, 7–9 minutes. Add the wine and cook, stirring often, for 2 minutes. Add the broth, bring to a boil, then add the potato. Reduce the heat to medium-low and simmer until the potato is very soft, 30–35 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the cream, and bring to a gentle boil. Remove from the heat and season to taste with salt and pepper.

If serving cold, let the soup cool to room temperature. Transfer to a covered container and refrigerate until well chilled, at least 3 hours or up to overnight. Serve.

26

MAY

EGG-LEMON SOUP WITH FAVA BEANS & FRIED GARLIC CHIPS

serves 6–8

Salt

3 lb (1.5 kg) fava beans in the pods, shelled

1 large lemon

8 cups (64 fl oz/2 l) chicken broth

⅔ cup (4½ oz/145 g) long-grain white rice, such as basmati

1 bay leaf

2 eggs, at room temperature

2 egg yolks, at room temperature

Fried Garlic Chips (left)

To make fried garlic chips, thinly slice 8 cloves of garlic. Warm 2 Tbsp oil in a small frying pan over medium heat. Add the garlic and cook, stirring often, until golden brown, about 3 minutes. Transfer to paper towels to drain.

Bring a large saucepan of water to a boil. Add 1 Tbsp salt and the fava beans and cook for 2 minutes. Drain and rinse under cold water. Pinch open the skin of each bean along its edge and slip the bean from the skin. Discard the skins.

With a vegetable peeler, remove the zest from the lemon in wide strips, then squeeze ¼ cup (2 fl oz/60 ml) juice and set aside.

In a large, heavy pot, bring the broth to a boil over high heat. Stir in the rice, lemon zest, bay leaf, and 1½ tsp salt. Reduce the heat to medium, cover, and simmer until the rice is tender, 15–20 minutes.

Remove the bay leaf and lemon zest from the broth. In a bowl, whisk together the eggs, egg yolks, and lemon juice. Whisking constantly, ladle about one-fourth of the hot broth mixture into the egg mixture and whisk until blended. Stir back into the pot. Add the fava beans, reduce the heat to low, and cook, stirring, until the soup thickens and wisps of steam appear, about 5 minutes. Do not allow the soup to come to a simmer, and remove it from the heat as soon as it has thickened.

Taste and adjust the seasoning. Serve, garnished with the garlic chips.

27

MAY

STRAWBERRY-LEMON SOUP

serves 4–6

1 lb (500 g) fresh or frozen strawberries

¼ cup (2 oz/60 g) sugar

2 lemons

¼ cup (2 fl oz/60 g) dry white wine

4–6 tsp crème fraîche or sour cream for serving

For a special garnish, roll the bottom half of whole strawberries in crème fraîche and sprinkle with lemon zest. Fresh mint also pairs nicely with this summery soup.

If you are using frozen strawberries, let them defrost in a bowl, reserving all their juices. Put the strawberries, sugar, the grated zest and juice of 1 lemon, and the wine into a blender and purée.

Transfer the soup to a nonreactive bowl, cover, and refrigerate until well chilled, at least 3 hours.

Serve, garnished with a dollop of the crème fraîche and the grated zest of the remaining lemon.

28

MAY

CREAMY SPINACH-LEEK SOUP

serves 4–6

1 Tbsp unsalted butter

1 Tbsp olive oil

2 leeks, white and pale green parts, chopped

½ tsp grated nutmeg

1½ cups (12 fl oz/375 ml) vegetable broth

2 large bunches spinach, tough stems removed

¼ cup (2 fl oz/60 ml) heavy cream

Salt and freshly ground pepper

Here, nutmeg is the secret ingredient that laces this simple spinach soup, mellowing the earthy dark greens.

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the leeks and nutmeg and sauté until the leeks are softened, 5–7 minutes. Add the broth and bring to a boil. Add the spinach and cook, stirring often, for 10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring just to a boil. Season with salt and pepper. Serve.

29

MAY

SIMPLE ASPARAGUS SOUP

serves 4–6

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

3 cups (24 fl oz/750 ml) chicken broth

2 lb (1 kg) asparagus, trimmed and cut into ½-inch (12-mm) pieces

2 Tbsp heavy cream

Grated zest and juice of 1 lemon

Salt and freshly ground pepper

Spring asparagus is gorgeous, but overcook it and it will turn a dingy brown color. If you buy fat asparagus spears, cut them into smaller pieces so they will cook faster in the broth.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the asparagus and cook until tender, 8–10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring just to a boil. Turn the heat off and stir in the lemon zest and juice. Season with salt and pepper and serve.

30

MAY

The aromatic broth can be made ahead and stored in the refrigerator for up to 3 days. Cook the shrimp and green onions in the broth just before serving.

GINGERY BROTH WITH PRAWNS & GREEN ONIONS

serves 4

3 green onions

2 tsp canola oil

3-inch (7.5-cm) piece of fresh ginger, peeled and grated

1 clove garlic, minced

⅛ tsp Chinese five-spice powder

¼ lb (125 g) cremini mushrooms, thinly sliced

½ red bell pepper, seeded and thinly sliced

4 cups (32 fl oz/1 l) chicken broth

2 Tbsp soy sauce

½ lb (250 g) medium shrimp, peeled and deveined

Thinly slice the green onions on the diagonal, reserving the white and pale green parts in one bowl and the dark green parts in a separate bowl.

In a large, heavy pot, warm the oil over medium-high heat. Add the ginger and garlic and cook until fragrant, about 4 minutes. Add the five-spice powder, mushrooms, red pepper, and the white and light green parts of the green onions and cook, stirring often, for 3–4 minutes. Add the broth, 2 cups (16 fl oz/500 ml) water, and the soy sauce and simmer for 20 minutes. Raise the heat to high and return the broth to a boil. Add the shrimp and cook until bright pink, about 3 minutes. Serve, sprinkled with the dark green parts of the green onions.

31

MAY

Both kid and adult friendly, this soup uses ingredients that you probably already have in your pantry. Substitute chard, kale, or other sturdy cooking greens for the spinach.

SPINACH & VERMICELLI SOUP WITH FRIED EGG

serves 4

1 Tbsp olive oil

½ small yellow onion, thinly sliced

1 clove garlic, minced

5 cups (40 fl oz/1.25 l) chicken broth

½ lb (250 g) vermicelli, broken into 2-inch (5-cm) pieces

1 bunch spinach, stemmed

1 Tbsp unsalted butter

4 eggs

Hot sauce, such as Sriracha, for serving (optional)

In a large saucepan, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the vermicelli, return to a boil, and cook, stirring occasionally, for 4 minutes. Add the spinach and stir through just until it is wilted, about 2 minutes. Reduce the heat to low to keep the soup warm while you prepare the eggs.

In a nonstick frying pan, melt the butter over medium heat. Fry each egg until it is set but the yolk is still runny, 5–6 minutes.

Ladle the soup into bowls and top each with a fried egg. Serve, passing the hot sauce at the table, if using.



31

MAY

1 SWEET CORN CHOWDER WITH BACON *page 130*	2 GOLDEN BEET SOUP WITH DILLED GOAT CHEESE *page 130*	3 CUCUMBER-DILL SOUP *page 132*	4 CHILLED SUMMER SQUASH SOUP *page 132*
8 LIMA BEAN, PEA & ZUCCHINI PURÉE WITH PESTO *page 135*	9 VEGETABLE SOUP WITH ANELLINI *page 136*	10 QUINOA IN LEMON BROTH WITH GREENS & PARMESAN *page 136*	11 SOUR CHERRY–RIESLING SOUP *page 137*
15 ROASTED RED PEPPER PURÉE WITH SPICY CORN SALSA *page 141*	16 ZUCCHINI SOUP WITH PASTA & MINT *page 141*	17 ROASTED BEET PURÉE WITH FETA *page 142*	18 CURRIED CHICKPEA STEW *page 142*
22 CHEESE & ARUGULA RAVIOLI SOUP *page 144*	23 BRAZILIAN FISH STEW *page 147*	24 THREE-POTATO CHOWDER WITH CORN, CILANTRO & LIME *page 147*	25 RAMEN NOODLES WITH EDAMAME & MUSHROOMS *page 148*
29 AVOCADO SOUP WITH SHRIMP & SALSA *page 150*	30 PROVENÇAL MINESTRONE *page 150*		

5 ROASTED TOMATO SOUP WITH SERRANO HAM & BURRATA *page 133*	**6** COLD ALMOND SOUP WITH GRAPES *page 133*	**7** LUMP CRAB IN TOMATO-ROSEMARY BROTH *page 135*
12 SPICY COCONUT BROTH WITH UDON NOODLES & SHRIMP *page 137*	**13** ROMAN CHICKPEA SOUP *page 138*	**14** SOBA NOODLES & SEARED SALMON IN GINGER–GREEN ONION BROTH *page 138*
19 CREAMY POBLANO CHILE SOUP *page 143*	**20** COOL HONEYDEW-MINT SOUP *page 143*	**21** STRAWBERRY-RHUBARB SOUP WITH PROSECCO *page 144*
26 CUBAN BLACK BEAN SOUP *page 148*	**27** CHILLED YELLOW PEPPER SOUP WITH CHIVES *page 149*	**28** MELON & PROSCIUTTO SOUP WITH MASCARPONE CHEESE *page 149*

june

Warmer weather solicits bumper crops of melons, sweet corn, and summer squash, in all shapes and sizes. These are perfect for light soups fit for the season. As the temperature steadily climbs, chilled soups from classic cool cucumber to fruit purées such as tart-sweet rhubarb and strawberries are refreshing choices. And for a taste of sand and sun, chowders offer an ideal vehicle for kernels of corn, hunks of potato, and flakes of tender fish.

1

JUNE

In high summer, just-harvested sweet corn hardly needs to be cooked. A splash of Canadian whiskey, made of distilled corn and other grains, gives this sweet, smooth chowder a nice rough edge. Simmer the cobs in the stock for extra flavor.

SWEET CORN CHOWDER WITH BACON

serves 4–6

8–10 large ears of corn, husks and silk removed

4 slices thick-cut bacon, cut into ½-inch (12-mm) pieces

1 yellow onion, chopped

½ lb (250 g) red or white boiling potatoes, peeled and chopped

4 cups (32 fl oz/1 l) vegetable or chicken broth

1 bay leaf

2 Tbsp chopped fresh thyme, or 2 tsp dried

1½–2 cups (12–16 fl oz/375–500 ml) milk

1 red bell pepper, seeded and diced

1–3 Tbsp whiskey (optional)

Generous pinch of red pepper flakes

Salt and freshly ground pepper

¼ cup (⅓ oz/10 g) chopped flat-leaf parsley

Working with one ear of corn at a time, hold it stem end down on a cutting board. Carefully cut off the kernels, rotating the ear after each cut until all the kernels are stripped from the cob. Set the kernels and the cobs aside separately. You should have about 4 cups (1½ lb/750 g) corn kernels.

In a heavy soup pot, fry the bacon over medium heat until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain. Add the onion to the bacon drippings in the pot and sauté until translucent, about 10 minutes.

Add the potatoes, broth, bay leaf, thyme, 2 cups (12 oz/375 g) of the corn kernels, and the cobs to the pot. Simmer, uncovered, until the potatoes are tender, 12–15 minutes.

Remove from the heat and remove and discard the bay leaf and the cobs. Let cool slightly. Working in batches, purée the soup in a blender or food processor. Return to the pot.

Set the pot over low heat and stir in the remaining corn kernels, enough of the milk to achieve a nice consistency, the bell pepper, whiskey (if using), and the red pepper flakes. Season with salt and pepper. Serve, sprinkled with crumbled bacon and parsley.

2

JUNE

With its distinct caraway nuances and celery-like flavor, feathery dill complements both earthy beets and tangy fresh goat cheese. Golden beets are as sweet as red, but they have a finer, milder taste that lightens this silky, summery soup.

GOLDEN BEET SOUP WITH DILLED GOAT CHEESE

serves 6–8

5 golden beets (about 2½ lb/ 1.25 kg total), trimmed

1 Yukon gold potato

¼ lb (125 g) fresh goat cheese, crumbled

¾ cup (6 fl oz/180 ml) half-and-half

½ tsp fresh lemon juice

3 Tbsp minced dill, plus leaves for garnish

Salt and freshly ground pepper

2 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

6 cups (48 fl oz/1.5 l) chicken broth

1 tsp white wine vinegar

Preheat the oven to 400°F (200°C). Wrap the beets and potato in foil and place on a baking sheet. Roast until tender when pierced with a knife, about 1 hour. Open the foil and let cool, then peel and chop the beets and potato.

Meanwhile, in a small bowl, combine the goat cheese, ¼ cup (2 fl oz/60 ml) of the half-and-half, the lemon juice, minced dill, ¼ tsp salt, and pepper to taste. Using a fork, vigorously beat until blended and pourable but still thick. Set aside.

In a large, heavy pot, melt the butter over medium heat. Add the onion and garlic and sauté until softened, about 5 minutes. Add the broth and bring to a boil over medium-high heat. Add the beets and potato, reduce the heat to low, cover partially, and cook for 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and add the vinegar, 1½ tsp salt, pepper to taste, and the remaining ½ cup (4 fl oz/125 ml) half-and-half and stir. Place over medium-low heat and cook gently, stirring occasionally, until heated through, about 10 minutes.

Season with salt and pepper. Serve, garnished with a dollop of the goat cheese mixture and the dill leaves.



2

JUNE

3

JUNE

A chilled soup is a welcome start to the summer, and easy to pack for outdoor day trips. Select a container with a tight-fitting lid that permits easy pouring. Pack over ice, and to serve, pour the soup into widemouthed glasses or cups for sipping.

CUCUMBER-DILL SOUP

serves 6

3 English cucumbers, peeled, halved lengthwise, and seeded

1 cup (8 oz/250 g) Greek-style or other thick, whole-milk plain yogurt

1 Tbsp fresh lemon juice

3 green onions, white and tender green parts, chopped

3 Tbsp chopped dill

1 clove garlic, chopped

1 tsp caraway seeds, crushed

Salt and ground white pepper

1 cup (8 fl oz/250 ml) vegetable broth

2 Tbsp extra-virgin olive oil

Coarsely chop 5 of the cucumber halves and transfer to a large bowl. Add the yogurt, lemon juice, green onions, dill, garlic, caraway seeds, 1 tsp salt, and ¼ tsp white pepper. Stir to combine, cover, and set aside at room temperature for 1 hour to blend the flavors. Dice the remaining cucumber half and set aside.

Working in batches, purée the cucumber-yogurt mixture in a blender. With the machine running, slowly add the broth and purée until fully incorporated. Transfer to a covered container and refrigerate until well chilled, about 2 hours.

Just before serving, stir in the diced cucumber and oil. Pour the soup into wide-mouthed glasses and serve.

4

JUNE

Roasting summer squash in a hot oven banishes all trace of bitterness and brings out this vegetable's delicate, sweet flavor. The sunny-hued vegetable creates a pretty soup, but its close cousins zucchini, crookneck, and pattypan are interchangeable.

CHILLED SUMMER SQUASH SOUP

serves 6

6 summer squash, trimmed, halved, and sliced

3 Tbsp olive oil

Salt and freshly ground pepper

2 leeks, white and pale green parts, finely chopped

3 Yukon gold or other boiling potatoes, peeled and chopped

2 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth, plus more as needed

4 Tbsp (½ oz/15 g) finely chopped basil

2 Tbsp finely chopped chives

1 Tbsp fresh lemon juice

Preheat the oven to 400°F (200°C). Toss the squash with 1 Tbsp of the oil and season with salt and pepper. Spread on a baking sheet and roast for 20 minutes. Set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium heat. Add the leeks and sauté until softened, 5–7 minutes. Add the potatoes and sauté until lightly browned, 5 minutes. Add the garlic and cook for 1 minute. Add the broth, cover, and cook until the potatoes are tender, about 15 minutes. Remove from the heat and let cool slightly. Add the roasted squash.

Working in batches, purée the soup in a blender. Add more broth as needed to give the soup the desired consistency. Transfer to a bowl and refrigerate until well chilled, at least 3 hours.

Stir in 2 Tbsp of the basil, the chives, and the lemon juice. Season with salt and pepper. Serve, garnished with the remaining basil.

5

JUNE

Tomatoes and mozzarella are a classic combination that only gets better with Spain's signature cured ham. Make sure the serrano dries out completely in the oven for the best grinding. Burrata is an especially soft and creamy pulled cheese; slice it just before you are ready to serve, but even if it falls apart, torn pieces will taste delicious melting into the soup.

ROASTED TOMATO SOUP WITH SERRANO HAM & BURRATA

serves 4

4 thin slices serrano ham

2½ lb (1.25 kg) small tomatoes, such as plum or campari, halved

4 Tbsp (2 fl oz/60 ml) olive oil

Salt and freshly ground pepper

1 yellow onion, chopped

4 cloves garlic, minced

2 cups (16 fl oz/500 ml) chicken broth

6 oz (185 g) burrata or fresh mozzarella cheese, sliced

1 Tbsp finely chopped chives

Preheat the oven to 200°F (95°C). Place the ham in a single layer on a baking sheet and bake until completely dried, about 1 hour and 45 minutes. Transfer the ham to paper towels and blot it to remove any excess oil. Tear the ham into small pieces, transfer to a spice grinder, and grind into a fine dust. Set aside.

Raise the oven temperature to 450°F (230°C). Arrange the tomatoes in a single layer on a baking sheet, drizzle with 2 Tbsp of the oil, and season with salt and pepper. Roast the tomatoes until very soft and caramelized, 25–30 minutes. Set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the tomatoes with all their juices and stir to combine. Using a wooden spoon, break up the tomatoes a bit and sauté for 3 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot, stir in the ham dust, and season with salt and pepper.

Ladle the soup into bowls. Garnish each bowl with a slice of burrata and let it sit for a minute or two so that the cheese begins to melt into the soup. Top each bowl with chopped chives and serve.

6

JUNE

This light-hued gazpacho, as opposed to the familiar tomato-based one, is probably closest to the original version, which was simply bread, water, oil, and vinegar. In southern Spain, the milky almond base is given a refreshing finish with the addition of peeled grapes.

COLD ALMOND SOUP WITH GRAPES

serves 4

1 cup (5½ oz/170 g) blanched almonds

4 small slices day-old rustic-style bread, crusts removed, soaked in water to cover, and squeezed dry

2 cloves garlic

Salt and freshly ground pepper

6 Tbsp (3 fl oz/90 ml) extra-virgin olive oil

3 Tbsp white wine vinegar

3 cups (24 fl oz/750 ml) ice water, or as needed

36 green seedless grapes, peeled and halved

In a food processor or blender, combine the almonds, soaked bread, garlic, and 1 tsp salt and pulse until the almonds are very finely ground. With the motor running, slowly add the oil, vinegar, and 1 cup (8 fl oz/250 ml) of the ice water and process until you have a creamy white liquid. Transfer to a bowl.

Stir in as much of the remaining 2 cups (16 fl oz/500 ml) ice water as needed to achieve the consistency you prefer. Season with salt and pepper. Transfer to a covered container and refrigerate until well chilled, at least 2 hours.

Just before serving, stir in the grapes. Serve.

JUNE

7



7

JUNE

To make bruschetta, brush both sides of 4 thick slices of crusty Italian bread with olive oil and rub with the cut side of a garlic clove. Warm a grill pan over high heat until very hot. Add the bread and grill until toasted with grill marks, about 3 minutes per side.

LUMP CRAB IN TOMATO-ROSEMARY BROTH

serves 4

2 lb (1 kg) ripe plum tomatoes, halved

4 Tbsp olive oil

Salt and freshly ground pepper

2 shallots, minced

5 cloves garlic, minced

½ tsp red pepper flakes

½ cup (4 fl oz/125 ml) dry white wine

4 tsp rosemary leaves, chopped

2 cups (16 fl oz/500 ml) chicken broth

1 Tbsp unsalted butter

¼ lb (125 g) fresh lump crabmeat, picked over for shell fragments

Bruschetta (left)

Preheat the oven to 450°F (230°C). Arrange the tomatoes, cut side up, in a single layer on a baking sheet, drizzle with 2 Tbsp of the oil, and season with salt and pepper. Roast the tomatoes until very soft and caramelized, 25–30 minutes. Set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium heat. Add the shallots and garlic and sauté for 2 minutes. Add the red pepper flakes and cook for 1 minute. Add the tomatoes with all their juices and the white wine and simmer for 3 minutes. Add the rosemary and broth and bring to a boil. Reduce the heat to low and simmer for 15 minutes. Season with salt and pepper. For a clear broth, strain through a fine-mesh sieve into a medium saucepan set over low heat.

In a small frying pan, melt the butter over high heat until sizzling. Add the crabmeat, stir gently to coat, and heat for 30 seconds.

Ladle the soup into bowls, pile the crabmeat in the middle of each bowl, and serve with pieces of bruschetta alongside.

8

JUNE

The combination of fresh vegetables gives this soup an intense green color as well as a sweet flavor and satisfying texture—all of which becomes even more pleasing with a swirl of sour cream and a dollop of pesto at serving time.

LIMA BEAN, PEA & ZUCCHINI PURÉE WITH PESTO

serves 4

2 Tbsp olive oil

2 small yellow onions, thinly sliced

4 zucchini, thinly sliced

4 cups (32 fl oz/1 l) chicken broth

2 cups (12 oz/375 g) fresh or frozen lima beans

1 cup (5 oz/155 g) fresh or frozen peas

Salt and freshly ground pepper

2 Tbsp sour cream

¼ cup (2 fl oz/60 ml) Basil Pesto (page 118)

In a large, heavy pot, warm the oil over medium-high heat. Add the onions and zucchini and sauté until they are just turning golden, 6–7 minutes. Add the broth and bring to a boil. Add the lima beans and peas. When the soup returns to a boil, reduce the heat to medium-low and simmer until the vegetables are soft, 20–25 minutes. Stir in ¼ tsp salt and ⅛ tsp pepper. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor until completely smooth. Transfer to a clean pan and reheat gently. Stir in the sour cream.

Serve, topped with pesto.

9

JUNE

VEGETABLE SOUP WITH ANELLINI

serves 4–6

Anellini, or "little rings" in Italian, resemble just that. Choosing pasta shapes is no exact science, but one way is to match the other elements in the dish: here, the anellini are a good size relative to the diced veggies, and easy to scoop up with an eager soupspoon.

Salt and freshly ground pepper

½ cup (3½ oz/105 g) anellini or other small soup pasta such as tubetti, pastina, orzo, or stelline

6 Tbsp (3 fl oz/90 ml) olive oil

3 leeks, white part only, thinly sliced

1 fennel bulb, stalks and fronds removed, finely diced, plus a handful of feathery fronds, chopped

1 bay leaf

1 Tbsp chopped thyme

2 cloves garlic, crushed

1 cup (6 oz/185 g) fresh corn kernels (from about 2 ears)

2 small zucchini, finely diced

3 large tomatoes, peeled (page 172), seeded, and finely diced

5 drained oil-packed sun-dried tomatoes, finely diced

6 cups (48 fl oz/1.5 l) vegetable broth

Basil Pesto (page 118) for serving

Bring a saucepan of water to a boil. Generously salt the boiling water, add the pasta, and cook until not quite al dente, 6–8 minutes. (It will cook further in the soup.) Drain and toss with 2 Tbsp of the oil. Set aside.

In a large, heavy pot, heat the remaining 4 Tbsp (2 fl oz/60 ml) oil over medium heat. Add the leeks, fennel bulb and fronds, bay leaf, and thyme. Season with salt and pepper and sauté until all the vegetables are fragrant and just starting to soften, about 5 minutes. Add the garlic and sauté for 1 minute. Add the corn and zucchini, season with a bit more salt, and sauté for 2–3 minutes. Add the fresh and sun-dried tomatoes and the broth. Raise the heat to high and bring to a boil. Reduce the heat to medium and cook, uncovered, at a lively simmer until all the vegetables are tender, 15–20 minutes. Skim the surface if necessary to remove any foam. Add the cooked pasta. Taste and adjust the seasoning. Cook briefly just to reheat the pasta.

Serve, garnished with pesto.

10

JUNE

QUINOA IN LEMON BROTH WITH GREENS & PARMESAN

serves 4

A lemony broth is the perfect base for soups in the spring and summer. The broth brightens the flavor of garden-fresh vegetables and also tastes great with the grains and cheese and bread toppings in this recipe.

6 cups (48 fl oz/1.5 l) chicken or vegetable broth

1 cup (8 oz/250 g) quinoa

1 small bunch lacinato (dinosaur) kale or swiss chard, stems and tough ribs removed, leaves cut crosswise into ribbons

1 bunch green onions, white and green parts, chopped

Salt and freshly ground pepper

½ cup (4 fl oz/125 ml) fresh lemon juice, plus more to taste

Extra-virgin olive oil for drizzling

Parmesan cheese shavings for garnish

Garlic Croutons (page 61)

In a large, heavy pot, bring the broth to a boil over high heat. Stir in the quinoa, reduce the heat to medium-high, and boil, uncovered, until tender, about 15 minutes or according to the package directions.

Stir in the kale, green onions, 1 tsp salt, and a grinding of pepper, and cook until the kale is crisp-tender, about 5 minutes. Stir in the lemon juice and cook for 5 minutes to blend the flavors and warm through.

Season to taste with salt and pepper and more lemon juice, if desired. Serve, drizzled with olive oil and garnished with the cheese shavings and garlic croutons.

11

JUNE

SOUR CHERRY–RIESLING SOUP

serves 6

2 cups (16 fl oz/500 ml) dry Riesling wine

2 cups (16 fl oz/500 ml) cherry juice

2¼ lb (1.1 kg) fresh sour cherries, pitted, or 2 lb (1 kg) pitted frozen sour cherries

½ cup (3 oz/90 g) dried sour cherries

1 cinnamon stick, about 2 inches (5 cm) long

¼ cup (3 oz/90 g) honey

¼ cup (2 fl oz/60 ml) fresh orange juice

2 Tbsp cornstarch

1 Tbsp grated orange zest

½ cup (4 oz/125 g) sour cream or plain yogurt

¼ tsp ground cardamom

This German-inspired soup makes a light, pretty first or last course on a hot summer evening. If sour cherries are unavailable, use fresh or frozen Bing cherries and dried cranberries and reduce the amount of honey to 1 tablespoon, or to taste. If you like, garnish with a splash of cream.

In a large, heavy pot, combine the wine, cherry juice, half of the fresh or frozen cherries, the dried cherries, and the cinnamon stick and bring to a simmer over medium heat. Reduce the heat to low and cook, uncovered, until the cherries are soft, about 15 minutes. Remove from the heat and remove the cinnamon stick and discard. Let cool slightly.

Working in batches, purée the soup in a blender or food processor until the cherries are finely chopped but retain their texture. Return to the pot.

In a small bowl, stir together the honey, orange juice, cornstarch, and orange zest to make a paste. Whisk the paste into the soup and place over low heat. Cook, stirring occasionally, until thickened, about 5 minutes. Stir in the remaining cherries. Transfer to a covered container and refrigerate until well chilled, at least 2 hours.

In a small bowl, stir together the sour cream and cardamom. Serve, topped with a dollop of the cardamom-spiced cream.

12

JUNE

SPICY COCONUT BROTH WITH UDON NOODLES & SHRIMP

serves 4

Salt

5 oz (155 g) udon noodles

1 Tbsp canola oil

2-inch (5-cm) piece fresh ginger, peeled and minced

2 lemongrass stalks, center white part only, smashed and thinly sliced

1 small red chile, seeded and sliced

2 Tbsp red curry paste

2 cans (14 fl oz/440 ml each) light coconut milk

2 cups (16 fl oz/500 ml) chicken broth

½ lb (250 g) medium shrimp, peeled and deveined

2 green onions, white and tender green parts, thinly sliced on the diagonal

For a spicier soup, add another sliced fresh chile and some more red curry paste. Substitute cubes of firm tofu and use vegetable broth for a vegetarian version.

Bring a pot of water to a boil. Add ¼ tsp salt and the udon noodles. Cook for 4 minutes, drain, and rinse under cold water. Set aside.

In a large, heavy pot, warm the oil over medium-high heat. Add the ginger, lemongrass, and chile and sauté until soft, about 5 minutes. Add the red curry paste, coconut milk, and broth and whisk to combine. Bring to a boil, reduce the heat to low, and simmer for 10 minutes. Return the soup to a boil, add the shrimp, and cook until bright pink, about 2 minutes. Add the noodles and stir to combine.

Using tongs, divide the noodles among 4 bowls. Ladle the soup over the noodles and serve, garnished with the green onions.

13

JUNE

The combination of pasta and legumes is perennial throughout Italy, but a steaming pot of Roman pasta e ceci proves the popularity deserved. Chickpeas muddle happily with broken-up pieces of long, flat tagliatelle or fettuccine noodles, but ditalini (thimbles), maltagliati (egg pasta scraps), or quadrucci (pasta squares) would be equally authentic and delicious.

ROMAN CHICKPEA SOUP

serves 4

1½ cups (10½ oz/330 g) dried chickpeas, picked over and rinsed

½ tsp baking soda

1 large clove garlic, unpeeled, plus 2 cloves garlic, minced

1 celery rib with leaves

1 small rosemary sprig

Salt and freshly ground pepper

3 Tbsp extra-virgin olive oil

2 oz (60 g) sliced pancetta, finely diced

2 Tbsp tomato paste

½ lb (250 g) tagliatelle or fettuccine pasta, broken into 2-inch (5-cm) pieces

Place the chickpeas in a bowl with cold water to cover by 3 inches (7.5 cm), and stir in the baking soda. Let stand for 24 hours. Drain and rinse well.

In a large saucepan, combine the rehydrated chickpeas, the unpeeled garlic clove, the celery rib, rosemary sprig, and 7 cups (56 fl oz/1.75 l) water. Bring to a gentle boil over medium-high heat. Adjust the heat to maintain a steady simmer, cover partially, and cook until the chickpeas are tender, about 1½ hours.

When the chickpeas are ready, remove the pan from the heat. Measure out ½ cup (4 fl oz/125 ml) of the broth and set aside. Stir in 2 tsp salt and let the chickpeas stand for 5 minutes. Remove and discard the garlic, celery, and rosemary. Remove 1 cup (7 oz/220 g) of the chickpeas and mash them with a fork or potato masher. Return them to the pot and stir to combine.

In a frying pan, warm the olive oil over medium-low heat. Add the pancetta and sauté until golden brown, about 3 minutes. Stir in the minced garlic, reduce the heat to low, and sauté until the garlic is softened, about 1 minute. Add the tomato paste and the reserved chickpea broth and stir well.

Add the pancetta mixture and pasta to the pot and bring to a gently boil over medium heat. Cook for 10 minutes, or until the pasta is just al dente. Season with salt and pepper and serve.

14

JUNE

Even kids (and adults) who are suspicious of fish tend to make an exception for firm-fleshed salmon fillets, especially when served over a bowl of tempting buckwheat noodles and broth. Accompany with an Asian-inspired salad, such as cucumbers dressed in sesame.

SOBA NOODLES & SEARED SALMON IN GINGER–GREEN ONION BROTH

serves 4

4 green onions

4 cups (32 fl oz/1 l) chicken broth

2-inch (5-cm) piece fresh ginger, peeled and minced

1 star anise

2 Tbsp soy sauce

1 tsp mirin

A few drops of Asian sesame oil

6 oz (185 g) soba noodles, broken in half

¾ lb (375 g) center-cut salmon, cut into 4 equal pieces, skin and pinbones removed

2 Tbsp olive oil

Salt and freshly ground pepper

Thinly slice the green onions, reserving the white and pale green parts in one bowl and the dark green parts in a separate bowl.

In a large, heavy pot, combine the broth, ginger, the white and pale green slices of the green onions, the star anise, soy sauce, mirin, and sesame oil over medium-high heat. Bring the broth to a boil, reduce the heat to low, and simmer for 10 minutes. Turn the heat off, cover the pan, and let steep for 10 minutes.

Strain the soup, discard the solids, and return the broth to the pot. Bring the broth to a boil. Add the soba noodles and cook, stirring once or twice, for 4 minutes. Keep warm over low heat.

Place a small frying pan over high heat until it is very hot. Brush the salmon with the oil and season with salt and pepper. Sear the salmon to medium-rare, 4–5 minutes per side.

To serve, use tongs to divide the soba noodles among 4 shallow bowls. Ladle the hot broth into each bowl and top with a piece of seared salmon. Garnish with the sliced dark green onions and serve.



14

JUNE

JUNE

15



15

JUNE

Guests will be stunned by this outrageously colorful soup. The recipe calls for jarred peppers, for convenience, but you can roast your own, substituting 3 fresh peppers. Serve the soup with a simple cheese quesadilla or tortilla chips.

ROASTED RED PEPPER PURÉE WITH SPICY CORN SALSA

serves 4–6

2 Tbsp olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

1 jar (24 oz/750 g) roasted red bell peppers, drained

1 russet potato, peeled and diced

4 cups (32 fl oz/1 l) chicken broth

1 Tbsp sour cream

Salt and freshly ground pepper

FOR THE SPICY CORN SALSA

1 Tbsp unsalted butter

1 Tbsp minced jalapeño chile

1 Tbsp thinly sliced green onion, white and tender green parts

1 cup (6 oz/185 g) fresh corn kernels (from about 2 ears), or 1 cup frozen corn

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the roasted peppers and potato, stir to coat, and cook for 3 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the potatoes are very tender, 25–30 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot, stir in the sour cream, and season with salt and pepper.

Meanwhile, to make the salsa, melt the butter in a small frying pan over high heat. Add the jalapeño and green onion and cook, stirring constantly, until the butter begins to brown, about 2 minutes. Add the corn kernels, stir to combine, and cook for 2 minutes. Season with salt and pepper.

Serve the soup, topped with the corn salsa.

16

JUNE

This simple summertime soup contains a few fresh gratings of nutmeg, which brings out the flavor of most green vegetables. It's worth it to salt and drain the shredded zucchini, as the step removes a light edge of bitterness. Don't worry about the salt: most of it washes away in the squeezing and rinsing.

ZUCCHINI SOUP WITH PASTA & MINT

serves 6

3 Tbsp olive oil

1 yellow onion, chopped

8 cups (64 fl oz/2 l) chicken broth

3 russet potatoes, peeled and diced

Salt and freshly ground pepper

3 small zucchini, thinly sliced

1 cup (3 oz/90 g) ditalini, tubetti, or other small soup pasta

2 Tbsp chopped mint

⅓ cup (1½ oz/45 g) grated pecorino romano cheese

In a large, heavy pot, warm the oil over medium heat. Add the onion and sauté until tender, about 5 minutes. Add the broth and potatoes and season with salt and pepper. Bring to a simmer, add the zucchini, and cook until the vegetables soften, about 10 minutes. Add the pasta and cook, stirring frequently, until al dente, 8–10 minutes or according to the package directions. Stir in the mint.

Serve, sprinkled with the cheese.

17

JUNE

This soup couldn't be simpler, but it delivers big color and flavor. Roasting beets concentrates their natural sweetness, and salty feta is a perfect complement.

ROASTED BEET PURÉE WITH FETA

serves 4

3 large red or yellow beets, trimmed, leaving 1 inch (2.5 cm) of stem

1½ Tbsp olive oil

1 Tbsp unsalted butter

¼ yellow onion, chopped

4 cups (32 fl oz/1 l) chicken, beef, or vegetable broth

Salt and freshly ground pepper

½ cup (2½ oz/75 g) crumbled feta cheese

2 Tbsp coarsely chopped dill

Preheat the oven to 350°F (180°C). Put the beets in a baking dish and drizzle with the oil, turning to coat. Roast until the beets are easily pierced with a fork, about 1 hour. Remove from the oven. When the beets are cool enough to handle, peel and coarsely chop them.

In a large, heavy pot, melt the butter over medium heat. Add the onion and sauté until translucent, about 2 minutes. Add the beets and broth, bring to a simmer, reduce the heat to low, and cook, uncovered, for 10 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Serve warm or let cool to room temperature, transfer to a covered container, and refrigerate until chilled, at least 2 hours or up to overnight. Season with salt and pepper and serve, garnished with the feta and dill.

18

JUNE

Grinding garlic, ginger, and chile together is the first step in many Indian recipes. The resulting paste should be sautéed in a little oil to release maximum flavor before more liquids are added into the mix. Here, hearty chickpeas and potatoes form a flavorful vegetarian stew, thick enough to be served over steamed rice.

CURRIED CHICKPEA STEW

serves 4

1 yellow onion, coarsely chopped

2 Tbsp peeled and minced fresh ginger

4 cloves garlic, chopped

1 small red or green jalapeño chile, seeded and chopped

1½ Tbsp curry powder

Salt and freshly ground pepper

4 Tbsp (2 fl oz/60 ml) corn or peanut oil

2 large boiling potatoes, peeled and cut into small cubes

½ lb (250 g) fresh or frozen okra, trimmed and thickly sliced (optional)

1½ cups (12 fl oz/375 ml) chicken or vegetable broth

1 can (14½ oz/455 g) chickpeas, drained

Steamed rice for serving

In a blender, combine 1 Tbsp water with the onion, ginger, garlic, and chile and process until a paste forms. In a small bowl, stir together the curry powder and ½ tsp salt.

Heat a large frying pan over high heat until very hot and add 2 Tbsp of the oil. Add the potatoes and sauté until lightly browned, about 5 minutes. Season with ¼ tsp salt and, using a slotted spoon, transfer to a bowl. Return the pan to high heat and add 1 Tbsp of the oil. Add the okra, if using, and sauté until slightly crisp, about 5 minutes. Using the slotted spoon, transfer the okra to the bowl with the potatoes.

Return the pan to medium-high heat and add the remaining 1 Tbsp oil. Add the onion-garlic paste and fry until fragrant, about 2 minutes. Stir in the curry powder mixture and broth, mix well, and bring to a boil. Return the vegetables to the pan and add the chickpeas. Reduce the heat to low and cook, uncovered, until the potatoes are tender, 15–20 minutes. Season with salt and pepper and serve, ladled over the steamed rice.

19

JUNE

The large poblano chile is extremely versatile. It can be stuffed, cut into rajas (strips), which are used in a variety of ways, or made into this simple, yet elegant traditional soup. The cream sweetens the rich spice of the chiles, and the peas lend a brighter green hue.

CREAMY POBLANO CHILE SOUP

serves 4–6

¼ cup (2 oz/60 g) unsalted butter

1 tsp canola oil

4 poblano chiles, roasted, peeled, seeded, and chopped

1 white onion, chopped

3 cloves garlic, chopped

6 cups (48 fl oz/1.5 l) chicken broth

1 cup (5 oz/155 g) fresh or frozen peas

Salt and freshly ground pepper

½ cup (2½ oz/75 g) blanched almonds, finely ground

5 Tbsp (2½ fl oz/75 ml) crema or sour cream

In a large, heavy pot, melt the butter with the oil over medium heat. Stir in the chiles, onion, and garlic and sauté, stirring, until well softened, about 3 minutes. Add the broth and peas and season with salt and pepper. Simmer, uncovered, for about 10 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup with the ground almonds in a blender. Taste and adjust the seasoning. Return to the pot and reheat the soup gently over medium heat.

Serve, garnished with the crema.

20

JUNE

Long summer days coax the sweetest flavor from melons. Green-fleshed honeydew makes a pretty purée, but Casaba, Crenshaw, Persian, or other cantaloupe melons can be substituted with equally pleasing results. With a squeeze of lime and a lift from mint, this makes a simple and refreshing starter for a grilled dinner.

COOL HONEYDEW-MINT SOUP

serves 6

½ large honeydew melon (about 2 lb/1 kg), seeded, peeled, and chopped

¼ cup (¼ oz/7 g) loosely packed mint leaves, plus mint sprigs for garnish

3 Tbsp fresh lime juice, plus more as needed

1 Tbsp honey

Salt

Paper-thin lime slices for garnish

Working in batches, place the melon, mint leaves, 3 Tbsp lime juice, and honey in a blender. Purée on high speed until smooth and light, about 2 minutes for each batch. Transfer to a covered container and refrigerate until chilled, at least 2 hours.

Before serving, season with more lime juice, if needed, and salt. Serve, garnished with lime slices and mint sprigs.

21

JUNE

STRAWBERRY-RHUBARB SOUP WITH PROSECCO

serves 4

Sweet strawberries and tart rhubarb combine in this party-friendly starter. When using sparkling wine in soups, add it at the last moment to prevent the bubbles from going flat. You can serve this garnished with tiny diced strawberries, or a sprig of mint.

¾ lb (375 g) rhubarb, thinly sliced
1 lb (500 g) strawberries, hulled and halved
2 Tbsp fresh orange juice
½ cup (4 oz/125 g) sugar
½ cup Prosecco or other dry, sparkling wine

Put the rhubarb and ½ cup (4 fl oz/125 ml) water in a large saucepan over medium heat. Cook, stirring often, for 10 minutes. Add the strawberries, orange juice, and sugar. Stir to combine and cook for 5 minutes. Remove from the heat and let cool slightly.

Purée the soup in blender. Allow to cool to room temperature. Transfer to a covered container and refrigerate until chilled, at least 3 hours or up to overnight. Just before serving, stir in the Prosecco and serve.

22

JUNE

CHEESE & ARUGULA RAVIOLI SOUP

serves 4

This soup is best eaten fresh, as the delicate ravioli may threaten to come apart with reheating. Feel free to vary the ravioli filling according to your likes; goat cheese and pancetta, or artichoke, garlic, and ricotta, for instance, could be equally delicious.

FOR THE RAVIOLI
1 tsp olive oil
½ cup (½ oz/15 g) arugula
⅓ cup (3 oz/90 g) ricotta cheese
2 Tbsp grated Parmesan cheese
Pinch of grated nutmeg
Salt and freshly ground pepper
20 wonton wrappers

2 Tbsp olive oil
2 shallots, thinly sliced
4 cloves garlic, thinly sliced
4 cups (32 fl oz/1 l) chicken broth
1 can (14½ oz/455 g) diced tomatoes
1 Tbsp tomato paste
Salt and freshly ground pepper
1 cup (1 oz/30 g) arugula
¼ cup (⅓ oz/10 g) chopped basil
Grated Parmesan cheese for garnish

To make the ravioli, warm the oil in a small frying pan over medium heat. Add the arugula and sauté until wilted, 1 minute. Transfer the arugula to a cutting board, let cool slightly, and finely chop.

In a small bowl, combine the ricotta, Parmesan, nutmeg, and chopped arugula and season with salt and pepper. Place 1 tsp of the cheese mixture in the middle of each wonton wrapper. Moisten all sides of a wrapper with water and fold the wrapper diagonally, forcing out air bubbles as you press to seal. Repeat for all the ravioli.

To make the soup, in a large, heavy pot, warm the oil over medium-high heat. Add the shallots and garlic and cook until soft, about 4 minutes. Add the broth, tomatoes, and tomato paste and bring to a boil. Reduce the heat to low and simmer for 10 minutes. Season with salt and pepper.

Return the soup to a gentle boil. Carefully add the ravioli and cook for about 2 minutes. Add the arugula and basil and cook just until the greens are wilted, about 1 minute. Serve, passing Parmesan at the table.



JUNE

23



23

JUNE

BRAZILIAN FISH STEW

serves 4

Moqueca is a traditional Brazilian fish stew that varies from region to region. This version includes tomatoes, peppers, plenty of seasoning, and a dose of creamy coconut milk. Feel free to replace the red snapper with whichever firm white fish looks freshest that day at the market.

1 can (14½ oz/455 g) diced tomatoes

1 white onion, chopped

2 cloves garlic, minced

1 bay leaf

2 limes, 1 juiced and 1 cut into wedges

1 lb (500 g) red snapper, cut into 2-inch (5-cm) pieces

2 Tbsp olive oil

1 small red bell pepper, seeded and diced

1 can (14 fl oz/440 ml) coconut milk

1 cup (8 fl oz/250 ml) chicken broth

1 cup (8 fl oz/250 ml) bottled clam juice

3 green onions, white and tender green parts, chopped

2 Tbsp cilantro, minced

Hot sauce, such as Tabasco

Salt and freshly ground pepper

In a bowl, combine the tomatoes, onion, garlic, bay leaf, and the juice of 1 lime. Add the fish to the bowl and gently spoon the marinade over to cover the fish. Cover the bowl and refrigerate for 1 hour.

Remove the fish from the bowl, brushing off the marinade, and set aside. In a large, heavy pot, warm the oil over medium-high heat. Add all of the marinade and the bell pepper to the pot and sauté until the vegetables are very soft, 8–10 minutes. Add the coconut milk, broth, and clam juice and bring to a boil. Reduce the heat to low and add the fish. Cook until the fish begins to flake, 4–5 minutes. Gently stir in the green onions and cilantro. Season with a few drops of hot sauce and salt and pepper. Serve, passing the lime wedges at the table.

24

JUNE

THREE-POTATO CHOWDER WITH CORN, CILANTRO & LIME

serves 4–6

Who says chowder only means clams? Inspired by Colombian ajiaco, this filling soup has an appealing variety of textures. Three types of potatoes—waxy Finns, starchy russets, and garnet yams—join sweet summer corn in this satisfying and memorable chowder.

2 Tbsp canola oil

1 yellow onion, chopped

6 green onions, white and tender green parts, chopped

2 cloves garlic, minced

2 russet potatoes, about 1 lb (500 g) total, peeled and cubed

1 garnet yam or sweet potato, about ½ lb (250 g), peeled and cubed

2 Yellow Finn potatoes, about 1 lb (500 g) total, peeled and cubed

8 cups (64 fl oz/2 l) chicken broth

½ cup (¾ oz/20 g) chopped cilantro

Salt and freshly ground pepper

1½ cups (9 oz/280 g) corn kernels (from about 3 ears)

1 cup (8 fl oz/250 ml) milk or heavy cream

1 avocado

2 Tbsp fresh lime juice

In a large, heavy pot, warm the oil over medium-high heat. Add the yellow and green onions and sauté until softened, about 5 minutes. Stir in the garlic and the russet potatoes, yam, and Yellow Finn potatoes. Pour in the broth and add half of the cilantro. Bring to a boil, reduce the heat to low, and simmer, uncovered, until the potatoes are soft and the flavors are blended, about 20 minutes. Season with salt and pepper.

Add the corn and the milk to the pot. Simmer until the corn is tender, about 5 minutes; do not allow to boil. If you like, mash some of the potatoes with a fork to thicken the soup.

Meanwhile pit, peel, and chop the avocado. Toss the avocado pieces with the lime juice.

Stir the remaining cilantro into the soup and serve, topped with the avocado.

25

JUNE

RAMEN NOODLES WITH EDAMAME & MUSHROOMS

serves 6

Packaged versions can't compare with the freshness of this simple noodle soup, which really couldn't be easier to assemble. You can use any vegetables you have on hand. Chinese mushrooms include shiitake, enoki, and straw varieties, but even white mushrooms will be delicious.

4 cups (32 fl oz/1 l) chicken broth

¼ cup (2 fl oz/60 ml) soy sauce

3 Tbsp ketchup

⅛ tsp hot chile oil

9 oz (280 g) ramen noodles

½ lb (250 g) Chinese mushrooms, thinly sliced

½ cup (2½ oz/75 g) cooked and shelled edamame

4 green onions, white and tender green parts, chopped

Hot sauce, such as Sriracha, for serving (optional)

In a large, heavy pot, bring the broth, 2 cups (16 fl oz/500 ml) water, the soy sauce, ketchup, and chile oil to a boil over medium-high heat. Add the ramen noodles, mushrooms, and edamame. Reduce the heat to medium-low and simmer for 5 minutes. Stir in the green onions.

Serve, passing the hot sauce, if using, at the table.

26

JUNE

CUBAN BLACK BEAN SOUP

serves 6

Cuban restaurants have long been ladling out bowls of thick, rich black bean soup. Integral to the soup is the sofrito, a flavorful mixture of onions, garlic, bell peppers, chiles, herbs, and spices. Here, it is puréed and stirred directly into the beans.

2 cups (14 oz/440 g) dried black beans, picked over and rinsed

2 bay leaves

FOR THE SOFRITO

¾ cup (6 fl oz/180 ml) olive oil

2 red bell peppers, seeded and chopped

2 large white onions, chopped

8 cloves garlic, chopped

2 Tbsp dried oregano

1½ Tbsp ground cumin

Salt

1 Tbsp sugar

1 Tbsp sherry vinegar, plus more as needed

2 Tbsp dry sherry, plus more as needed

1 red onion, finely diced for garnish

½ cup (½ oz/15 g) cilantro leaves for garnish

Put the dried beans in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain the beans and put them in a large, heavy pot. Add the bay leaves and 4 quarts (4 l) water. Bring to a boil over high heat, reduce the heat to low, and simmer, stirring occasionally and adding more water as needed to cover, until the beans are tender, about 2 hours.

Meanwhile, to make the sofrito, in a large frying pan, warm the oil over medium heat. Add the bell peppers and sauté until they begin to soften, about 5 minutes. Add the white onions and sauté until tender and translucent, 10–12 minutes. Add the garlic, oregano, cumin, and 1½ Tbsp salt and sauté until the garlic is fragrant, about 2 minutes. Remove from the heat, let cool slightly, and discard the bay leaves. Working in batches, purée the mixture in a blender or food processor, 2–3 minutes per batch.

Stir the sofrito and sugar into the beans and simmer for 20–30 minutes to blend the flavors. Stir in the 1 Tbsp vinegar and 2 Tbsp sherry. Taste the soup and adjust the seasoning with vinegar, sherry, and salt. Serve, garnished with the red onion and cilantro.

27

JUNE

This soup is sweet from the yellow bell peppers and carrots, but packed with a spicy punch from fresh ginger. Serve with toasted peasant bread topped with melted cheese and thinly sliced prosciutto.

CHILLED YELLOW PEPPER SOUP WITH CHIVES

serves 4

2 Tbsp olive oil

2 cloves garlic, minced

½ yellow onion, chopped

1 small carrot, peeled and thinly sliced

1 Tbsp peeled and minced fresh ginger

3 yellow bell peppers, roasted, peeled, seeded, and chopped

1 cup (8 fl oz/250 ml) chicken broth

1 Tbsp heavy cream

Salt and freshly ground pepper

2 Tbsp chopped chives

In a large, heavy pot, warm the oil over medium-high heat. Add the garlic, onion, and carrot and sauté until the carrot begins to soften, 5–7 minutes. Add the ginger and bell pepper and cook for 3 minutes, stirring often. Add the broth and bring to a boil. Reduce the heat to low and simmer for 25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan, add the cream, and bring just to a boil. Remove from the heat, season with salt and pepper, and let the soup cool completely.

Transfer to a covered container and refrigerate until well chilled, at least 3 hours or up to overnight. Serve, garnished with chives.

28

JUNE

This is a very sweet soup, but the intensity of summer melons is cut with salty crumbled prosciutto, their well-loved sidekick on the antipasti plate. The ham adds a savory note, and a dollop of creamy mascarpone rounds out the flavors.

MELON & PROSCIUTTO SOUP WITH MASCARPONE CHEESE

serves 4–6

2 oz (60 g) prosciutto, thinly sliced

1 very ripe cantaloupe, peeled and cut into chunks

2 Tbsp Champagne vinegar

Salt and freshly ground pepper

¼ cup (2 oz/60 g) mascarpone cheese

1 lime, cut into wedges, for serving

In a small frying pan, cook the prosciutto over medium-high heat, turning once, until very crisp, about 10 minutes. Transfer to paper towels to drain. Let cool, then crumble.

Put the cantaloupe chunks in a food processor and pulse until puréed. Add the vinegar and pulse 3 more times. Season with salt and pepper. Transfer to a covered container and refrigerate until well chilled, at least 3 hours.

Serve, topped with a dollop of the mascarpone, the crumbled prosciutto, and a squeeze of lime.

29

JUNE

Usually served chilled, this Latin American soup is also delicious at room temperature. The zesty tomato salsa provides a lively contrast to the rich and creamy flavor of the avocado. Chopped grapefruit segments or tropical fruits could substitute for the tomatoes.

AVOCADO SOUP WITH SHRIMP & SALSA

serves 6–8

3 large avocados, peeled, pitted, and coarsely chopped

3 cups (24 fl oz/750 ml) chicken broth

1 cup (8 fl oz/250 ml) heavy cream

2 Tbsp fresh lemon juice

Salt and freshly ground pepper

FOR THE SALSA

3 tomatoes (about 1 lb/500 g), finely chopped

1 small red onion, minced

2 or 3 jalapeño chiles, minced

2 cloves garlic, minced

3 Tbsp fresh lemon or lime juice

¼ cup (⅓ oz/10 g) chopped cilantro

¼ cup (2 fl oz/60 ml) olive oil

12–16 cooked shrimp, peeled and diced

Working in batches, purée the avocados, broth, and cream in a blender. Transfer to a bowl. Add the lemon juice and season with salt and pepper. Cover and refrigerate until cold but not overly chilled, about 1 hour.

Meanwhile, to make the salsa, stir together the tomatoes, onion, chiles, garlic, lemon juice, cilantro, and oil. Season with salt and pepper.

Serve the soup, topped with the shrimp and garnished with the salsa.

30

JUNE

To make pistou, in a blender, combine 3–4 cloves garlic, ¼ teaspoon coarse sea salt, 1 cup (1 oz/30 g) basil leaves and process until a paste forms. With the motor running, add ⅓ cup (3 fl oz/80 ml) extra-virgin olive oil in a slow, steady stream, processing until the mixture is thick and green. Refrigerate in an airtight container for up to 5 days. Makes ½ cup (4 fl oz/125 ml).

PROVENÇAL MINESTRONE

serves 4–6

2 cups (16 fl oz/500 ml) chicken broth

3 small boiling potatoes, peeled and diced

2 carrots, peeled and diced

1 tsp fresh thyme leaves, or ½ tsp dried

1 tsp minced fresh winter savory, or ½ tsp dried

Salt and freshly ground pepper

1 large zucchini, diced

1 small yellow onion, diced

½ lb (250 g) young, slender green beans, trimmed and cut into 1-inch (2.5-cm) pieces

1 lb (500 g) fresh cranberry beans in the pod, shelled, or 1 cup (7 oz/220 g) canned butter beans

½ cup (3 oz/90 g) spaghetti broken into 2-inch (5-cm) pieces

Pistou (left)

In a large, heavy pot, bring the broth and 6 cups (48 fl oz/1.5 l) water to a boil over medium-high heat. Add the potatoes, carrots, thyme, winter savory, 2 tsp salt, and ½ tsp pepper. Reduce the heat to medium and cook until the carrots are tender when pierced with a fork, about 20 minutes.

Add the zucchini, onion, green beans, and shelling beans and cook until the shelling beans are tender to the bite, 15–20 minutes.

Add the spaghetti and cook until al dente, 10–11 minutes, or according to the package directions. Taste and adjust the seasoning. Stir 2 Tbsp of the pistou into the soup.

Ladle the soup into bowls and serve, passing the remaining pistou at the table.



30

JUNE

1 CHILLED CUCUMBER-YOGURT SOUP WITH LEMON & MINT *page 154*	2 SIMPLE ZUCCHINI SOUP *page 154*	3 SPICY CORN SOUP *page 156*	4 MEDITERRANEAN FISH STEW *page 156*
8 CHILLED RED PEPPER & FENNEL SOUP WITH INDIAN SPICES *page 159*	9 CUCUMBER & GREEN GRAPE GAZPACHO *page 160*	10 SILKEN LIMA BEAN SOUP WITH HAM CROÛTES *page 160*	11 CORN & ZUCCHINI SOUP WITH CRUMBLED BACON *page 161*
15 MUSSEL CHOWDER *page 165*	16 CHUNKY HEIRLOOM TOMATO & BASIL SOUP *page 165*	17 TOM YUM WITH SHRIMP *page 166*	18 MEXICAN LIME SOUP WITH CHICKEN *page 166*
22 TWO MELON SOUPS *page 168*	23 SUMMER PANZANELLA SOUP WITH TINY PASTA *page 171*	24 CHICKEN SOUP WITH GNOCCHI, BASIL & PARMESAN *page 171*	25 GAZPACHO *page 172*
29 NOODLE SOUP WITH LEMONGRASS & TOFU *page 173*	30 SWEET PEA DUMPLINGS IN GINGERY GREEN ONION BROTH *page 174*	31 VIETNAMESE TURKEY MEATBALLS IN BROTH WITH RED ONION & HERBS *page 174*	

5 SOBA NOODLE SOUP *page 157*	**6** ROASTED EGGPLANT SOUP WITH MINT *page 157*	**7** PINTO BEAN SOUP WITH TOASTED JALAPEÑOS *page 159*
12 CALAMARI STEW *page 161*	**13** ROASTED RED PEPPER SOUP WITH GOAT CHEESE & HARISSA *page 162*	**14** MISO SOUP WITH BLACK COD & GREEN ONIONS *page 162*
19 BURMESE CHICKEN CURRY SOUP *page 167*	**20** TORTELLINI IN BROTH *page 167*	**21** CHIPOTLE-CORN PURÉE WITH BAY SHRIMP & AVOCADO SALSA *page 168*
26 ROASTED CHILE & CORN SOUP WITH FARMER'S CHEESE *page 172*	**27** ROASTED NECTARINE SOUP WITH MINT *page 173*	**28** CRAB & AVOCADO SOUP *page 173*

july

July's warming sun ripens tomatoes on the vine, whose sweet flavor is showcased in light, brothy soups with herbs and pastina, grains, or meats added for heartiness. Toasted chiles enliven summer corn and beans, offering fire that mimics the summer heat. Chilled soups made from fresh fruits and vegetables, enhanced with sparkling wine, vibrant mint, or bracing vinegar, are perfect to begin an alfresco brunch or a backyard barbecue.

1

JULY

Serve this soup as a refreshing starter before a Mediterranean-inspired dinner of grilled cumin-spiced lamb and herbed couscous.

CHILLED CUCUMBER-YOGURT SOUP WITH LEMON & MINT

serves 8–10

6 large English cucumbers (about 5 lb/2.5 kg), peeled and seeded

8 Tbsp (¾ oz/20 g) minced mint

4 Tbsp (2 fl oz/60 ml) extra-virgin olive oil

Zest and juice of 1 large lemon

4 cups (32 fl oz/1 l) chicken broth

4 cups (2 lb/1 kg) plain yogurt

2 small cloves garlic, minced

Salt and freshly ground pepper

Finely chop 1 cucumber. Place half of the pieces between layers of paper towels, pressing to absorb excess moisture. Transfer to a small bowl, add 2 Tbsp of the mint and 1 Tbsp of the oil, and toss to combine. Cover and refrigerate. Cut the remaining 5 cucumbers into large chunks.

Working in batches, coarsely purée the cucumber chunks, the remaining mint, the lemon zest, and 2 cups (16 fl oz/500 ml) of the broth in a food processor or blender. Transfer to a large nonreactive bowl. Add the remaining 2 cups broth along with the finely chopped cucumber and mint mixture, the remaining 3 Tbsp oil, the lemon juice, the yogurt, and the garlic. Add 1½ tsp salt and season with pepper. Stir to blend well, cover, and refrigerate until well chilled, at least 4 hours or up to 12 hours. Serve.

2

JULY

It's worth it to salt and drain the shredded zucchini to remove a light edge of bitterness. Don't worry about the salt: most of it washes away in the squeezing and rinsing.

SIMPLE ZUCCHINI SOUP

serves 4

1½–2 lb (750 g–1 kg) small zucchini, shredded

Salt and freshly ground pepper

2 Tbsp unsalted butter

2 yellow onions, chopped

2 cups (16 fl oz/500 ml) chicken broth

Grated nutmeg

2 tsp finely chopped mint

3 cups (24 fl oz/750 ml) milk

½ tsp fresh lemon juice

4 thin lemon slices

Layer half of the zucchini in a colander set over a bowl. Sprinkle with salt, then top with the remaining zucchini and again sprinkle with salt. Let drain for 25–30 minutes. Pick up the drained zucchini by small handfuls and squeeze out the released juice. Return the zucchini to the colander and rinse quickly under cold running water to remove the salt. Again squeeze out the moisture, then set aside.

In a large, heavy pot, melt the butter over medium-low heat. Add the onions and sauté until translucent, 3–4 minutes. Add the broth, cover, and simmer until the onions are tender, 15–20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the mixture in a blender. Return to the pot. Add the zucchini, a pinch of nutmeg, and 1 tsp of the mint. Bring to a simmer, cover, and simmer for 6–8 minutes. Add the milk and lemon juice, and season with salt and pepper. Heat until the soup is very hot, but do not let boil. Serve, sprinkled with the remaining mint and garnished with the lemon slices.



2

JULY

3

JULY

Sweet meets heat in this reinvented chowder. The traditional creamy base gets a kick with the addition of both fresh and dried chile. Make it in high summer, when fresh corn kernels need only a brief simmer in the pot, emerging sweet and tender.

SPICY CORN SOUP

serves 4

3 slices bacon, chopped

1 small yellow onion, chopped

1 celery rib, chopped

1 poblano chile, seeded and chopped

2 cloves garlic, minced

4 cups (32 fl oz/1 l) milk

1 cup (8 fl oz/250 ml) heavy cream

2 boiling potatoes, peeled and cut into bite-sized cubes

3 cups (18 oz/560 g) fresh corn kernels from about 6 ears) or 3 cups frozen

½ tsp red pepper flakes

Salt and freshly ground black pepper

In a large, heavy pot, sauté the bacon over medium heat until it begins to crisp, about 5 minutes. Transfer to paper towels to drain. Add the onion, celery, chile, and garlic and sauté just until lightly browned, 6–7 minutes.

Raise the heat to medium-high, add the milk, cream, and potatoes, and bring to a boil. Reduce the heat to low and simmer, uncovered, until the potatoes are tender, about 15 minutes. Stir in the corn and red pepper flakes and simmer until the corn is tender, about 5 minutes. Remove from the heat and let cool slightly.

Purée about 2 cups (16 fl oz/500 ml) of the solids in a blender or food processor. Return to the pot and reheat. Season with salt and pepper and serve, garnished with the bacon.

4

JULY

Pungent garlic and sunny saffron define the Mediterranean mood of this shellfish-rich stew, which features a trio of clams, mussels, and prawns. Serve with warm, crusty bread, and lemon wedges for squeezing into the broth.

MEDITERRANEAN FISH STEW

serves 6

¼ cup (2 fl oz/60 ml) olive oil

½ small yellow onion, finely chopped

1 celery rib including leaves, chopped

1 carrot, peeled and chopped

3 cloves garlic, minced

1 tsp dried thyme

½ tsp red pepper flakes

2 oil-packed anchovies

1 cup (8 fl oz/250 ml) dry white wine

1 can (14½ oz/455 g) diced tomatoes

4 cups (32 fl oz/1 l) fish broth

Pinch of saffron threads dissolved in 1 Tbsp hot water

1 bay leaf

1 rosemary sprig

2 lb (1 kg) firm white-fleshed fish fillets, cut into bite-sized pieces

12 littleneck or Manila clams, scrubbed

12 mussels, scrubbed and debearded

¾ lb (375 g) large shrimp, peeled and deveined

Salt

3 Tbsp minced flat-leaf parsley

In a large, heavy pot, warm the oil over medium heat. Add the onion, celery, and carrot and sauté until the onion is translucent, 3–5 minutes. Add the garlic, thyme, red pepper flakes, and anchovies and sauté until the mixture is fragrant and the anchovies have melted, about 3 minutes. Add the wine and simmer until reduced by half, about 10 minutes. Add the tomatoes with their juices, broth, saffron mixture, bay leaf, and rosemary sprig. Pour in 1 cup (8 fl oz/250 ml) water. Reduce the heat to medium-low and simmer for 15 minutes.

Add the fish, cover, and simmer just until opaque, about 2 minutes. Add the clams, cover, and simmer until most of them open, about 6 minutes. Add the mussels, cover, and cook until they open, 3–4 minutes. Discard any unopened clams or mussels. Add the shrimp and cook, uncovered, just until pink, about 2 minutes. Remove from the heat and season with salt. Discard the bay leaf. Serve, garnished with the parsley.

5

JULY

SOBA NOODLE SOUP

serves 4

2 Tbsp canola oil

2 boneless pork loin chops, cut into slices ¼ inch (6 mm) thick

1 Tbsp peeled and grated ginger

2 cloves garlic, thinly sliced

¼ yellow onion, finely chopped

1 Tbsp soy sauce

6 cups (48 fl oz/1.5 l) chicken broth

½ lb (250 g) soba noodles

4 white mushrooms, sliced

4 green onions, white and tender pale green parts, sliced

Salt and freshly ground pepper

This simple soup features wheat noodles and slices of pork, seasoned with the classic Asian trio of garlic, ginger, and soy. To slice the pork, place the chops in the freezer for half an hour. Firmed, the meat will be much easier to slice very thinly.

In a small frying pan, warm the oil over medium heat. Add the pork and sauté until golden brown, about 4 minutes. Add the ginger, garlic, yellow onion, and soy sauce and sauté until the onion is translucent, about 2 minutes. Remove from the heat.

In a large, heavy pot, bring the broth to a boil over medium-high heat. Add the soba, stir to separate the noodles, and cook just until tender, about 5 minutes. Add the pork mixture, mushrooms, and green onions and cook for 1 minute to heat through. Season with salt and pepper and serve.

6

JULY

ROASTED EGGPLANT SOUP WITH MINT

serves 4–6

1½ lb (750 g) small or medium eggplants

2 Tbsp unsalted butter

1 small yellow onion, finely chopped

1 clove garlic, finely chopped

2½ cups (20 fl oz/625 ml) vegetable broth

½ Tbsp finely chopped mint

1 cup (8 fl oz/250 ml) heavy cream

Salt and ground white pepper

Mint sprigs for garnish

Roasted eggplant has an earthy, slightly smoky flavor that this simple soup highlights. For an edge of sweetness, swirl some roasted red bell pepper purée into each serving. The soup may also be served chilled.

Preheat the oven to 375°F (190°C).

Put the eggplants in a baking dish and pierce several times with a fork. Roast, turning occasionally, until the skins are evenly browned and deeply wrinkled, 1–1½ hours. Let cool, then peel.

In a large, heavy pot, melt the butter over medium heat. Add the onion and garlic and sauté until golden, 3–5 minutes. Add the eggplants, breaking them up with a wooden spoon, and sauté for 2–3 minutes. Add the broth and chopped mint, and bring to a boil. Reduce the heat to low, cover, and simmer for about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the cream, and reheat gently over medium-low heat. Season with salt and pepper. Serve, garnished with the mint sprigs.

JULY

7



7

JULY

Toasting fresh chiles and garlic on the stove top until they're charred and blistered deepens and mellows their strong flavors, coaxing out a subtle sweetness and adding a suggestion of smokiness to dishes like this soup.

PINTO BEAN SOUP WITH TOASTED JALAPEÑOS

serves 6–8

6 cups (48 fl oz/1.5 l) chicken broth

1 smoked ham hock

6 jalapeño chiles

4 cloves garlic

2 Tbsp olive oil

2 yellow onions, finely chopped

2 carrots, peeled and finely chopped

1½ tsp dried oregano

1½ tsp ground cumin

¾ tsp ground coriander

¾ tsp chili powder

1 can (14½ oz/455 g) diced tomatoes

2 cans (14½ oz/455 g each) pinto beans, drained

¼ cup (2 fl oz/60 ml) fresh lime juice

Salt and freshly ground pepper

1 cup (8 oz/250 g) sour cream

⅓ cup (⅓ oz/10 g) cilantro leaves

In a large saucepan, bring the broth and ham hock to a boil over medium-high heat. Reduce the heat to low, cover, and simmer until fragrant, 1 hour. Discard the ham hock.

Meanwhile, in a small frying pan, toast the jalapeños and garlic over medium heat, tossing occasionally, until lightly charred, about 15 minutes. Let cool. Seed and mince 4 of the chiles. Cut the remaining 2 chiles into thin rings. Mince the garlic.

In a large, heavy pot, warm the oil over medium heat. Add the onions and carrots and sauté until softened, about 6 minutes. Stir in the minced chiles, garlic, oregano, cumin, coriander, and chili powder and sauté until fragrant, about 2 minutes. Add the ham broth, tomatoes with their juices, and beans. Bring to a boil, reduce the heat to low, and simmer for 20 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée half of the soup in a blender. Return to the pot. Add the lime juice, 2½ tsp salt, and pepper to taste. Reheat over medium-low heat, stirring occasionally, for 10 minutes. Serve, garnished with the sour cream, toasted jalapeño rings, and cilantro.

8

JULY

This soup is great hot or cold. Serve with grilled ready-made naan: brush the naan with olive oil, cook in a very hot grill pan, and sprinkle with sea salt.

CHILLED RED PEPPER & FENNEL SOUP WITH INDIAN SPICES

serves 6

3 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

3 red bell peppers, seeded and chopped

1 fennel bulbs, stalks and fronds removed, chopped

2 carrots, peeled and thinly sliced

1½ tsp garam masala

4 cups (32 fl oz/1 l) chicken broth

2 Tbsp sour cream

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the red peppers, fennel, and carrots and cook, stirring often, until the vegetables soften, 10–12 minutes. Stir in the garam masala and cook for 1 minute. Add the broth and bring to a boil. Reduce the heat to low and simmer for 30 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the sour cream, and bring to a gentle boil. Remove from the heat and season with salt and pepper. Let cool completely, cover, and chill in the refrigerator for at least 3 hours. Serve.

9

JULY

A good-quality olive oil, green and peppery, will really make a difference in a soup that isn't cooked, such as this one. Salted crispy croutons add a nice counterpoint to this sweet, smooth soup.

CUCUMBER & GREEN GRAPE GAZPACHO

serves 4–6

1 cup sweet baguette pieces

1 Tbsp fresh lemon juice

2 tsp white wine vinegar, plus more to taste

½ cup (3 oz/90 g) raw almonds

3 small English cucumbers, peeled, seeded, and chopped

2 cups (12 oz/375 g) green grapes

1 clove garlic, coarsely chopped

¼ cup (2 fl oz/60 ml) extra-virgin olive oil

Salt and freshly ground pepper

Put the baguette pieces, lemon juice, and 2 tsp white wine vinegar in a bowl and stir to combine.

Put the almonds into a food processor and pulse until finely ground. Add the cucumbers, grapes, and garlic and pulse to purée. Add the bread mixture, oil, and ⅓ cup (3 fl oz/80 ml) water. Purée. Season to taste with salt, pepper, and additional white wine vinegar, if needed. Transfer to a covered container and refrigerate until chilled, at least 2 hours. Serve.

10

JULY

Classic pork and beans is even better when made with garden-fresh beans and bubbling ham-and-cheese toasts. Lima beans are available fresh from June to September. Choose pods that are firm, plump, and dark green.

SILKEN LIMA BEAN SOUP WITH HAM CROÛTES

serves 6

4 lb (2 kg) fresh lima beans in the pod, shelled (about 4 cups), or 2 bags (1 lb/500 g each) frozen lima beans, thawed

8 cups (64 fl oz/2 l) chicken broth

1 russet potato, peeled and cut into ½-inch (12-mm) pieces

1 yellow onion, chopped

2 cloves garlic, chopped

1 carrot, peeled and chopped

Salt and freshly ground pepper

6 slices French bread, each 1 inch (2.5 cm) thick

½ cup (4 fl oz/125 ml) heavy cream

½ cup (3 oz/90 g) chopped country ham

⅓ cup (1½ oz/45 g) shredded Cheddar cheese

2 Tbsp cream cheese, at room temperature

1 Tbsp mayonnaise

1 Tbsp thyme leaves

In a large, heavy pot, combine the beans, broth, potato, onion, garlic, and carrot. Add ½ tsp salt and ½ tsp pepper. Bring to a boil over high heat, then reduce the heat to low, cover partially, and cook, stirring occasionally, until the vegetables are very soft, about 1 hour.

Meanwhile, preheat the oven to 400°F (200°C). Arrange the bread slices on a baking sheet and toast until golden brown, about 10 minutes. Remove from the oven and turn on the broiler. Position a rack 6 inches (15 cm) from the heat source.

Remove the soup from the heat and let cool slightly. Working in batches, purée in a blender. Return to the saucepan and stir in the cream. Reheat the soup over low heat.

In a small bowl, stir together the ham, Cheddar cheese, cream cheese, and mayonnaise. Season with pepper. Spread evenly on the toasted bread. Broil until the topping is bubbly and golden, about 2 minutes.

Serve the soup sprinkled with the thyme, and pass the croûtes at the table.

11

JULY

The texture of the fried corn, bacon, and thyme garnish elevates this humble dish. You can make the soup ahead of time, but prepare the garnish just before serving. Serve with buttermilk biscuits.

CORN & ZUCCHINI SOUP WITH CRUMBLED BACON

serves 4–6

6 slices thick-cut bacon

1 Tbsp olive oil

1 yellow onion, chopped

3 cloves garlic, minced

2 zucchini, trimmed, halved lengthwise, and thinly sliced

4 cups (32 fl oz/1 l) chicken broth

3 cups (18 oz/560 g) fresh corn kernels (from about 6 ears) or 3 cups frozen

Salt and ground white pepper

1 Tbsp unsalted butter

¼ tsp minced thyme leaves

In a large, heavy pot, cook the bacon over medium heat, turning once, until crispy, about 8 minutes. Transfer to paper towels to drain. Let cool, then cut into bite-sized pieces. Set aside.

Discard all but 1 Tbsp of the bacon fat from the pot. Add the oil, onion, and garlic and sauté over medium-high heat until translucent, about 5 minutes. Add the zucchini and sauté for 5 minutes. Add the broth and bring to a boil. Add 2½ cups (15 oz/470 g) of the corn kernels and cook for 5 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper.

In a small frying pan, melt the butter over high heat. Add the remaining ½ cup (3 oz/90 g) corn kernels, the bacon, and the thyme. Fry, stirring constantly, for 2 minutes and remove from the heat.

Serve the soup topped with the corn and bacon mixture.

12

JULY

The soup can be made ahead and frozen, but add the calamari just before serving as it only takes a few minutes to cook and it will become rubbery if overdone. It's fine to use frozen calamari for this recipe.

CALAMARI STEW

serves 6

2 Tbsp olive oil

1 yellow onion, chopped

4 cloves garlic, minced

½ tsp red pepper flakes

1 can (28 oz/875 g) crushed tomatoes

2 cups (16 fl oz/500 ml) chicken broth

1 red bell pepper, roasted (page 191), peeled, seeded, and chopped

¼ cup (⅓ oz/10 g) chopped basil

2 Tbsp chopped oregano

Salt and freshly ground pepper

1 lb (2 kg) calamari, cleaned and bodies thinly sliced, tentacles left whole

In a large, heavy pot, warm the olive oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the red pepper flakes and cook, stirring constantly, for 2 minutes. Add the tomatoes, broth, and bell pepper and bring to a boil. Reduce the heat to low and simmer for 30 minutes.

Stir in the basil and oregano and cook for 5 minutes. Season with salt and pepper. Raise the heat to medium-high and add the calamari, stirring to combine. Cook just until the calamari is opaque and cooked through, 3–5 minutes. Serve.

13

JULY

ROASTED RED PEPPER SOUP WITH GOAT CHEESE & HARISSA

serves 4

Roasting brings out the mellow sweetness of bell peppers, while fiery harissa and tangy goat cheese add dimension to this vibrant North African soup. Harissa can be found in well-stocked grocery stores and specialty markets.

4 red bell peppers (about 1½ lb/750 g)
3 Tbsp olive oil
1 yellow onion, chopped
1 clove garlic, minced
4 cups (32 fl oz/1 l) chicken broth
1 can (14½ oz/455 g) chickpeas, drained
¾ tsp smoked paprika
½ tsp ground cumin
Salt
1 tsp sherry vinegar
½–1 tsp harissa
2 oz (60 g) fresh goat cheese, crumbled

Preheat the oven to 375°F (190°C). Put the bell peppers on a baking sheet and rub with 1 Tbsp of the oil. Roast until the skins are blistered and the peppers are soft, 35–45 minutes. Let cool, then peel and remove the cores and seeds. Cut the peppers into 1½-inch (4-cm) pieces.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and garlic and sauté until the onion is soft, 4–5 minutes. Add the bell peppers, broth, chickpeas, paprika, and cumin. Season with ¼ tsp salt. Cover, reduce the heat to medium, and simmer for 15 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and stir in the vinegar and harissa. Serve, garnished with the goat cheese.

14

JULY

MISO SOUP WITH BLACK COD & GREEN ONIONS

serves 2

This beautiful soup makes a perfect light dinner on a warm summer evening. Serve it in shallow bowls to showcase the caramelized black cod. A cold seaweed or sesame-spinach salad would pair well.

1 piece kombu, about 3 inches (7.5 cm)
½ cup (½ oz/15 g) bonito flakes
2 Tbsp white miso paste
5 oz (155 g) black cod, cut into 2–4 pieces
1 Tbsp olive oil
Salt and freshly ground pepper
1 green onion, white and tender green parts, thinly sliced

Put 3 cups (24 fl oz/750 ml) cold water and the kombu in a saucepan over medium heat. Bring to a boil and then remove and discard the kombu. Turn off the heat, add the bonito flakes, stir gently once, and let sit for 5 minutes. Strain the soup through a fine-mesh sieve and return the broth to the saucepan.

Put the miso paste in a small bowl and add ¼ cup (2 fl oz/60 ml) of the warm broth. Stir until the mixture is very smooth. Add the miso mixture to the saucepan and warm gently, taking care not to let the soup come to a boil.

Place a small frying pan over high heat until it is very hot. Season the cod with the oil, salt, and pepper and sear until just cooked through, 4 minutes per side.

To serve, ladle the soup into bowls, top with one or two pieces of fish, and sprinkle with green onions.



14 JULY

JULY

16



15

JULY

You can adjust the thickness (and therefore the richness) of this soup by adjusting the broth-to-cream ratio. Serve with a simple green salad and plenty of crusty bread for dipping.

MUSSEL CHOWDER

serves 4–6

1 Tbsp olive oil

1 shallot, thinly sliced

½ cup (4 fl oz/125 ml) dry white wine

2½ cups (20 fl oz/625 ml) chicken broth

2 lb (1 kg) mussels, scrubbed and debearded

6 slices thick-cut bacon

1 small yellow onion, chopped

1 small fennel bulb (about ½ lb/250 g), stalks and fronds removed, quartered and thinly sliced

1 russet potato, peeled and diced

1 cup (8 fl oz/250 ml) heavy cream

1 Tbsp minced flat-leaf parsley

Salt and freshly ground pepper

In a large saucepan over medium-high heat, warm the olive oil. Add the shallot and sauté until soft, 2 minutes. Add the wine and ½ cup (4 fl oz/125 ml) of the broth and bring to a boil. Add the mussels, discarding any that do not close to the touch, cover tightly, and steam until the mussels open, 5–7 minutes. Transfer the mussels to a bowl, discarding any unopened ones. When cool enough to handle, remove them from their shells, coarsely chop, and then refrigerate. Transfer the mussel cooking liquid to a bowl and reserve.

In a large, heavy pot, cook the bacon over medium heat, turning once, until it is crisp, about 8 minutes. Transfer to paper towels to drain. When cool enough to handle, cut into ½-inch (12-mm) pieces. Discard all but 1 Tbsp of the bacon fat from the pot and add the onion and fennel. Sauté until the vegetables are soft, about 7 minutes. Add the reserved mussel cooking liquid and the remaining 2 cups (16 fl oz/500 ml) broth and bring to a boil. Add the potato, reduce the heat to medium-low, and cook until the potato is tender, about 20 minutes. Add the bacon, mussels, and cream and simmer for 5 minutes. Stir in the parsley, season to taste with salt and pepper, and serve.

16

JULY

Combining red and yellow tomatoes gives this soup a beautiful color. Keep the soup chunky, because when tomatoes are in season you really want to let their texture shine. Serve with bread sticks and butter or garlic croutons (page 61).

CHUNKY HEIRLOOM TOMATO & BASIL SOUP

serves 6

3 Tbsp olive oil

1 large yellow onion, chopped

4 cloves garlic, minced

2 carrots, peeled and finely chopped

3 red heirloom tomatoes (about 2 lb/1 kg total), coarsely chopped

3 yellow heirloom tomatoes (about 2 lb/1 kg total), coarsely chopped

2 cups (16 fl oz/500 ml) chicken broth

2 tsp sugar

1 Tbsp heavy cream

⅓ cup (⅓ oz/10 g) chopped basil

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and carrots and sauté until very soft, about 5 minutes. Add the tomatoes, broth, and sugar, stirring to combine, and bring to a boil. Reduce the heat to low and simmer for 30 minutes. Remove from the heat and let cool slightly.

Transfer half of the soup to a food processor and purée. Return to the pot and add the cream. Stir in the basil, season to taste with salt and pepper, and serve.

17

JULY

Lemongrass carries a wonderful citrusy scent that gives Thai dishes their signature aromatic quality. Along with the kaffir lime leaves, it beautifully balances the heat of the roasted chile paste in this classic preparation.

TOM YUM WITH SHRIMP

serves 6

¾ lb (375 g) large shrimp in the shell

2 Tbsp canola oil

4 lemongrass stalks, center white part only, smashed and cut into 2-inch (5-cm) lengths

6 slices fresh galangal or 3 slices dried galangal

6 green Thai chiles or 8 green serrano chiles, seeded and cut in half crosswise

6 cups (48 fl oz/1.5 l) chicken broth

8 kaffir lime leaves, spines removed

1–2 Tbsp roasted chile paste

1 cup (7 oz/220 g) drained canned straw mushrooms

4-inch (10-cm) piece bamboo shoot, thinly sliced

3 Tbsp Asian fish sauce

¼ cup (2 fl oz/60 ml) fresh lime juice

1 fresh red chile, sliced

¼ cup (¼ oz/7 g) cilantro leaves

Peel and devein the shrimp, reserving the shells. Rinse the shrimp. In a large, heavy pot, warm the oil over medium-high heat. Add the shrimp shells and fry, stirring, until they turn bright orange, about 1 minute. Add the lemongrass, galangal, green chiles, broth, and 4 of the lime leaves. Raise the heat to high and bring to a boil. Reduce the heat to medium and simmer, uncovered, for 15 minutes to blend the flavors. Pour the broth through a sieve placed over a clean pot. Discard the contents of the sieve.

Add the chile paste to taste, the mushrooms, and bamboo shoot, stir well, and bring to a boil over medium heat. Add the shrimp and the remaining 4 lime leaves. Cook until the shrimp turn pink and opaque, 1–2 minutes. Season with the fish sauce and lime juice.

Serve, garnished with the red chile slices and cilantro leaves.

18

JULY

This Mexican-inspired version of good old chicken soup gets its zip from lots of puckery lime juice. The uniquely bright, bracing sharpness of the fresh limes is countered by fragrant garlic, herbal oregano, and spicy jalapeño.

MEXICAN LIME SOUP WITH CHICKEN

serves 6

8–10 small limes

2 skin-on, bone-in chicken breast halves (about 10 oz/315 g each)

Salt and freshly ground pepper

1 Tbsp olive oil

1 large white onion, chopped

5 cloves garlic, minced

1 jalapeño chile, seeded and minced

3 cups (24 fl oz/750 ml) chicken broth

1½ tsp dried oregano

1 avocado, pitted, peeled, and diced

2 oz (60 g) queso fresco or ricotta salata cheese, crumbled

Tortilla chips for serving

Cut 2 of the limes into wedges and reserve. Juice as many of the remaining limes as needed to measure out ¼ cup (2 fl oz/60 ml) juice.

Season the chicken breasts with 1 tsp salt and ½ tsp pepper. In a large, heavy pot, warm the oil over medium heat. Add the chicken, skin side down, and cook, turning once, until browned, about 5 minutes. Transfer to a plate. Add the onion and sauté until translucent, about 4 minutes. Stir in the garlic and chile and sauté until fragrant, about 1 minute. Stir in the broth, 3 cups (24 fl oz/750 ml) water, the lime juice, and the oregano. Return the chicken to the pot. Raise the heat to high and bring the liquid to a boil, skimming off any foam on the surface. Reduce the heat to medium-low, cover partially, and simmer gently until the chicken is opaque throughout, about 40 minutes.

Keeping the soup at a simmer, remove the chicken. When it is cool enough to handle, remove and discard the skin and bones and shred the meat into bite-sized pieces. Stir the chicken into the soup. Serve, passing the avocado, cheese, tortilla chips, and lime wedges at the table.

19

JULY

This dish calls for both Madras curry powder, a familiar Indian ingredient, and Thai red curry paste. Although the soup itself has plenty of flavor and texture, the traditional toppings heighten the enjoyment.

BURMESE CHICKEN CURRY SOUP

serves 6

2 Tbsp peanut oil, plus more for frying

1⅛ lb (560 g) fresh thin Chinese egg noodles

3 cloves garlic, minced

2 Tbsp Thai red curry paste

2 tsp Madras curry powder

½ tsp ground turmeric

½ cup (4 fl oz/125 ml) coconut cream

¾ lb (375 g) skinless, boneless chicken thighs, cut into ¼-inch (6-mm) chunks

4 cups (32 fl oz/1 l) chicken broth

3 cups (24 fl oz/750 ml) coconut milk

2 Tbsp Asian fish sauce, or to taste

1 tsp brown sugar

2 Tbsp fresh lemon juice

3 Tbsp chopped pickled Chinese cabbage, rinsed with cold water and drained

3 green onions, white and tender green parts, chopped

½ English cucumber, peeled and thinly sliced

Fried Shallots (page 28)

2 lemons, cut into wedges

Pour 2 inches (5 cm) of peanut oil into a saucepan and heat to 375°F (190°C) on a deep-frying thermometer. Separate out a handful of the noodles and drop them into the hot oil. Fry until golden brown, about 1 minute. Using a wire skimmer, transfer to paper towels to drain.

Bring a large saucepan of water to a boil. Add the remaining noodles, stir well, and return to a boil. Cook for 1 minute. Drain, rinse with cold running water until cool, and drain thoroughly.

In a large, heavy pot, warm the 2 Tbsp oil over medium heat. Add the garlic and sauté until light golden brown, about 2 minutes. Add the curry paste, curry powder, and turmeric and sauté until the oil is fragrant and has a rich yellow hue, about 2 minutes. Add the coconut cream, raise the heat to medium-high, and cook, stirring frequently, until the cream boils gently and oil beads appear on the surface, 5–8 minutes. Add the chicken and stir to coat with the paste. ↣

Raise the heat to high, add the broth, coconut milk, fish sauce, and sugar, and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, for 10 minutes to blend the flavors. Stir in the lemon juice and remove from the heat.

Divide the boiled noodles among bowls. Ladle the soup over the noodles. Top with the pickled cabbage, green onion, cucumber, shallots, and fried noodles. Serve with the lemon wedges for squeezing over the soup.

20

JULY

Ridiculously easy to make and always delicious, tortellini in broth makes a satisfying and comforting meal any day of the year. Try different filled pastas to vary the flavors, and add a handful of spinach if you'd like more greens.

TORTELLINI IN BROTH

serves 4

6 cups (48 fl oz/1.5 l) beef broth

12 oz (375 g) fresh cheese tortellini

Salt and freshly ground pepper

⅓ cup (1½ oz/45 g) grated Parmesan cheese

¼ cup (⅓ oz/10 g) slivered basil

In a saucepan, bring the broth to a boil over medium-high heat. Add the tortellini and cook for about 5 minutes, or according to package directions. Season with salt and pepper. Serve, garnished with the Parmesan and basil.

21

JULY

No recipe ever seems to call for an entire can of chipotle chiles in adobo. Store unused chipotles in the freezer, separated out in an ice cube tray until frozen, and then put in a ziplock bag for easy access.

CHIPOTLE-CORN PURÉE WITH BAY SHRIMP & AVOCADO SALSA

serves 4

2 Tbsp olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

½ small chipotle chile in adobo, chopped

3½ cups (28 fl oz/875 ml) chicken broth

4 cups (24 oz/750 g) fresh corn kernels (from about 8 ears)

Salt and freshly ground pepper

FOR THE SALSA

5 oz (155 g) cooked bay shrimp, coarsely chopped

1 ripe avocado, pitted, peeled, and finely diced

1 Tbsp fresh lime juice

2 tsp chopped cilantro

Salt and freshly ground pepper

In a large, heavy pot, warm the olive oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the chipotle, stir to combine, and sauté for 2 minutes. Add the broth and bring to a boil. Add the corn and cook for 5 minutes. Remove from the heat and let cool slightly. Working in batches, purée the soup in a blender or food processor. Return to the pot and season with salt and pepper.

To make the salsa, put the shrimp and avocado in a small bowl and stir to combine. Stir in the lime juice and cilantro and season with salt and pepper. Serve the soup topped with the salsa.

22

JULY

This soup is all about presentation. It'll look like it came out of a restaurant kitchen, but is surprisingly easy to pull off. To make the melon strips, draw a vegetable peeler over a wedge of peeled melon.

TWO MELON SOUPS

serves 4–6

FOR THE CANTALOUPE SOUP

1 very ripe cantaloupe (about 2 lb/1 kg), halved, seeded, peeled, and chopped

2 Tbsp sour cream

2 Tbsp fresh orange juice

Salt

FOR THE HONEYDEW SOUP

1 very ripe honeydew melon (about 2 lb/1 kg), halved, seeded, peeled, and chopped

2 Tbsp sour cream

2 Tbsp fresh white grape juice

Salt

Melon strips for garnish (left)

Lime wedges for serving

To make the cantaloupe soup, purée the cantaloupe in a food processor. Add the sour cream, orange juice, and a pinch of salt and pulse several times to combine. Transfer to a covered container and refrigerate until well chilled, at least 2 hours.

Wash and dry the food processor.

To make the honeydew soup, purée the honeydew in the food processor. Add the sour cream, white grape juice, and a pinch of salt and pulse several times to combine. Transfer to a covered container and refrigerate until well chilled, at least 2 hours.

Ladle the soup into individual bowls or, to serve the soups together, put a 3-inch (7.5-cm) round cookie cutter in the center of a shallow bowl. Hold the cookie cutter in place with one hand, and with the other pour the cantaloupe soup into the center of the cookie cutter, filling it three-quarters of the way to the top. Keeping your hand on the cookie cutter, pour the honeydew soup around the outside of the cookie cutter until the bottom of the bowl is covered. Carefully lift the cookie cutter out of the bowl. Repeat for each serving. Serve, garnished with melon strips. Pass lime wedges at the table.



22 JULY

JULY

24



23

JULY

Make this at the height of summer, when tomatoes are their most flavorful. Serve with a simple endive salad with a light buttermilk dressing.

SUMMER PANZANELLA SOUP WITH TINY PASTA

serves 4–6

1 loaf crusty Italian bread

3 Tbsp olive oil

Salt and freshly ground pepper

8 oz (250 g) tiny pasta, such as conchigliette or ditalini

2 shallots, minced

3 cloves garlic, minced

2 lb (1 kg) ripe tomatoes, diced

2 cups (16 fl oz/500 ml) chicken broth

⅓ cup (⅓ oz/10 g) chopped basil

Grated Parmesan cheese for serving

Preheat the oven to 375°F (190°C). Cut enough of the bread up into cubes to measure out 2 cups (2 oz/60 g). Place the bread cubes on a baking sheet, toss with 1 Tbsp of the oil, and season with salt and pepper. Toast in the oven, stirring once, until browned, about 12 minutes. Set aside.

Bring a saucepan of salted water to a boil. Add the pasta and cook until al dente, about 8 minutes or according to the package directions. Drain and set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the shallots and garlic and sauté until translucent, about 5 minutes. Add the tomatoes and sauté until they soften, about 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer for 15 minutes to blend the flavors. Remove from the heat and let cool slightly.

Purée half of the soup in a blender or food processor. Return to the pot and add the toasted bread. Continue to cook for 10 minutes. Stir in the pasta and basil and season with salt and pepper.

Serve, sprinkled with the Parmesan.

24

JULY

This is a great family weekday meal. The base is light and brothy, but the chicken and the gnocchi add substance. Use leftover rotisserie or grilled chicken to save time.

CHICKEN SOUP WITH GNOCCHI, BASIL & PARMESAN

serves 4–6

2 small skinless, boneless chicken breast halves

3 Tbsp olive oil

Salt and freshly ground pepper

½ small yellow onion, chopped

2 garlic cloves, minced

4 cups chicken broth

1 can (14½ oz/455 g) oz) diced tomatoes

1 package (17½ oz/545 g) potato gnocchi

1 cup (1 oz/30 g) baby spinach

¼ cup (⅓ oz/10 g) chopped basil

Grated Parmesan cheese for serving

Preheat the oven to 375°F (190°). Place the chicken breasts on a baking sheet, brush with 1 Tbsp of the oil, and season with salt and pepper. Roast the chicken until opaque throughout, 18–20 minutes. Let the chicken cool to the touch, then shred into bite-sized pieces.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and tomatoes with their juices and bring to a boil. Add the chicken and gnocchi and cook for 5 minutes. Remove from the heat, add the spinach and basil, and stir just until wilted. Season with salt and pepper.

Serve, passing the Parmesan at the table.

25

JULY

To peel tomatoes, bring a pot of water to a boil. Using a sharp knife, cut a shallow X in the bottom end of each tomato. Have ready a bowl of ice water. Immerse the tomatoes in the boiling water for 15 seconds, then, using a slotted spoon, transfer them to the ice water to stop the cooking. Peel the tomatoes with your fingers or a small knife.

GAZPACHO

serves 6–8

2 tsp anchovy paste

4 cups (32 fl oz/1 l) tomato juice

3 lb (1.5 kg) tomatoes, peeled (left), seeded, and finely chopped

2 cups (16 fl oz/500 ml) chicken or vegetable broth

2 Tbsp olive oil

2 Tbsp red wine vinegar

3 cloves garlic, minced

Salt and freshly ground pepper

3 English cucumbers, peeled, seeded, and finely chopped

½ red onion, finely chopped

⅓ cup (½ oz/15 g) finely chopped basil, plus 2 Tbsp

1 red bell pepper, seeded and finely chopped

1 yellow bell pepper, seeded and finely chopped

Garlic Croutons (page 61) for garnish

In a large nonreactive bowl, combine the anchovy paste and tomato juice and whisk until the anchovy paste is dissolved. Add the tomatoes, broth, oil, vinegar, and garlic and whisk until blended. Season with salt and pepper. Stir in the cucumbers, onion, and the ⅓ cup basil and mix well. Add the red and yellow bell peppers, reserving 2 Tbsp for garnish.

Purée 3 cups (24 fl oz/750 ml) of the soup in a blender. Return to the bowl. Cover and refrigerate until the soup is well chilled and the flavors have married, at least 3 hours.

Serve, garnished with the reserved bell peppers, the croutons, and the 2 Tbsp basil.

26

JULY

Farmer's cheese is a crumbly white fresh cheese—basically cottage cheese that has had the whey pressed out of it. Serve this soup with cut-up jicama and carrots and guacamole.

ROASTED CHILE & CORN SOUP WITH FARMER'S CHEESE

serves 4–6

3 ears fresh corn, husks intact

2 Tbsp unsalted butter

1 small yellow onion, chopped

3 cloves garlic, minced

1 tsp ground cumin

½ tsp ground coriander

1 poblano chile, roasted (page 191), seeded, and chopped

1 russet potato, peeled and finely diced

4 cups (32 fl oz/1 l) chicken broth, plus more as needed

1 Tbsp sour cream

Salt and freshly ground pepper

½ lb (250 g) farmer's cheese, crumbled

Preheat the oven to 400°F (200°C). Put the corn on a baking sheet and roast for 35 minutes. Remove from the oven and let cool to the touch. Remove and discard the husks and cut the kernels off the cobs. Set aside.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the cumin and coriander and cook, stirring often, for 2 minutes to toast the spices. Add the poblano, potato, corn, and broth, stir to combine, and bring to a boil. Reduce the heat to low and simmer until the potatoes are very tender, about 25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and add more broth if necessary to achieve the desired consistency. Stir in the sour cream and season to taste with salt and pepper.

Serve, topped with the farmer's cheese.

27

JULY

ROASTED NECTARINE SOUP WITH MINT

serves 4

1 lb (500 g) nectarines, pitted and sliced

2 tsp balsamic vinegar

1 tsp olive oil

Salt and freshly ground pepper

½ cup (4 fl oz/125 ml) dry white wine

3 Tbsp fresh lemon juice

2 Tbsp honey

Chopped mint for garnish

You will have an easy time removing the skins from the nectarines once they've been roasted. Serve for brunch with lemon scones. This soup is also delicious served warm and garnished with a wedge of burrata cheese.

Preheat the oven to 400°F (200°C). Toss the nectarine slices with the balsamic vinegar and oil and season with salt and pepper. Spread the nectarines in a single layer on a baking sheet and roast in the oven until caramelized, about 25 minutes. Slip off and discard the peels from the nectarine slices.

Purée the nectarines in a food processor. Add the wine, lemon juice, and honey and pulse several times to combine. Transfer to a covered container and refrigerate until chilled, at least 3 hours. Serve, garnished with the mint.

28

JULY

CRAB & AVOCADO SOUP

serves 4

3 avocados, peeled, pitted, and coarsely chopped

2 serrano chiles, seeded and chopped

1 cup (8 fl oz/250 ml) coconut milk

Juice from 1 lime, or more as needed

Salt and ground white pepper

½ lb (250 g) fresh lump crabmeat, picked over for shell fragments

A touch of exotic coconut milk joins buttery avocado in this cool, smooth purée. Choose the freshest lump crabmeat you can find. A sprinkling of chives will be all the embellishment it requires.

In a food processor or blender, combine the avocados, chiles, coconut milk, and lime juice. Add ¾ cup (6 fl oz/180 ml) water and process to a smooth purée. Season with salt, pepper, and additional lime juice to taste.

Transfer to an airtight container and refrigerate for at least 2 and up to 8 hours. Serve, garnished with the crabmeat.

29

JULY

NOODLE SOUP WITH LEMONGRASS & TOFU

serves 4–6

3 oz (90 g) rice noodles

½ lb (250 g) firm tofu

1 tsp canola oil

2 lemongrass stalks, center white part only, smashed and thinly sliced

2 cloves garlic, minced

6 cups (48 fl z/1.5 l) chicken broth

1 Tbsp fresh lime juice

1 tsp Asian fish sauce

2 green onions, white and tender green parts, chopped

2 Tbsp minced cilantro

Because tofu is stored in liquid, you want to drain it really well before adding it to any dish. This will enhance the flavor of the tofu, and also ensure that it won't dilute the flavor of the broth.

In a bowl, combine the rice noodles with hot water to cover. Soak for 10 minutes, then drain.

Cut the tofu in half crosswise. Place both pieces on a plate and top with a second plate. Weigh down the top plate with a can. Let stand for 20 minutes to let the tofu drain. Pour off any water from the plate and cut the tofu into very small cubes.

In a large, heavy pot, warm the oil over medium heat. Add the lemongrass and garlic and sauté until softened, 5–6 minutes. Add the broth and bring to a boil. Reduce the heat and simmer, uncovered, for 20 minutes. Add the tofu, lime juice, and fish sauce and cook for 5 minutes. Stir in the green onions and cilantro. Serve.

30

JULY

Because these dumplings are very delicate and fall apart if overcooked, do not cook them until you are just about ready to serve this soup. If you have leftover dumpling filling it makes a lovely spread on crostini.

SWEET PEA DUMPLINGS IN GINGERY GREEN ONION BROTH

serves 4–6

4 cups (32 fl oz/1 l) chicken broth

2-inch (5-cm) piece fresh ginger, peeled and minced

2 green onions, white and tender green parts, thinly sliced, green tops reserved

1 star anise

2 Tbsp soy sauce

1 tsp mirin

A few drops Asian sesame oil

FOR THE DUMPLINGS

1 cup (5 oz/155 g) fresh or thawed frozen peas

2 Tbsp ricotta cheese

1 Tbsp grated Parmesan cheese

2 tsp canola oil

Salt and freshly ground pepper

24 wonton wrappers

In a large saucepan, combine the broth, ginger, sliced green onions, star anise, soy sauce, mirin, and sesame oil. Bring to a boil over medium-high heat, reduce the heat to low, and simmer for 10 minutes. Remove from the heat, cover the pan, and steep for 10 minutes. Strain the broth, discarding the solids, and return to the saucepan.

Meanwhile, to make the dumplings, combine the peas, ricotta, Parmesan, and oil in a food processor. Add ½ tsp salt and ¼ tsp pepper. Pulse several times to coarsely chop the peas and combine the ingredients. Do not purée. Place 1 tsp of the pea mixture in the middle of each wonton wrapper. Using your fingers, apply a small amount of water on all sides of the wrapper. Fold the wrapper diagonally, forcing out any air bubbles as you press to seal. Take the 2 points on the longest side of the triangle and fold so that the tips meet. Apply a small amount of water on the tips and press firmly to stick together.

Return the broth to a boil, carefully add the dumplings, and cook for 3 minutes. Slice the onion tops. Serve, topped with the sliced onion tops.

31

JULY

Meatballs can be heavy and bland, but not when they are made with bright Southeast Asian flavors, as in this recipe, and handled with a light touch.

VIETNAMESE TURKEY MEATBALLS IN BROTH WITH RED ONION & HERBS

serves 6

FOR THE MEATBALLS

1 lb (500 g) ground turkey

1 shallot, minced

2 cloves garlic, minced

2 Tbsp Asian fish sauce

1 Tbsp minced cilantro

Salt and freshly ground pepper

Grated zest of 1 lime

2 Tbsp olive oil

2-inch (5-cm) piece of fresh ginger, peeled and grated

2 lemongrass stalks, center white part only, smashed and thinly sliced

6 cups (48 fl oz/1.5 l) chicken broth

Juice of 1 lime

¼ small red onion, thinly sliced

1 Tbsp minced cilantro

2 tsp minced mint

To make the meatballs, preheat the oven to 375°F (190°C). Oil a baking sheet. In a bowl, combine the ground turkey, shallot, garlic, fish sauce, cilantro, 1 tsp salt, ½ tsp pepper, and the lime zest. Using your hands, combine well. For each meatball, scoop up a heaping teaspoonful of the mixture, form into a meatball, and place on the prepared pan. Bake until the meatballs are cooked through, 10–12 minutes.

In a large, heavy pot, warm the oil over medium-high heat. Add the ginger and lemongrass and sauté, stirring constantly, for 4 minutes. Add the broth and lime juice and bring to a boil. Reduce the heat to low and simmer for 10 minutes to blend the flavors. Add the meatballs, red onion, cilantro, and mint and continue to simmer for 5 minutes. Serve.



31 JULY

1 RATATOUILLE SOUP *page 178*	2 WATERMELON GAZPACHO WITH GOAT CHEESE CROÛTES *page 178*	3 ACQUACOTTA *page 180*	4 POACHED CHICKEN SOUP WITH SPINACH *page 180*
8 CHILLED CURRIED CORN SOUP *page 183*	9 CAJUN SHRIMP SOUP *page 184*	10 FRESH GREEN BEAN SOUP *page 184*	11 GARLICKY PORK & CHILE SOUP *page 185*
15 CHARRED EGGPLANT SOUP WITH CUMIN & GREEK YOGURT *page 189*	16 CREAMY CORN SOUP WITH BACON & SAGE *page 189*	17 AVOCADO SOUP WITH LIME JUICE & RUM *page 190*	18 SNAP PEA & SUCCOTASH SOUP WITH PARSLEY-MINT PISTOU *page 190*
22 TOMATO, ZUCCHINI & FRESH CORN SOUP *page 192*	23 ROASTED SUMMER VEGETABLE SOUP WITH PESTO *page 195*	24 SPICED BERRY SOUP *page 195*	25 MUSSELS IN SAFFRON BROTH *page 196*
29 LENTIL SOUP WITH SORREL *page 197*	30 ROMANO BEAN, ZUCCHINI & PARMESAN SOUP *page 198*	31 PORK PHO *page 198*	

5 SMOKY RED PEPPER SOUP *page 181*	**6** TOMATO SOUP WITH WHITE WINE & SHALLOTS *page 181*	**7** FIDEO & CHICKEN SOUP WITH QUESO FRESCO *page 183*
12 PEACH & RIESLING SOUP *page 185*	**13** YELLOW GAZPACHO WITH LEMON-BASIL RICOTTA *page 186*	**14** CHILLED CUCUMBER-BUTTERMILK SOUP WITH DILLED SHRIMP *page 186*
19 ICED MELON SOUP WITH CHAMPAGNE & GINGER *page 191*	**20** SPICY POBLANO SOUP WITH TORTILLA STRIPS *page 191*	**21** BOUILLABAISSE *page 192*
26 ROASTED TOMATO SOUP WITH CITRUS CRÈME FRAÎCHE *page 196*	**27** MISO SOUP WITH TOFU AND LONG BEANS *page 197*	**28** ANGEL HAIR IN CHICKEN BROTH WITH TOMATOES & BASIL *page 197*

august

During the dog days of summer, heat-hungry vegetables flourish: tomatoes and peppers blush deeply red; cucumbers and green beans thrive; and deep-purple eggplant has its moment in the sun. Toss them together with the season's sweetest garlic and freshest herbs—basil, cilantro, dill, and mint. Chilled soups still reign, whether in inventive gazpachos or sweet fruit soups.

1

AUGUST

Inspired by France's most beloved peasant dish, this soup features a marriage of hot-weather produce: deep purple eggplants, summer squash, the season's sweetest red peppers and tomatoes, and a handful of basil leaves. It's summer in a bowl.

RATATOUILLE SOUP

serves 4

3 Tbsp olive oil

2 cloves garlic, minced

1 eggplant, peeled and cut into small cubes

1 zucchini, trimmed and chopped

1 yellow onion, quartered

1 red bell pepper, seeded and chopped

4 large tomatoes, peeled (page 172) and quartered

2–3 cups (16–24 fl oz/500–750 ml) chicken broth

Salt and freshly ground pepper

¼ cup (⅓ oz/10 g) minced basil

In a large, heavy pot, warm 2 Tbsp of the oil over medium heat. Add the garlic and sauté until fragrant, about 1 minute. Add the eggplant, zucchini, onion, and bell pepper and cook, stirring occasionally, until the vegetables have softened, 10–15 minutes. Add the tomatoes and the remaining 1 Tbsp oil. Cook, stirring occasionally, until the tomatoes begin to break down, about 15 minutes. Reduce the heat to low and simmer for 15 minutes.

Add 1 cup (8 oz/250 ml) of the broth to the vegetables. Purée the soup in a blender or food processor. Return to the pot and place over medium heat. Add enough broth to make a thick soup. Simmer until heated through, about 5 minutes. Season with salt and pepper and serve, garnished with the basil.

2

AUGUST

What a summertime treat to turn watermelon into a delicious and unexpected soup with a bit of a jalapeño kick. Make plenty of goat cheese croûtes and watch them vanish, as the salty cheese pairs beautifully with the sweet watermelon.

WATERMELON GAZPACHO WITH GOAT CHEESE CROÛTES

serves 6

4 cups (1½ lb/750 g) peeled and diced ripe watermelon

1 small English cucumber, peeled, seeded, and chopped

1 small ripe tomato, chopped

2 green onions, white and green parts, chopped

½ small jalapeño chile, seeded and chopped

1 tsp white wine vinegar

2 tsp extra-virgin olive oil

Salt and freshly ground pepper

FOR THE GOAT CHEESE CROÛTES

3 oz (90 g) goat cheese, at room temperature

2 Tbsp heavy cream

1 small and thin sweet baguette, thinly sliced

Put 3 cups (18 oz/560 g) of the watermelon into a food processor and pulse several times to coarsely chop, but not purée, the watermelon. Transfer to a bowl. Using a chef's knife, finely dice the remaining 1 cup (6 oz/185 g) watermelon and add to the bowl with the processed watermelon. The mixture should be very chunky.

Put the cucumber, tomato, green onions, and jalapeño into the food processor and purée. Transfer the purée to the bowl with the watermelon. Stir in the vinegar and oil. Season with salt and pepper. Cover the bowl and refrigerate for 1 hour.

To make the goat cheese croûtes, preheat the broiler to high. Put the goat cheese and cream into a bowl and stir to combine. Season with salt and pepper. Spread a thick layer of the goat cheese onto the baguette slices. Transfer to a baking sheet and put under the broiler until the cheese melts and turns golden, 2–3 minutes.

Serve the soup, and pass the goat cheese croûtes at the table.



2

AUGUST

3

AUGUST

There is no single recipe for this Tuscan classic, though it usually includes eggs, bread, and vegetables such as peppers and tomatoes.

ACQUACOTTA

serves 8

½ cup (4 fl oz/125 ml) olive oil

2 red onions, chopped

¾ lb (375 g) mixed red and yellow bell peppers, seeded and chopped

3 celery ribs, chopped

1 lb (500 g) tomatoes, peeled (page 172), seeded, and chopped

Salt and freshly ground pepper

3 eggs

½ cup (2 oz/60 g) grated Parmesan cheese

8 slices day-old country-style bread, toasted

1 clove garlic

In a large, heavy pot, warm the oil over medium heat. Add the onions and sauté until fragrant, about 4 minutes. Add the bell peppers and celery and sauté until soft, about 10 minutes. Stir in the tomatoes. Season with salt and pepper. Reduce the heat to low, cover, and simmer gently, stirring occasionally, until thick, about 1 hour.

Pour in 8 cups (64 fl oz/2 l) water, return to a simmer, and cook for 10 minutes. In a small bowl, beat together the eggs and cheese and pour into the soup. Stir briskly for a minute, then remove from the heat. Season with salt and pepper.

Rub the toasts with the garlic clove and divide among bowls. Ladle the soup over the toasts and serve.

4

AUGUST

You can use a peppery green like arugula or watercress in place of the spinach, or fresh pea shoots in spring. Squeeze in a fresh lemon wedge right before eating, and serve with a loaf of bread and a zippy white wine.

POACHED CHICKEN SOUP WITH SPINACH

serves 6–8

1 chicken (3½ lb/1.75 kg)

1-inch (2.5-cm) piece fresh ginger, plus 2-inch (5-cm) piece, peeled and finely julienned (optional)

1 onion, unpeeled, root end removed and halved

2 celery ribs, quartered

2 large carrots, peeled and quartered

Handful of flat-leaf parsley stems

2 thyme sprigs

1 tsp black peppercorns

1 small bay leaf

Salt

1 cup (2 oz/60 g) baby spinach leaves, coarsely chopped

Lemon wedges for serving

Hot sauce, such as Sriracha

Place the chicken in a large, heavy pot. Add the 1-inch (2.5-cm) piece of ginger, the onion, celery, carrots, parsley, thyme, peppercorns, bay leaf, and 1 tsp salt. Fill the pot with cold water to cover all the ingredients by 2 inches (5 cm). Bring to a boil over high heat and immediately reduce to a gentle simmer. Simmer, occasionally skimming any foam on the surface, until the juices run clear when you pierce the thickest part of the chicken's thigh, about 1½ hours.

Remove the chicken from the pot and transfer to a plate. Strain the broth through a colander into a bowl, discarding the solids. Line a fine-mesh strainer with two layers of cheesecloth. Strain the broth through the strainer to remove the fat. Rinse the pot and return the strained broth to it.

Once the chicken is cool enough to handle, use your fingers to remove and shred the meat, discarding the skin and bones. Add the shredded meat to the pot with the broth and pour in any juices that have collected on the plate. Season with salt. Bring to a boil, add the spinach, and stir just until wilted.

Serve, garnished with the julienned ginger, if using. Pass the lemon wedges and Sriracha sauce at the table.

5

AUGUST

Thickened with bread crumbs and garnished with capers and anchovies, this coarsely textured puréed soup has a distinctly Spanish leaning. Serve hot or chilled, as desired.

SMOKY RED PEPPER SOUP

serves 8

1 large yellow onion, sliced

4 large cloves garlic, sliced

1 Tbsp chopped marjoram

1 Tbsp paprika, preferably Spanish smoked paprika

Salt and freshly ground pepper

3 Tbsp olive oil

4 red bell peppers, roasted (page 191), peeled, seeded, and chopped, any juices reserved

1 cup (2 oz/60 g) coarse fresh bread crumbs

4 anchovy fillets in olive oil

4 cups (32 fl oz/1 l) chicken or vegetable broth

4 tsp capers

Preheat the oven to 450°F (230°C). Place the onion slices on a rimmed baking sheet. Sprinkle with the garlic, marjoram, and paprika. Season lightly with salt and generously with pepper. Drizzle with the oil, then stir to coat the onions completely and spread them out on the baking sheet. Roast, stirring often, until the onions are golden and soft, 15–20 minutes.

Working in batches if necessary, combine the roasted peppers and their juices and the roasted onion mixture in a food processor and process until a coarse purée forms. Add the bread crumbs and 2 of the anchovies, then process again just to a coarse purée. Add 2 cups (16 fl oz/500 ml) of the broth and purée again. Pour into a large, heavy pot along with the remaining 2 cups broth and bring to a simmer over medium heat, stirring often. Taste and adjust the seasoning with salt and pepper and simmer for 1–2 minutes to blend the flavors.

Ladle the soup into bowls. Cut the remaining 2 anchovies lengthwise into 4 pieces each and float 1 slice in each bowl. Sprinkle with the capers and serve.

6

AUGUST

Plum, or Roma, tomatoes can be purchased year-round, but blush deepest in the summer months for incomparable color and flavor. A little wine, a little garlic, and a few leaves of sweet-scented basil showcase the season's finest.

TOMATO SOUP WITH WHITE WINE & SHALLOTS

serves 4

10 plum tomatoes, halved

2 cloves garlic, minced

4 Tbsp (⅓ oz/10 g) chopped basil

5 Tbsp (2½ fl oz/75 ml) olive oil

4 shallots, halved

1½ cups (12 fl oz/375 ml) dry white wine

Salt and freshly ground pepper

Preheat the oven to 400°F (200°C). Arrange the tomato halves, cut side up, in a roasting pan. Sprinkle with the garlic and 1 Tbsp of the basil and drizzle with 4 Tbsp (2 fl oz/60 ml) of the oil. Roast until the tomatoes are soft when pierced with a fork, about 40 minutes. Peel and discard the skins.

In a large, heavy pot, warm the remaining 1 Tbsp oil over medium-high heat. Add the shallots and sauté for about 2 minutes. Add the roasted tomatoes and garlic, wine, and ½ cup (4 fl oz/125 ml) water and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the mixture has thickened, about 20 minutes. Season with salt and pepper. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor to the desired consistency. Return to the pot and reheat to serving temperature. Serve, garnished with the remaining 3 Tbsp basil.

AUGUST

7



7

AUGUST

Fideo is a thin Spanish pasta silimar to vermicelli. Serve with grilled corn tortillas cut into triangles for dipping.

FIDEO & CHICKEN SOUP WITH QUESO FRESCO

serves 6

2 small skinless, boneless chicken breast halves

3 Tbsp olive oil

Salt and freshly ground pepper

1 white onion, chopped

4 cloves garlic, minced

1 tsp dried oregano

2 Tbsp tomato paste

½ chipotle chile in adobo, minced

6 cups (48 fl oz/1.5 l) chicken broth

1½ cups (4 oz/125 g) fideo noodles or vermicelli pasta broken into 2-inch (5-cm) pieces

2 Tbsp chopped cilantro

1 avocado, pitted, peeled, and diced

3 oz (90 g) queso fresco, crumbled

Preheat the oven to 375°F (190°C) and put the chicken breasts on a baking sheet. Brush the chicken with 1 Tbsp of oil and season with salt and pepper. Roast the chicken in the oven until it is cooked all the way through, about 20 minutes. When the chicken is cool enough to handle, shred it and set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the oregano, tomato paste, and chipotle and stir well to combine. Add the broth and bring to a boil. Add the fideo and cook for 8 minutes. Add the shredded chicken and cilantro and stir to combine. Season to taste with salt and pepper.

Serve, topped with diced avocado and crumbled queso fresco.

8

AUGUST

This is a smooth chilled soup, seasoned simply with lemon juice and mellow spices. Curry powders vary in quality and lose their flavor relatively quickly, so sample different varieties until you find one you love, and then buy it in small quantities.

CHILLED CURRIED CORN SOUP

serves 6

2 Tbsp olive oil

2 leeks, white and pale green parts, finely chopped

2 small red potatoes, peeled and coarsely chopped

5 cups (30 oz/940 g) fresh corn kernels (from about 10 ears) or 5 cups frozen

2 tsp Madras curry powder

6 cups (48 fl oz/1.5 l) chicken broth

2 Tbsp fresh lemon juice

Salt and ground white pepper

6 thin lemon slices

½ cup (4 oz/125 g) sour cream

3 Tbsp finely chopped flat-leaf parsley

In a large, heavy pot, warm the oil over medium heat. Add the leeks and sauté until softened, 5 minutes. Add the potatoes and 4½ cups (27 oz/845 g) of the corn kernels and continue to cook for 2 minutes. Add the curry powder and cook for 1 minute. Add the broth and lemon juice and bring to a boil. Reduce the heat to medium-low, cover partially, and simmer until the potatoes are soft, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Pass the purée through a fine-mesh sieve or food mill set over a bowl, pressing on the pulp. Discard any solids left in the sieve. Season to taste with salt and pepper. Let cool to room temperature. Transfer to a covered container and refrigerate until well chilled, at least 3 hours. Just before serving, bring a small saucepan three-fourths full of water to a boil. Add the remaining ½ cup (3 oz/90 g) corn kernels and blanch for 1 minute. Drain and let cool.

Serve the soup garnished with the corn kernels, lemon slices, sour cream, and chopped parsley.

9

AUGUST

CAJUN SHRIMP SOUP

serves 4

2 Tbsp olive oil

¼ cup (1½ oz/45 g) finely chopped yellow onion

2 cloves garlic, minced

½ green bell pepper, seeded and finely chopped

1 serrano chile, seeded and finely chopped

1 can (14½ oz/455 g) diced tomatoes

2 cups (16 fl oz/500 ml) chicken broth

½ tsp minced thyme

¼ tsp cayenne pepper

1 lb (500 g) shrimp, peeled and deveined

½ tsp filé powder

Salt and freshly ground black pepper

Filé is the olive-green powder made from the dried and pulverized leaves of the sassafras plant. Like okra, it is frequently used as a thickener in Cajun gumbos. Look for it in the spice aisle of well-stocked markets.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and sauté until translucent, about 2 minutes. Stir in the garlic and bell pepper, then add the chile, tomatoes with their juices, broth, thyme, and cayenne. Bring to a boil, reduce the heat to low, and simmer, uncovered, for 15 minutes to blend the flavors.

Add the shrimp and filé powder and cook just until the shrimp turn pink and opaque, about 3 minutes. Season with salt and pepper and serve.

10

AUGUST

FRESH GREEN BEAN SOUP

serves 4–6

5 Tbsp (2½ fl oz/75 ml) olive oil

2 yellow onions, chopped

1 lb (500 g) tomatoes, peeled (page 172), seeded, and chopped

1 lb (500 g) boiling potatoes, peeled and diced

4 cups (32 fl oz/1 l) vegetable or chicken broth

1 lb (500 g) green beans, trimmed and cut on the diagonal into 1-inch (2.5-cm) pieces

Salt and freshly ground pepper

3 Tbsp chopped mint (optional)

Fresh summer beans star in this Portuguese peasant soup. If possible, use vegetable stock, as it allows the flavors of the vegetables to shine more distinctly than if you use poultry stock.

In a large, heavy pot, warm the oil over medium heat. Add the onions and sauté until tender, 8–10 minutes. Add the tomatoes and potatoes and sauté for 3–5 minutes. Add the broth, raise the heat to high, and bring to a boil. Reduce the heat to low and simmer, uncovered, until the potatoes are very tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot.

Bring a saucepan three-fourths full of salted water to a boil. Add the green beans and cook until crisp-tender, about 5 minutes. Drain, reserving a bit of the cooking water to add to the purée if it is too thick.

Reheat the purée and season with salt and pepper. Add the green beans and simmer over medium heat until heated through, about 5 minutes. Thin with the reserved cooking water if needed.

Serve, garnished with the chopped mint, if using.

11

AUGUST

Lean pork loin melds with garlic and serrano chiles in this quintessentially Latin soup. Substitute cubed pork shoulder for even more succulent results. Serve with warmed tortillas, lime wedges, and a crisp Mexican beer.

GARLICKY PORK & CHILE SOUP

serves 4–6

1 lb (500 g) boneless pork loin, cut into cubes
Salt and freshly ground pepper
2 Tbsp olive oil
1 small yellow onion, chopped
2 cloves garlic, minced
3 serrano chiles, seeded and chopped
¼ cup (2 oz/60 g) long-grain rice
5 cups (40 fl oz/1.25 l) chicken broth
¼ cup (⅓ oz/10 g) minced cilantro
Juice of 1 lime

Season the pork cubes with salt and pepper. In a large, heavy pot, warm 1 Tbsp of the oil over medium-high heat. Working in batches if necessary to avoid crowding, add the pork and cook, turning as needed, until golden brown on all sides, about 6 minutes. Using a slotted spoon, transfer to a plate.

Reduce the heat to medium and add the remaining 1 Tbsp oil. Add the onion, garlic, chiles, and rice and stir to coat with the oil. Pour in the broth and bring to a boil. Reduce the heat to low, cover, and simmer until the rice is tender, about 15 minutes.

Return the pork to the pan, stir in the cilantro and lime juice, and cook until the pork is cooked through, about 5 minutes. Season with salt and pepper and serve.

12

AUGUST

Any variety of peach or nectarine works for this lightly boozy, Bellini-inspired soup. It makes a particularly good starter for an outdoor lunch, but you could also serve it as a refreshing finish to a warm-weather grilled dinner.

PEACH & RIESLING SOUP

serves 4

2 lb (1 kg) ripe peaches, peeled
1½ cups (12 oz/375 g) plain yogurt
2 Tbsp tawny port
⅓ cup (3 fl oz/80 ml) Riesling
¼ tsp ground ginger
Pinch of grated nutmeg
Honey for sweetening (optional)
Mint leaves for garnish

Cut the peaches in half and remove the pits. Cut one peach half into small cubes to use for garnishing and place in a bowl. Cover and refrigerate until ready to use.

Coarsely chop the remaining peach halves and purée in a food processor until smooth. Pour the purée into a bowl and stir in the yogurt, port, Riesling, ginger, and nutmeg. Whisk to blend well. Taste and add honey to sweeten, if desired. Cover and refrigerate until well chilled, at least 4 hours.

Serve, garnished with the reserved peach cubes and mint leaves.

13

AUGUST

Adjust the spiciness as you like: add more hot sauce or even a fresh jalapeño. Serve the lemon-basil ricotta at room temperature so it incorporates easily. Leftover lemon-basil ricotta is a delicious spread for a vegetable sandwich wrap.

YELLOW GAZPACHO WITH LEMON-BASIL RICOTTA

serves 6–8

2 yellow bell peppers, seeded and chopped

1 English cucumber, peeled, seeded and chopped

4 yellow tomatoes (about 2 lb/1 kg total), chopped, with all their juices

1 small yellow onion, chopped

2 cloves garlic, finely minced

2 Tbsp white wine vinegar

¼ cup (2 fl oz/60 ml) olive oil

Salt and freshly ground pepper

Tabasco sauce

FOR THE LEMON-BASIL RICOTTA

1 cup ricotta (8 oz/250 g), at room temperature

Grated zest of 1 lemon

¼ cup (⅓ oz/10 g) chopped basil

Salt

In a food processor, separately pulse the bell peppers, cucumber, tomatoes, and onion until finely chopped but not puréed. After each vegetable, transfer the contents of the food processor to a large bowl. Add the garlic, white wine vinegar, and oil and stir to combine. Season to taste with salt, pepper, and Tabasco.

To make the lemon-basil ricotta, combine the ricotta, lemon zest, basil, and a pinch of salt in a bowl and stir to mix well.

Serve the gazpacho, topped with a dollop of lemon-basil ricotta.

14

AUGUST

A very refreshing and visually enticing soup, this is perfect for a luncheon or summertime buffet. The dilled shrimp topping gives it substance.

CHILLED CUCUMBER-BUTTERMILK SOUP WITH DILLED SHRIMP

serves 4

5 English cucumbers, peeled, seeded, and chopped

4 green onions, white and tender green parts, chopped

1 large clove garlic

¼ cup (2 fl oz/60 ml) buttermilk

1½ cups (12 oz/375 g) plain whole yogurt

2 Tbsp fresh lemon juice

Salt and freshly ground pepper

FOR THE DILLED SHRIMP

¼ lb (125 g) bay shrimp, coarsely chopped

1 Tbsp chopped dill

Salt and freshly ground pepper

Put the cucumbers, green onions, and garlic into a food processor and pulse to finely chop. Add the buttermilk, yogurt, and lemon juice, and purée. Season with salt and pepper. Transfer to a covered container and refrigerate for 1 hour.

To make the dilled shrimp, put the shrimp and the dill in a small bowl and stir to combine. Season with salt and pepper.

Serve the soup, topped with the dilled shrimp.



14 AUGUST

AUGUST

15



15

AUGUST

This soup can also be served smooth: after cooking the vegetables, purée them in batches in a blender. The charred eggplant turns silky and almost creamy, and the pleasant smoky flavor pervades the soup.

CHARRED EGGPLANT SOUP WITH CUMIN & GREEK YOGURT

serves 6–8

1 Tbsp olive oil, plus more for brushing

2 large eggplants (about 2½ lb/1.25 kg total), peeled and cut crosswise into slices 1 inch (2.5 cm) thick

3 ripe tomatoes (about 1¼ lb/625 g total), cored, halved, and seeded

3 carrots, peeled and finely chopped

5 shallots, finely chopped

3 cloves garlic, minced

¾ tsp minced thyme

¼ tsp ground cumin

1 cup (8 fl oz/250 ml) dry white wine

5 cups (40 fl oz/1.25 l) chicken or vegetable broth

Salt and freshly ground pepper

½ cup (4 oz/125 g) Greek-style plain yogurt (optional)

Prepare a charcoal or gas grill for direct-heat cooking over medium-high heat. Brush the grate with oil. Brush the eggplant slices and tomato halves with oil and arrange on the grill directly over the heat. Cook, turning as needed, until softened and nicely grill-marked, about 8 minutes for the tomatoes and 10 minutes for the eggplant. Transfer to a cutting board. When cool enough to handle, peel and discard the skins from the tomatoes. Coarsely chop the eggplant slices.

In a large, heavy pot, warm the 1 Tbsp oil over medium-high heat. Add the carrots and sauté until just beginning to soften, about 4 minutes. Add the shallots, garlic, thyme, and cumin and cook, stirring occasionally, until fragrant, about 2 minutes. Add the tomatoes, chopped eggplant, wine, and broth and bring to a boil. Reduce the heat to low, cover partially, and simmer for 20 minutes to blend the flavors. Season with 1½ tsp salt and pepper to taste. Serve, garnished with a dollop of yogurt, if using.

16

AUGUST

This is a soup inspired by the classic side dish of creamed corn. Serve with warm focaccia and a mixed green salad with mandarin oranges and sliced ripe avocado—and a grilled steak, of course.

CREAMY CORN SOUP WITH BACON & SAGE

serves 6

5 slices thick-cut bacon

2 Tbsp unsalted butter

1 Tbsp olive oil

2 leeks, white and pale green parts, chopped

5 sage leaves, chopped

4 cups (32 fl oz/1 l) chicken broth

6 cups (2¼ lb/1 kg) fresh corn kernels (from about 12 ears) or 6 cups frozen

2 Tbsp heavy cream

Salt and freshly ground pepper

In a large, heavy pot, cook the bacon over medium heat, turning once, until crispy, about 8 minutes. Transfer the bacon to paper towels to drain. When it is cool enough to handle, crumble into bite-sized pieces. Set aside.

In the same pot, melt the butter with the oil over medium heat. Add the leeks and sauté until soft, about 4 minutes. Add the sage and cook, stirring to combine, for 1 minute. Add the broth and bring to a boil over medium-high heat. Add the corn and cook for 5 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot, stir in the cream, and warm through over medium-low heat. Season with salt and pepper and serve, topped with the crumbled bacon.

17

AUGUST

This soup, inspired by the tropics, must be served right away or the avocado will begin to brown. Serve in clear shot glasses garnished with lime slices as a starter for a brunch or an alfresco cocktail party.

AVOCADO SOUP WITH LIME JUICE & RUM

serves 4–6

2 ripe avocados

4 cups (32 fl oz/1 l) very cold chicken broth

1½ cups (12 fl oz/360 ml) very cold heavy cream

¼ cup (2 fl oz/60 ml) white rum

1 tsp curry powder

Salt

¼ cup (2 fl oz/60 ml) fresh lime juice, plus more to taste

Peel and pit the avocados and chop coarsely. Transfer to a blender along with the chicken broth, cream, rum, curry powder, 1 tsp salt, and the ¼ cup (2 fl oz/60 ml) lime juice. Blend until smooth.

Taste and add more lime juice and salt as needed until the soup is bright-tasting. Serve right away in chilled bowls or glasses.

18

AUGUST

Pistou is a sauce from Provence classically made with garlic, basil, and olive oil. Here, parsley and mint stand in for the basil, adding a delicious flavor and vibrant color to the soup.

SNAP PEA & SUCCOTASH SOUP WITH PARSLEY-MINT PISTOU

serves 4–6

¼ cup (2 fl oz/60 ml) olive oil

1 yellow onion, chopped

4 cloves garlic, minced

6 cups (48 fl oz/1.5 l) chicken broth

1 lb (500 g) lima beans in the pod, shelled (about 2 cups)

3 cups (18 oz/560 g) corn kernels (from about 6 ears), or 3 cups frozen

6 oz (185 g) sugar snap peas, trimmed and halved on the diagonal

Salt and freshly ground pepper

FOR THE PISTOU

1 cup (1 oz/30 g) flat-leaf parsley

½ cup (½ oz/15 g) mint leaves

2 small cloves garlic

2 green onions, white and tender green parts, chopped

¼ cup (2 oz/60 ml) olive oil

2 Tbsp fresh lemon juice

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the lima beans and cook until tender, 12–15 minutes. Add the corn and cook for 3 minutes. Add the sugar snap peas and continue to cook for 3 minutes. Season with salt and pepper.

To make the pistou, put the parsley, mint, garlic, and green onion into a food processor and pulse until finely chopped. Add the oil, lemon juice, ¼ tsp salt, and ⅛ tsp pepper and pulse to combine.

Serve the soup, topped with a dollop of pistou.

19

AUGUST

ICED MELON SOUP WITH CHAMPAGNE & GINGER

serves 4–6

A touch of sparkle and spice makes this an elegant start to a summer supper. Use the sweetest and juiciest cantaloupe or honeydew melon you can find, and garnish with sliced strawberries or whole raspberries, if you like.

5 cups (30 oz/940 g) coarsely chopped cantaloupe or honeydew melon

1 Tbsp peeled and grated fresh ginger

1 Tbsp fresh lemon juice

3 cups (24 fl oz/750 ml) dry Champagne or sparkling wine, well chilled

1–2 Tbsp confectioners' sugar

Mint sprigs for garnish

Purée the melon and ginger in a blender, food processor, or food mill. If you use a processor or blender, force the purée through a strainer set inside a bowl, pressing hard on the solids with a wooden spoon. Stir in the lemon juice. Cover tightly and refrigerate until well chilled, at least 2 hours or up to overnight.

Stir in the Champagne. Stir in just enough of the sugar to bring out the melon flavor without making the soup overly sweet. Serve, garnished with the mint sprigs.

20

AUGUST

SPICY POBLANO SOUP WITH TORTILLA STRIPS

serves 4–6

To roast chiles or bell peppers, preheat the broiler. Cut the chile or pepper in half lengthwise and remove the stem and seeds. Place cut side down on a baking sheet and broil 5 inches (13 cm) from the heat source until the skin blackens and blisters, about 6 minutes. Remove from the broiler, cover loosely with foil, and let steam and cool for 10 minutes. Peel away the skins.

2 Tbsp unsalted butter

1 small white onion, chopped

4 poblano chiles (about ¾ lb/375 g), roasted (left), peeled, seeded, and chopped

2 green bell peppers, roasted (left), peeled, seeded, and chopped

1 small russet potato, peeled and diced

1½ tsp ground cumin

¾ tsp ground coriander

3 cups (24 fl oz/750 ml) chicken broth

⅓ cup (3 fl oz/80 ml) heavy cream

Salt

FOR THE TORTILLA STRIPS

Canola oil for frying

2 corn tortillas, halved and then cut into ¼-inch (6-mm) strips

¼ cup (2 oz/60 g) sour cream

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and sauté until soft, about 5 minutes. Add the poblanos, bell peppers, potato, cumin, coriander, and broth and bring to a boil. Reduce the heat to low and simmer until the potatoes are very tender, about 25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the cream, and bring just to a boil. Turn off the heat and season to taste with salt.

To make the tortilla strips, pour ¼ inch (6 mm) of oil into a small frying pan and place over high heat. When the oil is very hot (a tortilla strip dropped into it should sizzle immediately), fry the tortilla strips in batches until they are browned, about 2 minutes per side. Transfer to paper towels to drain and season with salt while they are still hot.

Serve, topped with a dollop of sour cream and several fried tortilla strips.

21

AUGUST

To make rouille, in a blender, combine 2 seeded dried chiles, 4 cloves garlic, 1 Tbsp dried bread crumbs, 2 large egg yolks, and ½ teaspoon sea salt and process until a paste forms. With the motor running, drizzle in ½ cup (4 fl oz/125 ml) extra-virgin olive oil in a slow, steady stream, processing until the mixture is creamy and smooth. Store in the refrigerator in an airtight container for up to 1 week. Makes ¾ cup (6 fl oz/180 ml).

BOUILLABAISSE

serves 6–8

¼ cup (2 fl oz/60 ml) olive oil

1 yellow onion, chopped

2 leeks, white parts only, coarsely chopped

1 orange zest strip

2 tomatoes, peeled (page 172) and coarsely chopped

1 fennel stalk, about 6 inches (15 cm) long, thinly sliced

2 cloves garlic, crushed

2 thyme sprigs

1 bay leaf

Salt and freshly ground pepper

2 cups (16 fl oz/500 ml) dry white wine

5 boiling potatoes (about 1½ lb/750 g), peeled and cut into slices ½ inch (12 mm) thick

¼ tsp saffron threads

2 lb (1 kg) firm-fleshed fish steaks or fillets, cut into 1½-inch (4-cm) chunks

2 lb (1 kg) tender-fleshed whole fish, cleaned, cut into 1½-inch (4-cm) chunks

1 lb (500 g) mussels, scrubbed and debearded

Boiling water as needed

¾ cup (6 fl oz/180 ml) Rouille (left)

8 slices country-style bread, toasted and rubbed with 1 clove garlic

1 Tbsp minced flat-leaf parsley

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and leeks and sauté until translucent, 2–3 minutes. Stir in the orange zest, tomatoes, fennel, garlic, thyme, and bay leaf. Season with ½ tsp salt and ½ tsp pepper. Add the wine, the potatoes, and 1 cup (8 fl oz/250 ml) water and bring to a boil. Reduce the heat to low, cover, and simmer until the potatoes are nearly tender, about 25 minutes.

Raise the heat to medium-high and bring the soup to a rolling boil. Stir in the saffron. Place the firm-fleshed fish on top of the soup, add just enough boiling water as needed to cover, and boil until the fish is just half-cooked, about 7 minutes. Add the tender-fleshed fish, the mussels, discarding any that do not close to the touch, and just enough boiling water as needed to cover. Boil just until the tender-fleshed fish separates easily with a fork and the mussels open, 3–4 minutes. Discard any unopened mussels. ↠

Stir 2–3 Tbsp of the broth into the rouille. Place a slice of toasted bread in the bottom of each bowl. Top with the fish, mussels, and potatoes. Ladle the broth over the top and sprinkle with the parsley. Serve, passing the remaining rouille at the table.

22

AUGUST

This colorful soup makes use of the best that summer has to offer. The tomato broth is partially puréed to add satisfying thickness to the soup.

TOMATO, ZUCCHINI & FRESH CORN SOUP

serves 4–6

2 zucchini, trimmed, halved, and sliced

3 Tbsp olive oil

Salt and freshly ground pepper

1 yellow onion, chopped

5 cloves garlic, minced

4 plum tomatoes, chopped

4 cups (32 fl oz/1 l) vegetable or chicken broth

1 cup (6 oz/180 g) corn kernels (from about 2 ears)

⅓ cup (½ oz/15 g) chopped basil

Preheat the oven to 400°F (200°C). Toss the zucchini with 1 Tbsp of the oil and season with salt and pepper. Spread on a baking sheet and roast for 20 minutes. Set aside.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and garlic and sauté until soft, about 5 minutes. Add the tomatoes, stir to combine, and cook for 3 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot and season with salt and pepper. Return the soup to a boil, add the corn, and cook for 5 minutes. Add the zucchini and stir in the basil. Serve.



22 AUGUST

AUGUST

23



23

AUGUST

ROASTED SUMMER VEGETABLE SOUP WITH PESTO

serves 4–6

2 leeks, white and pale green parts, finely chopped

4 carrots, peeled and cut into 2-inch (5-cm) pieces

2 zucchini, cut into 2-inch (5-cm) pieces

2 Asian eggplants, cut into 2-inch (5-cm) pieces

2 large tomatoes, quartered

2 potatoes (about 10 oz/315 g), peeled and cut into 2-inch (5-cm) pieces

4½ cups (36 fl oz/1.1 l) chicken broth, or more as needed

2 Tbsp olive oil

Salt and freshly ground pepper

2 Tbsp finely chopped basil

2 Tbsp fresh lemon juice

Basil Pesto (page 118) or Sun-Dried Tomato Pesto (left) for serving

Preheat the oven to 425°F (220°C). In a large, heavy roasting pan, combine the leeks, carrots, zucchini, eggplants, tomatoes, and potatoes. Add **½** cup (4 fl oz/125 ml) of the broth and the oil, season with salt and pepper, and mix until the vegetables are well coated. Roast, turning once, until the vegetables are softened, about 40 minutes. Remove from the oven and let cool slightly.

Working in batches, purée the vegetables with **½** cup (4 fl oz/125 ml) of the broth. Transfer to a large saucepan and stir in the remaining 3**½** cups (28 fl oz/875 ml) broth, the basil, and the lemon juice. If needed, add more broth for the desired consistency. Cook over low heat for 3 minutes to blend the flavors. Season with salt and pepper.

Serve, garnished with the pesto.

To make the sun-dried tomato pesto, in a food processor, mince 1 clove garlic. Coarsely chop and add ½ cup (2½ oz/75 g) drained oil-packed sun-dried tomatoes, 2 Tbsp olive oil, 2 Tbsp finely chopped basil, and 2 Tbsp pine nuts. Season with salt and pepper. Process to form a thick paste, adding more oil if needed.

24

AUGUST

SPICED BERRY SOUP

serves 4

1½ lb (750 g) strawberries, hulled and halved

1 lb (500 g) raspberries

¾ cup (6 fl oz/180 ml) cranberry juice cocktail

1 cinnamon stick

1½ tsp peeled and grated fresh ginger

⅓ cup (3 oz/90 g) sugar

In a large saucepan, combine the strawberries, raspberries, cranberry juice cocktail, cinnamon stick, ginger, and sugar over medium-low heat. Cook, stirring often, for 7 minutes. Remove from the heat, remove and discard the cinnamon stick, and let cool slightly.

Working in batches, purée the soup in a blender. Transfer to a covered container and refrigerate until thoroughly chilled, at least 3 hours. Serve.

Cinnamon and fresh ginger are unexpected spices to enhance the flavors of ripe summer berries. Serve with a scoop of vanilla ice cream for a gorgeous and unique summertime dessert. You can easily make this using frozen fruit in the winter.

25

AUGUST

MUSSELS IN SAFFRON BROTH

serves 4

Serving mussels family style makes such a beautiful presentation and is fun for all at the table. Serve this with plenty of bread, because you will be fighting over the last drop of this flavorful broth.

1 tsp saffron threads

½ cup (4 fl oz/125 ml) dry white wine

2 Tbsp unsalted butter

2 Tbsp olive oil

1 small yellow onion, chopped

3 cloves garlic, sliced

1 cup (8 fl oz/250 ml) chicken broth

Salt and freshly ground pepper

2 lb (1 kg) mussels, scrubbed and debearded

2 Tbsp chopped flat-leaf parsley

Using your fingers, gently crush the saffron into a small bowl and add the white wine. Set aside.

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion and garlic and sauté until soft, about 5 minutes. Add the saffron mixture and cook for 2 minutes. Add the broth and bring to a boil. Season with salt and pepper. Add the mussels, discarding any that do not close to the touch. Cover tightly and cook until the mussels open, 8–10 minutes.

Transfer the mussels and broth to a large bowl, discarding any unopened mussels. Sprinkle with the parsley and serve family style.

26

AUGUST

ROASTED TOMATO SOUP WITH CITRUS CRÈME FRAÎCHE

serves 4–6

It's not hard to make your own crème fraîche. Take 1 cup (8 fl oz/250 ml) cream, heat to lukewarm, add 1 Tbsp buttermilk, and let sit at room temperature for 12–48 hours to thicken and become tangy. Once you like the flavor and texture, refrigerate it.

4 lb (2 kg) plum tomatoes, halved lengthwise and seeded

5 Tbsp (3 fl oz/80 ml) olive oil

Salt and freshly ground pepper

1 yellow onion, chopped

3 cloves garlic, minced

2 cups (16 fl oz/500 ml) chicken broth

FOR THE CITRUS CRÈME FRAÎCHE

¼ cup (2 oz/60 g) crème fraîche or sour cream, at room temperature

Grated zest and juice of 1 lemon

Preheat the oven to 450°F (230°C). Arrange the tomatoes on a baking sheet. Drizzle with 3 Tbsp of the oil and season with salt and pepper. Toss gently and spread out in a single layer. Roast until the tomatoes are caramelized and very soft, about 25 minutes.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onion and garlic and sauté until very soft, about 5 minutes. Stir in the tomatoes and sauté for 3–4 minutes. Add the broth, bring to a boil, reduce the heat to low, and simmer, uncovered, for 15 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper.

To make the citrus crème fraîche, in a bowl, combine the crème fraîche, the lemon zest, and 1 Tbsp of lemon juice. Using a whisk, blend well. Season with additional lemon juice and with salt and pepper.

Serve the soup, topped with a dollop of the citrus crème fraîche.

27

AUGUST

MISO SOUP WITH TOFU & LONG BEANS

serves 2

In addition to being delicious, miso soup is said to enhance digestion and immunity. This is a very clean and light soup. If you can't find Chinese long beans, use Blue Lake or haricots verts. Serve with cold sesame noodles.

3 oz (90 g) firm tofu

Salt

¼ lb (125 g) Chinese long beans or green beans, cut into 1-inch (2.5-cm) pieces

1 piece kombu, about 3 inches (7.5 cm)

½ cup (½ oz/15 g) bonito flakes

2 Tbsp white miso paste

1 green onion, white and tender green parts, thinly sliced

Drain the tofu and slice in half crosswise. Place both pieces of tofu on a plate and top with a second plate. Weigh down the top plate with a can. Let stand for 20 minutes to drain the tofu. Pour off any released water from the plate and cut the tofu into tiny cubes. Set aside.

Bring a small saucepan of water to a boil and add 1 Tbsp salt. Add the long beans and cook until crisp-tender, about 3 minutes. Drain the beans and set aside.

Put 3 cups (24 fl oz/750 ml) cold water and the kombu in a saucepan over medium heat. Bring to a boil and then remove and discard the kombu. Turn off the heat, add the bonito flakes, stir gently once, and let sit for 5 minutes. Strain the soup through a fine-mesh sieve and return the broth to the saucepan.

Put the miso paste in a small bowl and add ¼ cup (2 fl oz/60 ml) of the warm broth. Stir until the mixture is very smooth. Add the miso mixture to the saucepan and warm gently, taking care not to let the soup come to a boil. Add the tofu, long beans, and green onion and warm for just a few minutes. Serve.

28

AUGUST

ANGEL HAIR IN CHICKEN BROTH WITH TOMATOES & BASIL

serves 4

A modern version of the classic chicken noodle soup, this summertime recipe is a great way to use leftover grilled chicken and the half-full box of angel hair pasta that's hanging around in your pantry waiting to be cooked.

2 Tbsp olive oil

½ small yellow onion, thinly sliced

3 cloves garlic, minced

5 cups (40 fl oz/1.25 l) chicken broth

½ lb (250 g) angel hair pasta, broken into 2-inch (5-cm) pieces

4 plum tomatoes, chopped

⅓ cup (⅓ oz/10 g) chopped basil

Salt and freshly ground pepper

Grated Parmesan cheese for serving

In a large, heavy pot, warm the oil over medium heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Add the pasta, return to a boil, and cook, stirring once or twice, for 4 minutes. Add the tomatoes and cook 3 minutes. Turn off the heat, stir in the basil, and season with salt and pepper. Serve, topped with a generous amount of Parmesan.

29

AUGUST

LENTIL SOUP WITH SORREL

serves 4–6

Sorrel is an herb that looks and acts a lot like spinach. As sorrel ages it becomes more acidic, so choose younger, smaller leaves for their subtle flavor. As this soup cools it will thicken, so you may need to add more broth when you reheat it. Substitute baby spinach if desired.

2 Tbsp olive oil

1 yellow onion, chopped

3 cloves garlic, minced

Salt and freshly ground pepper

1 cup (7 oz/220 g) lentils

5 cups (40 fl oz/1.25 l) vegetable broth

⅓ cup (¾ oz/20 g) chopped sorrel

Grated zest and juice of 1 lemon

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, 1 tsp salt, and ¼ tsp pepper and sauté until the onion is translucent, about 5 minutes. Add the lentils and broth and bring to a boil. Reduce the heat to low, partially cover, and simmer until the lentils are tender, about 40 minutes. Let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and stir in the sorrel and lemon zest and juice. Season with salt and pepper and serve.

30

AUGUST

ROMANO BEAN, ZUCCHINI & PARMESAN SOUP

serves 4–6

Romano beans, also known as Italian string beans, can be substituted with any snap pea. Use good-quality Parmesan and don't grate the cheese until just before you are ready to serve it for best flavor.

2 Tbsp olive oil

1 small yellow onion, finely chopped

2 cloves garlic, minced

3 small zucchini, trimmed, halved lengthwise, and cut into ½-inch (12-mm) slices

Salt and freshly ground pepper

4 cups (32 fl oz/1 l) chicken broth

½ lb (250 g) romano beans, ends trimmed and beans halved

1 can (14½ oz/15 oz) diced tomatoes

Grated Parmesan cheese for serving

In a large, heavy pot, warm the oil over medium heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the zucchini, season with salt and pepper, and cook, stirring to combine, for 2 minutes. Add the broth and cook until the zucchini is tender, 6–8 minutes. Add the romano beans and tomatoes with their juices and cook for 5 minutes. Season with salt and pepper and serve, topped with Parmesan.

31

AUGUST

PORK PHO

serves 2

Pho is comfort food, Southeast Asian style. The light-bodied broth and zesty flavors satisfy without weighing you down. To slice the pork paper-thin, chill it in the freezer for half an hour.

3 oz (90 g) rice noodles

1 star anise

1 Tbsp coriander seeds

1 cinnamon stick

2 whole cloves

4 cups (32 fl oz/1 l) chicken broth

2-inch (5-cm) piece fresh ginger, peeled and minced

1 Tbsp Asian fish sauce

1 tsp sugar

¼ lb (125 g) pork tenderloin, cut into paper-thin slices

½ lime, cut into 4 wedges

2 Tbsp cilantro leaves

¼ red onion, thinly sliced

1 small red chile, seeded and thinly sliced

Hot sauce, such as Sriracha

In a bowl, combine the noodles with hot water to cover and let soak for 10 minutes. Drain and set aside.

In a small frying pan, combine the star anise, coriander seeds, cinnamon, and cloves. Toast the spices over medium heat, stirring frequently, until fragrant, 2–3 minutes.

In a large saucepan, combine the broth, ginger, fish sauce, sugar, and toasted spices. Bring to a boil over medium-high heat. Reduce the heat to low and simmer for 30 minutes. Strain the soup through a fine-mesh strainer and return to the pan. Return to a boil, add the noodles, and cook for 5 minutes.

Using tongs, remove the noodles from the soup and put in bowls. Top with half of the pork. Ladle the hot soup directly over the pork, adding enough to cover the noodles and cook the meat. Serve, passing the lime wedges, cilantro, red onion, chile, and hot sauce at the table.



31

AUGUST

1 TUSCAN FARRO SOUP WITH WHITE BEANS, TOMATOES & BASIL *page 202*	2 POBLANO CHILE SOUP WITH CORN & MUSHROOMS *page 202*	3 TOMATO-BREAD SOUP WITH BASIL OIL *page 204*	4 GARLIC-SAGE SOUP WITH POACHED EGGS & CROUTONS *page 204*
8 CREAM OF FENNEL-LEEK PURÉE WITH TOASTED ALMONDS *page 207*	9 LOBSTER & SWEET CORN CHOWDER *page 208*	10 VEGETABLE-BARLEY SOUP *page 208*	11 SPICY SEAFOOD & SAUSAGE GUMBO *page 209*
15 MUSHROOM SOUP WITH CHICKEN *page 213*	16 PASTINA & KALE SOUP WITH ANDOUILLE *page 213*	17 SPICY BROCCOLINI & CRANBERRY BEAN SOUP *page 214*	18 MINESTRONE WITH PESTO *page 214*
22 SCALLOPS & PANCETTA IN SAFFRON BROTH *page 216*	23 CHORIZO & CHICKEN STEW WITH AVOCADO CREMA *page 219*	24 SHIITAKE DUMPLINGS IN KAFFIR LIME BROTH *page 219*	25 EGGPLANT & TOFU CURRY SOUP *page 220*
29 ROASTED PARSNIP & APPLE PURÉE WITH GRUYÈRE TOASTS *page 222*	30 ITALIAN BEEF STEW *page 222*		

5 SPICY MEATBALL SOUP *page 205*	**6** ROASTED BUTTERNUT SQUASH SOUP *page 205*	**7** RIBOLLITA *page 207*
12 LAMB & LENTIL SOUP WITH CILANTRO & PARSLEY *page 209*	**13** TURKEY & WHITE BEAN CHILI *page 210*	**14** GREEN CHILE STEW *page 210*
19 CHICKEN & FARFALLE VEGETABLE SOUP *page 215*	**20** LEEK & POTATO SOUP WITH FRIED PROSCIUTTO *page 215*	**21** SWEET POTATO–CHIPOTLE SOUP *page 216*
26 ROASTED PUMPKIN SOUP WITH CHINESE FIVE SPICE *page 220*	**27** BOURRIDE *page 221*	**28** ROASTED RED PEPPER & TOMATO SOUP *page 221*

september

The glorious days of Indian summer are a boon to home cooks, offering late-harvest tomatoes, bell peppers, and eggplant as well as first-of-the season fall produce. Later in the month, draw on sweet potatoes, orange-fleshed squash, and other root vegetables for easy, nutritious, back-to-school soups. Cured meats and fresh sausages add satisfying bulk to stews and chilis as nights grow cooler.

1

SEPTEMBER

This wonderfully textured soup marries a handful of classic Tuscan flavors. The beans and farro make it hearty enough for a meal. Serve with an Italian red wine such as Chianti or Sangiovese.

TUSCAN FARRO SOUP WITH WHITE BEANS, TOMATOES & BASIL

serves 6

½ cup (3 oz/90 g) farro

Salt and freshly ground pepper

3 Tbsp olive oil

1 large yellow onion, chopped

3 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth

1 can (15 oz/470 g) cannellini or other white beans, drained

1 can (14½ oz/455 g) diced tomatoes

2 cups packed (2½ oz/75 g) baby spinach

½ cup (¾ oz/20 g) chopped basil

In a small saucepan, bring 1½ cups (12 fl oz/375 ml) water to a boil. Add the farro and a pinch of salt, reduce the heat to low, and cook, partially covered, until all the water is absorbed, 20–25 minutes.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and add the beans, tomatoes with their juices, and farro. Bring to a simmer and cook, uncovered, for 10 minutes to blend the flavors. Add the spinach and basil and stir just until the spinach is wilted. Season with salt and pepper and serve.

2

SEPTEMBER

Indian summer's chiles and the last corn of the season combine with fall's first mushrooms in this flavorful Latin-style soup. Crema is a thick, slightly sour cream sold in Mexican markets.

POBLANO CHILE SOUP WITH CORN & MUSHROOMS

serves 6

1 Tbsp canola oil

1 white onion, coarsely chopped

2 cloves garlic

2 cups (12 oz/375 g) fresh or frozen corn kernels

3 poblano chiles, roasted (page 191), peeled, seeded, and coarsely chopped

4 cups (32 fl oz/1 l) chicken broth

½ tsp dried oregano

2 Tbsp unsalted butter

½ lb (250 g) chanterelle, cremini, or other flavorful mushrooms, sliced

Salt and freshly ground pepper

½ cup (4 fl oz/125 ml) crema or sour cream, thinned with milk

3 oz (90 g) Muenster cheese or farmer's cheese, cut into ¼-inch (6-mm) cubes, at room temperature

In a large, heavy pot, warm the oil over medium-low heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Raise the heat to medium and add half of the corn, half of the chiles, and 1 cup (8 fl oz/250 ml) of the broth. Bring to a simmer, stir in the oregano, and cook, uncovered, until the corn is tender, 10–15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender with ½ cup (4 fl oz/125 ml) of the remaining broth. Pass through a medium-mesh sieve back into the pot. Add the remaining 2½ cups (20 fl oz/625 ml) broth and bring to a simmer over medium-low heat.

Meanwhile, melt the butter in a frying pan over medium heat. Add the remaining chiles, the remaining corn, and the mushrooms and stir well. Season with salt and pepper and sauté until the mushrooms release their liquid and the liquid evaporates, about 8 minutes.

Add the mushroom mixture and the crema to the soup, stir well, cover, and simmer for 10 minutes to blend the flavors. Season with salt and pepper. Serve, garnished with the cheese.



1

SEPTEMBER

3

SEPTEMBER

TOMATO-BREAD SOUP WITH BASIL OIL

serves 4–6

Called pappa al pomodoro in Italian, this soup combines a handful of favorite Italian ingredients: ripe tomatoes, bread (usually day old), olive oil, and basil. This version has cosmopolitan flair, with croutons, crisp-fried basil leaves, and a drizzling of basil oil as garnishes.

FOR THE BASIL OIL

1 cup (1 oz/30 g) packed basil leaves

¾ cup (6 fl oz/180 ml) extra-virgin olive oil

1 loaf country-style bread, crusts removed, cut into 1½-inch (4-cm) cubes

Salt and freshly ground pepper

6 Tbsp (3 fl oz/90 ml) extra-virgin olive oil, plus more for drizzling

3 celery ribs, minced

3 white onions, minced

2 carrots, peeled and minced

2 cloves garlic, minced

2 Tbsp tomato paste

2 lb (1 kg) plum tomatoes, peeled (page 172), seeded, and coarsely chopped

1 tsp sugar

To make the basil oil, bring a small saucepan of water to a boil. Have ready a bowl of ice water. Set aside 8 to 12 of the basil leaves. Blanch the remaining leaves in the boiling water for about 10 seconds. Drain, then plunge into the ice water. Drain again, and squeeze the leaves to remove as much water as possible. Transfer to a blender, add the oil, and pulse until the mixture is a uniform deep green. Strain the basil oil through a fine-mesh sieve lined with cheesecloth.

Preheat the oven to 350°F (180°C). Arrange the bread cubes in a single layer on a baking sheet, season with salt and pepper, and drizzle with olive oil. Bake until lightly toasted, about 10 minutes.

Meanwhile, in a large, heavy pot, warm 4 Tbsp (2 fl oz/60 ml) of the olive oil over medium heat. Add the celery, onions, carrots, and garlic and sauté until the vegetables are softened but not browned, about 10 minutes. Stir in the tomato paste and cook for 5 minutes. Add the tomatoes and sugar and season with salt and pepper. Simmer, stirring occasionally, until the tomatoes are softened, about 10 minutes.

Add the toasted bread cubes and 6 cups (48 fl oz/1.5 l) water to the pot. Stir to combine with the vegetables, bring to a simmer over medium-high heat, and cook, uncovered and stirring often, until the bread has softened, about 15 minutes. Whisk the soup vigorously to break up the bread cubes. Keep warm.

In a small frying pan, warm the remaining 2 Tbsp olive oil over medium heat. Add the reserved basil leaves and fry, turning once, until crisp and slightly translucent, 30 seconds. Transfer to paper towels to drain and cool.

Serve the soup, garnished with the fried basil and drizzled with basil oil.

4

SEPTEMBER

GARLIC-SAGE SOUP WITH POACHED EGGS & CROUTONS

serves 6

To make the croutons, remove the crusts from 4–6 slices of coarse country bread and cut the slices into cubes. Warm ⅓ cup (3 fl oz/80 ml) extra-virgin olive oil in a frying pan over medium-high heat. Add the bread cubes to the pan and fry, stirring often, until golden brown on all sides, 5–7 minutes. Transfer to paper towels to drain.

20 cloves garlic, coarsely chopped

10 sage leaves

Salt and freshly ground pepper

6 eggs

Croutons (left)

2 Tbsp chopped flat-leaf parsley

6 Tbsp (3 fl oz/90 ml) extra-virgin olive oil

In a large, heavy pot, combine 8 cups (64 fl oz/2 l) water, the garlic, and the sage. Bring to a boil over high heat and boil until the garlic is soft, about 15 minutes. Remove from the heat. Using a slotted spoon, scoop out the sage and garlic. Discard the sage and mash the garlic with a fork. Return the garlic to the pot and season with salt and pepper.

Return the soup to a boil, then reduce the heat so that it gently simmers. Break each egg into a small bowl and slip into the simmering liquid. Cook until the whites are opaque but the yolks are still soft, about 2 minutes.

Using a slotted spoon, quickly and carefully lift the eggs from the soup and place in the bowls. Ladle some of the soup into each bowl, garnish with the croutons, and sprinkle with parsley. Drizzle with the oil and serve.

5

SEPTEMBER

For this simple and filling Spanish-style soup, meatballs are enriched with grated potato and simmered in a base of tomato and parsley, then spiked with chile for a nice little kick.

SPICY MEATBALL SOUP

serves 6

4 large russet potatoes (about 2 lb/1 kg)

1 lb (500 g) ground lean pork

1 white onion, one half minced, one half coarsely chopped

½ tsp dried oregano

Salt and freshly ground pepper

2 eggs, lightly beaten

1 lb (500 g) ripe tomatoes, chopped, or 1 can (14½ oz/455 g) diced tomatoes, drained

4 cups (32 fl oz/1 l) chicken broth

2 Tbsp canola oil

1 Tbsp all-purpose flour

1 jalapeño chile, partially slit open

1 flat-leaf parsley sprig, chopped

¼ cup (¼ oz/7 g) cilantro leaves for garnish

Peel the potatoes and shred on the medium holes of a box grater-shredder. Wrap in a kitchen towel and squeeze out the excess liquid. In a bowl, combine the shredded potatoes, pork, minced onion, and oregano. Add 1 tsp salt and 1 tsp pepper, and toss to mix. Add the eggs and mix again. With your hands, roll the mixture into 1-inch (2.5-cm) balls.

In a blender, process the tomatoes and chopped onion until smooth, adding a little of the broth, if needed, to facilitate blending.

In a large, heavy pot, warm the oil over medium heat. Working in batches, gently add the meatballs and fry until lightly brown on all sides, about 10 minutes per batch. Using a slotted spoon, transfer the meatballs to a plate.

Return the pot to medium heat, sprinkle the flour into the hot oil in the pot, and cook, stirring, for about 4 minutes. Slowly pour in the tomato mixture, then add the chile and parsley. Cook, stirring occasionally, until the mixture thickens and darkens in color, about 3 minutes. Add the remaining broth and the meatballs and let the soup simmer, uncovered, for 10–15 minutes. Discard the chile. Season with salt and pepper and serve, garnished with the cilantro.

6

SEPTEMBER

Roasting the squash gives this fall soup a smoky and sweet flavor, while the apple adds a hit of tartness. For a New England touch, serve with slices of sharp Vermont Cheddar for pressing to the bottom of the bowl—you'll get scrapings of savory melted cheese with every bite.

ROASTED BUTTERNUT SQUASH SOUP

serves 4–6

2½ lb (1.25 kg) butternut squash, halved

2 tsp olive oil

3 Tbsp unsalted butter

1 small yellow onion, chopped

1 Granny Smith apple, peeled, cored, and chopped

2 cloves garlic, chopped

2 cups (16 fl oz/500 ml) chicken broth, plus more as needed

Salt and ground white pepper

¼ tsp ground coriander

⅛ tsp grated nutmeg

Sour cream for garnish

Ground cinnamon for garnish

Preheat the oven to 400°F (200°C). Rub the cut sides of the squash with the oil. Place, cut side down, in the pan and roast until a knife easily pierces the skin, 45–50 minutes. Let cool, scoop out and discard the seeds, and scoop out the pulp.

In a large, heavy pot, melt the butter over medium heat. Add the onion and apple and sauté until softened, 10–12 minutes. Add the garlic and sauté for 1 minute. Add the broth, the squash pulp, 1 tsp salt, and ¼ tsp pepper. Bring to a boil, reduce the heat to low, cover, and simmer until slightly thickened, about 10 minutes. Let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, and stir in the coriander and nutmeg. Thin the soup to the desired consistency with additional broth and warm over low heat. Serve, garnished with the sour cream and a sprinkle of cinnamon.

SEPTEMBER

7



7

SEPTEMBER

This dish begins as a typical Tuscan vegetable soup, which you can eat as such on the first day. It becomes ribollita on the second day, when, as its name implies, it is reboiled with toasted bread added to thicken the soup. Because it's denser than most soups, some even serve it with a fork.

RIBOLLITA

serves 6–8

½ cup (4 fl oz/125 ml) extra-virgin olive oil, plus more for seasoning

2 carrots, peeled and coarsely chopped

2 celery stalks, chopped

2 yellow onions, coarsely chopped

2 potatoes, peeled and cut into chunks

2 zucchini, coarsely chopped

1 cup (6 oz/185 g) canned diced tomatoes

1 bunch Tuscan kale (lacinato kale), tough center stalks removed, leaves cut into thick strips

½ head savoy cabbage, coarsely chopped

1 bunch spinach, stemmed and coarsely chopped

1½ cans (21 oz/655 g) cannellini or other white beans, drained

Leaves from 3 thyme sprigs

Salt and freshly ground pepper

5 slices day-old country-style bread, toasted

In a large, heavy pot over medium heat, warm the ½ cup oil. Add the carrots, celery, onions, potatoes, and zucchini and sauté until the vegetables are softened, 10–15 minutes. Stir in the tomatoes with their juices and 4 cups (32 fl oz/1 l) water, then add the kale, cabbage, and spinach. Raise the heat to high, bring to a simmer, reduce the heat to low, and let cook until the greens are tender, about 45 minutes.

Stir in the beans and cook over medium heat for 10 minutes. Add the thyme leaves and season with salt and pepper. Remove from the heat and let cool, then cover and refrigerate overnight.

The following day, preheat the oven to 350°F (180°C). Line a 2-qt (2-l) baking dish with the toasted bread slices and ladle the soup over the top. Bake, stirring occasionally with a wooden spoon so that the bread slices break apart and blend with the soup, 20–25 minutes. Continue baking without stirring until a lightly browned crust forms on top of the soup, 5–10 minutes longer.

Season generously with oil and freshly ground pepper and serve.

8

SEPTEMBER

To toast the nuts, in a small frying pan, warm 1 Tbsp olive oil over medium heat. Add the almonds and cook, stirring constantly, until golden brown, about 3 minutes.

CREAM OF FENNEL-LEEK PURÉE WITH TOASTED ALMONDS

serves 4–6

2 fennel bulbs

2 Tbsp unsalted butter

2 leeks, white and pale green parts, chopped

¼ cup (2 fl oz/60 ml) dry white wine

2 cups (16 fl oz/500 ml) vegetable broth

½ cup (4 fl oz/125 ml) heavy cream

Salt and ground white pepper

¼ cup (1 oz/30 g) sliced almonds, toasted (left)

Remove the stalks and fronds from the fennel bulbs. Reserve a few fronds for garnish. Chop the fennel bulbs.

In a large, heavy pot, melt the butter over medium-high heat. Add the fennel and leeks and sauté until softened, about 10 minutes. Add the wine and cook for 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer, uncovered, until the vegetables are tender and the broth is flavorful, about 20 minutes. Let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and stir in the cream. Bring the soup to a gentle boil, remove from the heat, and season with salt and pepper.

Serve, topped with the almonds and garnished with fennel fronds.

9

SEPTEMBER

LOBSTER & SWEET CORN CHOWDER

serves 6–8

Old-fashioned corn chowder reaches new heights when chunks of rosy lobster meat are added just before serving. For briny-sweet lobster, tender summer corn, buttery potatoes, and silky heavy cream, there's no better match than a crumbling of salty bacon. Ideal for a late-summer supper, serve this with a mixed green salad and warmed bread.

3 cooked lobsters (about 1½ lb/750 g each)

4 yellow onions

4 ears sweet corn, husked

1 cup (8 fl oz/250 ml) dry white wine

1 can (14½ oz/455 g) diced tomatoes

4 sprigs flat-leaf parsley, plus 4 Tbsp chopped

6 sprigs thyme

2 bay leaves

Salt and freshly ground pepper

6 slices bacon, cut crosswise into thin strips

2 Tbsp unsalted butter

1 tsp sweet paprika

5 Yukon gold potatoes (2½ lb/1.25 kg), peeled and cut into ¾-inch (2-cm) chunks

1½ cups (12 fl oz/375 ml) heavy cream

Remove the meat from the lobsters, cut into small pieces, and refrigerate. Put the shells in a large, heavy pot. Add 7 cups (56 fl oz/1.75 l) water and bring to a boil over high heat. Thinly slice 2 of the onions and add to the pot. Cut the kernels from the corn cobs. Add the cobs to the pot along with the wine, the tomatoes with their juices, the parsley sprigs, 4 of the thyme sprigs, the bay leaves, and ½ tsp salt. Reduce the heat to medium and simmer for 1½ hours, skimming off foam on the surface. Strain the lobster broth through a fine-mesh sieve into a large heatproof bowl. Discard the solids.

Finely chop the remaining 2 onions. In a large saucepan, sauté the bacon over medium heat until crisp, about 8 minutes. Transfer to paper towels to drain. Pour off all but 2 Tbsp fat from the pan and return to medium heat. Add the butter and chopped onions and sauté until softened, about 5 minutes. Add the paprika and cook until fragrant, about 1 minute. Add the potatoes, the remaining 2 thyme sprigs, and 6 cups (48 fl oz/1.5 l) of the lobster broth. Raise the heat to high and bring to a boil. Cover and cook until the potatoes just begin to soften, about 8 minutes. Using a wooden spoon, mash a few potato chunks against the side of the pan and stir into the liquid. Cook until ↣

the potatoes are tender, about 5 minutes. Reduce the heat to low and add the lobster meat, corn kernels, bacon, and cream. Add 2 tsp salt and season with pepper. Cook until the corn is tender and the lobster meat is warmed through, 6–8 minutes. Stir in the chopped parsley and serve.

10

SEPTEMBER

VEGETABLE-BARLEY SOUP

serves 6

Pearl barley is a barley from which the hard outer hull and germ have been removed, leaving small, cream-colored balls that look like the gems for which they are named. In this recipe, the tiny grains are used to thicken the soup, resulting in a pleasantly chewy texture.

2½ qt (2.5 l) chicken or vegetable broth

½ cup (4 oz/125 g) pearl barley

2 carrots, peeled and diced

2 parsnips, peeled and diced

2 boiling potatoes, unpeeled and diced

1 rutabaga, peeled and diced

1 cup (2 oz/60 g) broccoli florets

1 tsp chopped thyme

1 tsp chopped oregano

1 Tbsp chopped flat-leaf parsley

In a large soup pot, bring the broth to a boil over high heat. Add the barley, reduce the heat to medium-low, cover, and simmer until almost tender, 15–20 minutes.

Raise the heat to medium-high and bring to a vigorous simmer. Add the carrots, parsnips, potatoes, rutabaga, broccoli, thyme, and oregano. Simmer, uncovered, until all the vegetables are tender, about 15 minutes.

Serve, garnished with the parsley.

11

SEPTEMBER

SPICY SEAFOOD & SAUSAGE GUMBO

serves 6

A nutty, slowly cooked brown roux adds a distinctive flavor to this stew, which boasts chunks of sweet shrimp, meaty poached chicken, and spicy andouille sausage in a complex, but not-too-thick broth.

8 Tbsp (4 fl oz/125 ml) canola oil

½ lb (250 g) okra, trimmed and cut into ½-inch (12-mm) slices

6 Tbsp (2 oz/60 g) all-purpose flour

1 large yellow onion, chopped

1 green bell pepper, chopped

1 red bell pepper, chopped

3 cloves garlic, minced

1 can (14½ oz/455 g) diced tomatoes

5 cups (40 fl oz/1.25 l) fish broth or bottled clam juice

2 bay leaves

2½ Tbsp Creole seasoning blend

Salt and freshly ground pepper

½ lb (250 g) andouille sausage, cut into 1-inch (2.5-cm) pieces

1 lb (500 g) large shrimp, shelled and deveined

1 cup (6 oz/185 g) fresh lump crabmeat, picked over for shell fragments

1 tsp filé powder

2 Tbsp finely chopped flat-leaf parsley

In a large, heavy pot, warm 2 Tbsp of the oil over medium heat. Add the okra and sauté, stirring occasionally, until softened and browned, 15 minutes. Transfer to a bowl.

In the same pot, warm the remaining 6 Tbsp oil over medium heat for 2 minutes. Whisk in the flour until incorporated. Cook, stirring constantly, until dark brown, about 4 minutes. Add the onion, bell peppers, and garlic and sauté until softened, 8–10 minutes. Add the okra, tomatoes with their juices, broth, bay leaves, and Creole seasoning. Season with salt and pepper. Bring to a boil over medium-high heat, then reduce the heat to medium-low and simmer for 30 minutes to blend the flavors.

Stir in the sausage, shrimp, and crabmeat and cook until the sausage is heated through and the shrimp are pink, about 3 minutes. Sprinkle in the filé powder and stir for 30 seconds. Remove from the heat and discard the bay leaves. Serve, garnished with the parsley.

12

SEPTEMBER

LAMB & LENTIL SOUP WITH CILANTRO & PARSLEY

serves 8

To break the fast at day's end during Ramadan, Moroccans serve this sustaining soup, called harira. It is often made with chickpeas, but this version uses an earthy mix of dried fava beans and lentils. Choose small green-brown lentils, such as those grown in Umbria.

½ cup (3½ oz/105 g) dried small fava beans, picked over and rinsed

2 Tbsp olive oil

1 yellow onion, chopped

1 lb (500 g) boneless lamb shoulder, trimmed of fat and cut into ½-inch (12-mm) pieces

1 tsp ground ginger

½ tsp ground cinnamon

½ tsp ground turmeric

⅛ tsp caraway seeds, crushed

1 can (14½ oz/455 g) diced tomatoes

1 cup (7 oz/220 g) small green-brown lentils

8 saffron threads, steeped in 2 Tbsp warm water

½ cup (3½ oz/105 g) orzo or other small pasta

¼ cup (⅓ oz/10 g) chopped cilantro

¼ cup (⅓ oz/10 g) chopped flat-leaf parsley

Salt and freshly ground pepper

1 large lemon, cut into 8 wedges

Put the dried beans in a bowl with cold water to cover and soak for at least 4 hours or up to overnight. Drain.

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and lamb and sauté until the onions are soft and the meat is browned on all sides, 6–8 minutes. Add the ginger, cinnamon, turmeric, and caraway and cook, stirring, until the spices are fragrant, about 1 minute. Add the favas and 8 cups (64 fl oz/2 l) water and bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until the beans are tender, about 1 hour. Add the tomatoes with their juices, lentils, and saffron with its steeping liquid. Cover and cook until the lentils are tender, about 1 hour, adding more water if needed.

About 10 minutes before serving, bring a large pot of salted water to a boil and cook the pasta until al dente, about 5 minutes, or according to package directions. Drain and add to the soup. Stir in the herbs and cook for 5 minutes to blend the flavors. Season with salt and pepper and serve, accompanied with the lemon wedges.

13

SEPTEMBER

This is a basic, delicious, and reliable chili recipe. It easily feeds a large crowd, and it freezes beautifully. Serve right from the stove top and let guests create their own versions by garnishing with cheese, sour cream, cubed avocado, diced red onion, and cilantro leaves as desired.

TURKEY & WHITE BEAN CHILI

serves 6

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

1 red bell pepper, seeded and chopped

1 lb (500 g) ground turkey

1 Tbsp ground cumin

1 tsp pure ancho chile powder

1 tsp chili powder, plus more as needed

1 can (28 oz/875 g) diced tomatoes

1 can (15 oz/470 g) white beans, drained

2 Tbsp chopped cilantro

Grated Cheddar cheese for garnish

Minced red onion for garnish

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and bell pepper and sauté until soft, about 7 minutes. Add the ground turkey and cook, breaking up the meat, until browned, about 8 minutes. Stir in the cumin, ancho chile powder, and chili powder and cook for 2 minutes. Add the tomatoes with their juices and use the back of a wooden spoon to break them up in the pan. Add the beans, stir to combine, and bring to a boil. Reduce the heat to low and simmer, uncovered, stirring occasionally, until the flavors come together and the soup has thickened slightly, about 45 minutes.

Stir in the cilantro and season with salt and pepper. Serve, garnished with the cheese and red onion.

14

SEPTEMBER

Commonly called simply chile verde, or "green chile," this easy-to-make, delicious dish is one of New Mexico's most popular traditional stews. Regional markets sell the state's green chiles both fresh and frozen. If you cannot find them, substitute Anaheims or poblanos.

GREEN CHILE STEW

serves 6

3 Tbsp toasted peanut oil or canola oil

2 lb (1 kg) boneless pork shoulder, trimmed and cut into ¾-inch (2-cm) cubes

1 white onion, chopped

2 cloves garlic, minced

½ lb (250 g) white or brown mushrooms, quartered

¾ lb (375 g) small yellow-fleshed potatoes, quartered lengthwise

1½ tsp coriander seeds, toasted and ground

1 tsp dried oregano

2 bay leaves

6 cups (48 fl oz/1.5 l) chicken broth

Salt

12–16 New Mexico green chiles (about 2 lb/1 kg), roasted (page 191), peeled, seeded, and chopped

6 Tbsp (3 oz/90 g) sour cream

Cilantro leaves for garnish

In a large, heavy pot, warm the oil over high heat. Working in batches, add the pork and brown well on all sides, 6–8 minutes per batch. Transfer to a plate.

Add the onion to the oil remaining in the pot and sauté over medium-high heat until lightly golden, about 4 minutes. Add the garlic and sauté for 1 minute. Add the mushrooms and sauté until the edges are browned, 3–4 minutes. Add the potatoes, coriander, oregano, and bay leaves and return the meat to the pot. Stir well, pour in the broth, and add 1 tsp salt. Bring to a boil, reduce the heat to medium, and simmer, uncovered, until the meat is just tender, about 30 minutes.

Add the chiles and simmer, uncovered, until the meat is very tender, about 20 minutes. Stir in another 1 tsp salt, then taste and adjust with more salt if necessary. Serve, garnished with the sour cream and cilantro.



14 SEPTEMBER

SEPTEMBER

16



15

SEPTEMBER

Fresh mushrooms contain a lot of moisture, which is why it's important to sauté them well. Browning releases their liquid and softens their texture, and ensures that they won't dilute the soup when they are added to the pot.

MUSHROOM SOUP WITH CHICKEN

serves 4

1 oz (30 g) dried mushrooms, such as porcini

4 cups (32 fl oz/1 l) chicken broth

4 Tbsp (2 oz/60 g) unsalted butter

1 yellow onion, finely chopped

¾ lb (375 g) fresh cremini mushrooms, thinly sliced

¼ cup (1½ oz/45 g) all-purpose flour

Salt and ground white pepper

2 tsp soy sauce

1 lb (500 g) skinless, boneless chicken breast halves, cut crosswise against the grain into thin slices

1 cup (8 fl oz/250 ml) half-and-half

¼ cup (2 fl oz/60 ml) tawny port

Finely chopped flat-leaf parsley for garnish

In a saucepan, combine the dried mushrooms and broth. Cover, bring to a boil over medium-high heat, and cook for 5 minutes. Remove from the heat.

In a large, heavy pot, melt the butter over medium heat. Add the onion and sauté until softened, about 5 minutes. Add the cremini and sauté until softened, about 3 minutes. Sprinkle with the flour, season with salt and pepper, and cook, stirring, until the flour is incorporated and the mushrooms are coated, about 1 minute. Drain the soaked mushrooms through a coffee filter, reserving the liquid. Add the soaking liquid, drained mushrooms, and soy sauce to the pot and simmer, partially covered, until the mushrooms are tender and the flavors are blended, about 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup, making sure to leave some texture. Return to the pot, add the chicken, and simmer over medium heat until opaque, 2–4 minutes. Add the half-and-half and port and simmer for about 1 minute to blend the flavors.

Serve, garnished with the parsley.

16

SEPTEMBER

This soup is flavor-packed, thanks to the spicy andouille, and nutrition-rich, thanks to the kale. Serve with bruschetta rubbed with garlic and topped with chopped ripe tomatoes and chopped fresh basil.

PASTINA & KALE SOUP WITH ANDOUILLE

serves 4

1 cup (7 oz/200 g) small soup pasta, such as stelline, orzo, or dittalini

3 links andouille sausage (10 oz/315 g)

1 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

1 bunch kale, ribs removed, leaves chopped

4 cups (32 fl oz/1 l) chicken broth

1 Tbsp tomato paste

Salt and freshly ground pepper

Grated Parmesan cheese

Bring a pot of salted water to a boil over high heat. Add the pasta and cook until al dente, according to package directions. Drain and set aside.

In a large, heavy pot, cook the sausage over medium heat until no longer pink in the center, about 15 minutes. Remove from the pot and cut into slices ¼ inch (6 mm) thick.

Add the oil to the pot and warm over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the kale, stir to coat, and sauté for 3–4 minutes. Add the broth and bring to a boil. Reduce the heat to low. Add the pasta, sausage, and tomato paste and stir well to combine. Simmer, stirring often, for 5 minutes. Season with salt and pepper and serve, topped with the Parmesan.

17

SEPTEMBER

SPICY BROCCOLINI & CRANBERRY BEAN SOUP

serves 4–6

Fresh cranberry beans are beautiful in their red-and-white-striped shells, but if you can't find them, it's fine to use frozen or canned. Serve this brothy soup with a savory focaccia.

2 Tbsp olive oil

1 small yellow onion, finely diced

2 cloves garlic, minced

⅛ tsp red pepper flakes

Salt and freshly ground pepper

5 cups (40 fl oz/1.25 l) vegetable broth

1 lb (500 g) cranberry beans in pod, shelled

1 bunch broccolini, tough ends discarded, cut into ½-inch (12-mm) pieces

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the pepper flakes, ½ tsp salt, and ¼ tsp pepper and cook for 1 minute. Add the broth and bring to a boil. Add the beans and cook until they are tender, 15–20 minutes. Add the broccolini and cook for 5 minutes. Season to taste with salt and pepper and serve.

18

SEPTEMBER

MINESTRONE WITH PESTO

serves 6

The best versions of this soup are made with fresh seasonal vegetables. Don't hesitate to use cabbage, green beans, eggplant, cauliflower, peas, zucchini, leeks, or whatever else looks good at the market or that you might have on hand. Simmering the rind from a wedge of Parmesan in the soup imparts a rich, deep flavor.

1 oz (30 g) dried porcini mushrooms

¼ cup (2 fl oz/60 ml) olive oil

1 yellow onion, chopped

2 carrots, peeled and chopped

1 celery rib, chopped

1 bunch Swiss chard, ribs removed, leaves chopped

3 Yukon gold or other boiling potatoes, peeled and chopped

1½ cups (8 oz/250 g) peeled, seeded, and diced butternut squash

4 tomatoes, peeled (page 172), seeded, and chopped, or 2 cups (12 oz/375 g) canned diced plum tomatoes with juices

2 lb (1 kg) cranberry beans in the pod, shelled, or 2 cups (8 oz/250 g) fresh shelled beans

1 piece Parmesan cheese rind

Salt and freshly ground pepper

1 cup (3½ oz/105 g) macaroni, tubetti, or other small soup pasta

¼ cup (2 fl oz/60 ml) Basil Pesto (page 118), or purchased pesto

Grated Parmesan cheese for serving

In a bowl, combine the mushrooms with 2 cups (16 fl oz/500 ml) hot water and soak for 30 minutes. Drain well, reserving the liquid. Strain the liquid through a coffee filter. Rinse the mushrooms well under cold running water. Drain well and chop.

In a large, heavy pot, warm the oil over medium heat. Add the onion, carrots, and celery and sauté until tender and golden, 10–15 minutes. Stir in the mushrooms, chard, potatoes, squash, tomatoes, beans, and cheese rind. Add the mushroom liquid and enough water to cover the vegetables by ½ inch (12 mm), bring to a simmer, and reduce the heat to low. Season with salt and pepper and cook uncovered, stirring occasionally, until the vegetables are soft, about 1½ hours, adding water as needed if the soup becomes too thick.

Add the pasta and cook, stirring frequently, until al dente, about 15 minutes or according to package directions. Remove the cheese rind from the pot and discard. Serve, topped with the pesto and passing the Parmesan at the table.

19

SEPTEMBER

CHICKEN & FARFALLE VEGETABLE SOUP

serves 6

As the weather starts to cool, it's time for a back-to-school classic: chicken noodle soup. This one's full of healthy veggies and tender bowtie pasta. Simmering the stock requires little effort on busy weeknights, and leftovers are a cinch to pour into insulated containers for work or school the next day.

1 small chicken (3 lb/1.5 kg), quartered and skinned

1 large yellow onion, coarsely chopped

1 carrot, peeled and coarsely chopped

6 flat-leaf parsley sprigs, plus ¼ cup (⅓ oz/10 g) finely chopped parsley

1 tsp finely chopped thyme

2 bay leaves

3 celery ribs with leaves, cut into ½-inch (12-mm) pieces

½ small head savoy cabbage (6 oz/185 g), cored and coarsely chopped

½ lb (250 g) green beans, trimmed and cut into 1-inch (2.5-cm) pieces

2 cups (7 oz/210 g) farfalle pasta

1 Tbsp fresh lemon juice

Salt and freshly ground pepper

¾ cup (3 oz/90 g) grated Parmesan cheese

In a large, heavy pot, combine the chicken, onion, carrot, parsley sprigs, thyme, and bay leaves. Pour in 2½ qt (2.5 l) water and bring to a boil over high heat. Reduce the heat to medium-low and simmer, covered, until the chicken falls from the bone, about 1 hour.

Transfer the chicken to a plate. Strain the broth through a fine-mesh sieve and return to the pot. Discard the solids in the sieve. Once the chicken is cool enough to handle, remove the meat from the bones and discard the bones. Tear the meat into 1-inch (2.5-cm) pieces.

Add the celery, cabbage, green beans, and farfalle to the pot and simmer, covered, until the farfalle is al dente, 10–12 minutes or according to package directions. Add the chicken pieces, chopped parsley, and lemon juice. Season with salt and pepper. Cook, stirring occasionally, until the chicken is warmed through.

Serve, topped with the Parmesan.

20

SEPTEMBER

LEEK & POTATO SOUP WITH FRIED PROSCIUTTO

serves 6–8

Since they grow in sandy soil and grit becomes trapped within their layers, leeks always need a careful rinse. After slicing them lengthwise, hold them under cold running water and separate the layers with your fingers to clean them thoroughly.

8 leeks (about 4 lb/2 kg), white and pale green parts

¼ cup olive oil

6 slices prosciutto (about 3 oz/90 g), cut into ribbons

Salt and freshly ground pepper

1½ tsp minced thyme

2 Tbsp all-purpose flour

8 cups (64 fl oz/2 l) chicken broth

5 Yukon gold potatoes (about 2½ lb/1.25 kg), peeled and cut into 1-inch (2.5-cm) chunks

2 small bay leaves

¼ cup (⅓ oz/10 g) chopped chives

Cut the leeks in half lengthwise and then cut each half crosswise into pieces ½ inch (12 mm) thick. In a large, heavy pot, warm the oil over medium heat. Add the prosciutto and sauté until crisp, about 6 minutes. Transfer to paper towels to drain.

Add the leeks and ½ tsp salt to the pot and stir to coat. Reduce the heat to medium-low, cover, and cook, stirring occasionally, until the leeks begin to soften, about 10 minutes. Add the thyme and flour and cook, stirring constantly, until the flour is incorporated.

Raise the heat to medium-high and, stirring constantly, slowly add the broth. Add the potatoes and bay leaves, season with pepper, cover, and bring to a boil. Reduce the heat to medium-low and simmer until the potatoes just start to become tender, about 6 minutes. Remove from the heat and let stand, covered, until the potatoes are tender all the way through, about 15 minutes. Discard the bay leaves and return the soup to a simmer. If desired, use the back of a large spoon to mash some of the potatoes against the side of the pot and stir them into the soup to thicken it.

Serve, garnished with the fried prosciutto and the chives.

21

SEPTEMBER

SWEET POTATO–CHIPOTLE SOUP

serves 4–6

2 Tbsp unsalted butter

1 small white onion, chopped

2 cloves garlic, minced

1 chipotle chile in adobo sauce, minced

2 sweet potatoes (1½ lb/750 g), peeled and diced

4½ cups (36 fl oz/1.1 l) chicken broth

Salt and freshly ground pepper

1 Tbsp chopped chives

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the chipotle and potatoes and cook, stirring often, for 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer, uncovered, until the potatoes are very tender, 30–35 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper. Serve, garnished with the chives.

This soup has a mild chipotle flavor but you can adjust it to suit your desired level of heat by adding more. The soup can be made ahead, as it freezes beautifully. Serve with a red cabbage and apple slaw.

22

SEPTEMBER

SCALLOPS & PANCETTA IN SAFFRON BROTH

serves 4

Large pinch of saffron threads

½ cup (4 fl oz/125 ml) dry white wine

3 oz (90 g) sliced pancetta, diced

2 Tbsp unsalted butter

2 shallots, finely chopped

½ cup (4 fl oz/125 ml) dry sherry

3 cups (24 fl oz/750 ml) chicken broth

Salt and freshly ground black pepper

12 large sea scallops (about 1¼ lb/625 total), tough muscles removed

2 Tbsp olive oil

1 Tbsp chopped chervil or parsley

Using your fingers, gently crush the saffron into a small bowl and add the white wine. Set aside.

In a large, heavy pot, cook the pancetta over medium-high heat, stirring often, until golden, about 4 minutes. Transfer to paper towels to drain. Set aside.

Add the butter and shallots to the pot and sauté until soft, about 5 minutes. Add the sherry and cook until the liquid evaporates, about 4 minutes. Add the saffron-wine mixture and cook until the liquid is reduced by half. Add the broth and bring to a boil. Reduce the heat to low and season with salt and pepper.

Warm a frying pan over high heat. Toss the scallops with the oil and season with salt and pepper. When the frying pan is very hot, add the scallops and sear on one side until lightly browned, 2–3 minutes. Flip the scallops and cook until lightly browned on the other side, 1–2 minutes.

Ladle the broth into shallow bowls. Place 3 scallops in each bowl, sprinkle with the reserved pancetta and chervil, and serve.

For this soup, you can substitute bay scallops, which are smaller, but cut the searing time in half. Shrimp or calamari are also good options. For a creamy version, stir in ½ cup (4 fl oz/125 ml) heavy cream after reducing the heat to low and before seasoning with salt and pepper.



22

SEPTEMBER

SEPTEMBER

23



23

SEPTEMBER

CHORIZO & CHICKEN STEW WITH AVOCADO CREMA

serves 4–6

1 skinless, boneless chicken breast half

½ lb (250 g) Mexican chorizo, cut into slices ½ inch (12 mm) thick

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

1 red bell pepper, seeded and chopped

4 cups (32 fl oz/1 l) chicken broth

1 Tbsp minced thyme

Salt and freshly ground pepper

FOR THE AVOCADO CREMA

1 avocado, pitted and peeled

¼ cup (2 oz/60 g) sour cream

1 Tbsp fresh lime juice

In a small saucepan, combine the chicken breast with cold water to cover by 1 inch (2.5 cm) and bring to a boil over high heat. Reduce the heat to low and simmer until the chicken is cooked through, 15–18 minutes, skimming off any foam on the surface. Remove the chicken from the pan. When it is cool enough to handle, shred the meat.

Warm a large, heavy pot over medium-high heat. Add the chorizo and cook, stirring often, until browned on both sides, about 8 minutes. Transfer to a bowl. Add the oil and warm over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the bell pepper, stir to coat, and cook for 3 minutes. Add the shredded chicken, chorizo, broth, and thyme and simmer, uncovered, for about 15 minutes to blend the flavors. Season with salt and pepper.

To make the avocado crema, put the avocado in a small bowl and mash with a fork until creamy and smooth. Add the sour cream, the lime juice, and 2 large pinches of salt and stir to combine.

Serve the soup, accompanied with the avocado crema.

For the avocado crema, lime juice and sour cream are added to mashed avocados for a smooth, tangy version of guacamole. It melts into this soup, adding a creamy element and also helping to tame the spiciness of the chorizo.

24

SEPTEMBER

SHIITAKE DUMPLINGS IN KAFFIR LIME BROTH

serves 4

4 cups (32 fl oz/1 l) chicken broth

1 tsp peeled and minced fresh ginger

1 green onion, white and tender green parts, thinly sliced

5 kaffir lime leaves, torn in half

2 Tbsp soy sauce

2–3 drops Asian sesame oil

FOR THE SHIITAKE DUMPLINGS

2 oz (60 g) dried shiitake mushrooms

½ tsp peeled and minced fresh ginger

½ tsp soy sauce

¼ tsp dark Asian sesame oil

1 Tbsp minced green onion, white and light green parts, plus sliced dark green tops

Freshly ground pepper

24 wonton wrappers

In a large saucepan, combine the broth, ginger, sliced green onion, kaffir lime leaves, and soy sauce and bring to a boil over medium-high heat. Reduce the heat to low and simmer for 10 minutes. Remove from the heat, add the drops of sesame oil to taste, cover, and let steep for 10 minutes. Strain the broth and return to the saucepan.

To make the dumplings, in a small bowl, combine the mushrooms with very hot water to cover. Soak for at least 30 minutes. Drain and finely chop. In a bowl, stir together the soaked mushrooms, ginger, soy sauce, ¼ tsp sesame oil, and minced green onion. Season with a pinch of pepper. Place 1 tsp of the mushroom mixture in the middle of each wonton wrapper. Using your fingers, apply a small amount of water on all sides of the wrapper. Fold the wrapper diagonally, forcing out any air bubbles as you press to seal. Take the 2 points on the longest side of the triangle and fold so that the tips meet. Apply a small amount of water on the tips and press firmly to stick together.

Return the broth to a gentle simmer. Add the dumplings and cook until tender, about 3 minutes. Using a slotted spoon and ladle, transfer the dumplings and broth to bowls. Serve, garnished with the green onion tops.

Kaffir lime leaves are a popular ingredient in Southeast Asian cooking. They are highly aromatic and can be found in well-stocked grocery stores near other fresh herbs. If you can't find them you can substitute lime zest and a touch of fresh lime juice.

25

SEPTEMBER

This is a flavorful curry soup that you can vary with many substitutions. In the winter, swap cubed sweet potato for the eggplant for a colorful and satisfying cold-weather curry. You can use any color of Thai curry paste (red, yellow, or green) that you have on hand.

EGGPLANT & TOFU CURRY SOUP

serves 4

1 lb (500 g) extra-firm tofu

3 Tbsp unsalted butter

1 small yellow onion, sliced

1 lemongrass stalk, center white part only, smashed and thinly sliced

3 baby eggplants, cubed

1 red bell pepper, seeded and cut into thin strips

2 cans (15 oz/470 g each) light coconut milk

1–2 Tbsp Thai red curry paste

1 Tbsp Asian fish sauce

2 kaffir lime leaves, torn into pieces

½ cup (4 fl oz/125 ml) vegetable broth

2 Tbsp chopped cilantro

Cut the tofu block in half crosswise. Place the tofu on a plate and top with a second plate. Weigh down the top plate with a can. Let stand for 20 minutes to press the water from the tofu. Pour off any water from the plate and cut the tofu into cubes.

In a large, heavy pot, melt the butter over medium heat. Add the onion and sauté until it begins to soften, about 4 minutes. Add the lemongrass, eggplant, and bell pepper and cook, stirring constantly, until the eggplant softens, 5–7 minutes. Transfer to a bowl.

Add the coconut milk, curry paste, fish sauce, kaffir lime leaves, and broth to the pot and cook until the liquid begins to thicken, about 5 minutes. Add the eggplant mixture and cook for 10 minutes. Add the tofu and cook, stirring well, for 3 minutes. Remove from the heat, stir in the cilantro, and serve.

26

SEPTEMBER

There is nothing more seasonally satisfying than pumpkin in the fall. You can also swap in butternut squash or sweet potatoes for this soup. Serve with a Waldorf salad of walnuts, raisins, and chopped apples.

ROASTED PUMPKIN SOUP WITH CHINESE FIVE SPICE

serves 4–6

1 small Sugar Pie pumpkin (about 3 lb/1.5 kg total weight), peeled, seeded, and diced

3 Tbsp olive oil

Salt and freshly ground pepper

2 Tbsp unsalted butter

1 small yellow onion, chopped

2 cloves garlic, minced

½ tsp Chinese five-spice powder

4½ cups (36 fl oz/1.1 l) vegetable broth

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper. In a bowl, toss the pumpkin with the oil and season with salt and pepper. Arrange in a single layer on the prepared pan and roast until tender, about 25 minutes.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the five-spice powder, stir to combine, and cook for 1 minute. Add the pumpkin and broth and bring to a boil. Reduce the heat and simmer for about 15 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, season with salt and pepper, and serve.

27

SEPTEMBER

To make aioli, in a blender, combine 8 cloves garlic, 1 tsp coarse sea salt, and 6 large egg yolks and process until a paste forms. With the motor running, add 2 cups (16 fl oz/500 ml) extra-virgin olive oil in a slow, steady stream. Process until the mixture is thick and creamy. Store in an airtight container in the refrigerator for up to 5 days. Makes about 2 cups (16 fl oz/500 ml).

BOURRIDE

serves 6

1½ lb (750 g) heads, tails, backbones, and other trimmings from nonoily fish

2 carrots, peeled and quartered

1 yellow onion, quartered

1 fennel bulb, stalks and fronds removed, quartered and cored

3 cloves garlic

1 celery rib, quartered

4 flat-leaf parsley sprigs

3 thyme sprigs

1 bay leaf

2-inch (5-cm) piece dried orange peel

Salt

2 cups (16 fl oz/500 ml) dry white wine

2 lb (1 kg) monkfish or other firm white-fleshed fish fillets, cut into 1-inch (2.5-cm) cubes

6 slices day-old country-style bread, each about 1 inch (2.5 cm) thick

1 cup (3 fl oz/250 ml) Aioli (left), or purchased aioli

6 egg yolks

Chopped flat-leaf parsley for garnish (optional)

In a large, heavy pot, combine the fish bones and trimmings, carrots, onion, fennel, garlic, celery, parsley, thyme, bay leaf, and orange peel. Add 1 tsp salt and 8 cups (64 fl oz/2 l) water. Bring to a boil over medium-high heat, regularly skimming off any scum and froth on the surface. Reduce the heat to low and simmer for 15 minutes. Add the wine, raise the heat to high, and bring to a boil. Reduce the heat to low and simmer for 15 minutes. Using a slotted spoon, remove and discard the solids. Line a colander with several layers of cheesecloth and strain the broth into a large saucepan. You should have about 6 cups (48 fl oz/1.5 l).

Place the pan over medium heat and bring the broth to a simmer. Add the monkfish and cook just until opaque throughout, about 5 minutes. Using the slotted spoon, transfer to a platter and loosely cover with foil to keep warm.

Place a bread slice in the bottom of each bowl. Ladle just enough broth into each bowl for the bread to absorb. ↣

In a large bowl, whisk together half of the aioli and the egg yolks until well blended. Whisk in the remaining broth, adding it in a slow, steady stream. Pour into a clean saucepan and place over very low heat. Cook, stirring gently and being very careful not to let the mixture boil, until thickened to the consistency of light cream, 6–7 minutes.

Divide the fish among the bowls, ladle the creamy broth over the top, and garnish with the chopped parsley, if using. Serve, passing the remaining aioli at the table.

28

SEPTEMBER

How can you resist serving this classic soup with an old fashioned grilled cheese sandwich? Use smoked Cheddar on a sliced baguette to make several mini sandwiches. To save time, use store-bought roasted peppers.

ROASTED RED PEPPER & TOMATO SOUP

serves 4–6

1 Tbsp unsalted butter

1 Tbsp olive oil

½ yellow onion, chopped

2 cloves garlic, minced

2 red peppers, roasted (page 191), peeled, seeded, and chopped

1 can (28 oz/875 g) diced tomatoes

2 Tbsp heavy cream

Salt and freshly ground pepper

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion and garlic and cook until translucent, about 5 minutes. Add the peppers, stir to coat, and cook for 3 minutes. Add the tomatoes with their juices, bring to a boil, reduce the heat to low, and simmer, uncovered, for 20 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the cream, and bring the soup just to a boil. Remove from the heat, season with salt and pepper, and serve.

29

SEPTEMBER

ROASTED PARSNIP & APPLE PURÉE WITH GRUYÈRE TOASTS

serves 4–6

6 parsnips, peeled and chopped (about 4 cups)

1 Tbsp olive oil

Salt and freshly ground pepper

3 Tbsp unsalted butter

1 small yellow onion, chopped

¼ tsp grated nutmeg

2 Granny Smith apples, peeled, cored, and chopped, plus apple slices for garnish

6 cups (48 fl oz/1.5 l) chicken broth

Salt and ground white pepper

FOR THE GRUYÈRE TOASTS

4 oz (125 g) Gruyère cheese, shredded

1 loaf crusty bread, cut into slices ¼ inch (6 mm) thick

Parsnips and apples are a great flavor pairing: the apples brighten the earthiness of the parsnips. Don't skip the melted Gruyère toasts in this recipe, as dipping them into the soup is a delicious experience.

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper. In a bowl, toss the parsnips with the oil and season with salt and pepper. Arrange in a single layer on the prepared pan and roast until beginning to caramelize, 25 minutes.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and sauté until translucent, about 5 minutes. Add the nutmeg and cook for 1 minute. Add the apples, stir to coat, and cook until they begin to soften, about 5 minutes. Add the broth and parsnips and bring to a boil. Reduce the heat to low and simmer, uncovered, until the parsnips are tender, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper.

To make the Gruyère toasts, preheat the broiler to high. Put 2 Tbsp of the grated cheese on each bread slice. Arrange the slices on the baking sheet and broil until the cheese begins to melt, 2–3 minutes.

Serve the soup, garnished with apple slices. Place 1 or 2 Gruyère toasts on the side of each bowl.

30

SEPTEMBER

ITALIAN BEEF STEW

serves 4

3 Tbsp olive oil

1 beef chuck steak (about 2 lb/1 kg), trimmed

2 Tbsp red wine vinegar

2 large sweet onions, halved lengthwise, then cut crosswise into slices ½ inch (12 mm) thick

2 red bell peppers, seeded and cut into ½-inch (12-mm) strips

2 green bell peppers, seeded and cut into ½-inch (12-mm) strips

2 cups (16 fl oz/500 ml) beef broth

½ lb (250 g) Romano beans, cut into 2-inch (5-cm) pieces

½ lb (250 g) cremini mushrooms, thinly sliced

Salt and freshly ground pepper

Long cooking at a low temperature makes chuck steak wonderfully tender. Look for Italian (Romano) beans at farmers' markets, but if they evade you, regular green beans can easily substitute; just reduce the cooking time to about 15 minutes.

In a large, heavy pot, warm 1 Tbsp of the oil over medium-high heat. Add the steak and cook, turning once, until richly browned on both sides, 4–6 minutes. Transfer to a plate. Add the vinegar and bring to a simmer. Stir to scrape up any browned bits on the bottom of the pot. Pour the liquid over the steak.

In the same pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the onions and bell peppers and sauté until well browned, about 10 minutes. Add 2–3 Tbsp water if necessary to keep the vegetables from sticking. Slowly stir in the broth, scraping up any browned bits on the bottom of the pot. Return the meat to the pot and bring to a simmer. Reduce the heat to medium-low, cover, and simmer gently until the meat is very tender, about 2½ hours.

Add the beans and mushrooms, cover, and simmer until just tender, 20–30 minutes. Transfer the meat to a cutting board and cut it into bite-sized pieces. Return the meat to the pot, raise the heat to medium, and simmer until heated through, 2–3 minutes. Season with salt and pepper and serve.



29 SEPTEMBER

1 CARROT-GINGER SOUP *page 226*	2 CHEDDAR & HARD CIDER SOUP WITH FRIED SHALLOTS *page 226*	3 CURRIED LEEK & APPLE SOUP *page 228*	4 CHICKEN CHOWDER *page 228*
8 ROASTED CAULIFLOWER & PARMESAN SOUP *page 231*	9 ACORN SQUASH SOUP WITH TOASTED WALNUT BUTTER *page 232*	10 LEEK & SWISS CHARD SOUP *page 232*	11 ROASTED VEGETABLE STEW WITH COUSCOUS *page 233*
15 SWEET POTATO–CORN CHOWDER WITH AVOCADO *page 237*	16 PUMPKIN-GINGER SOUP *page 237*	17 WHITE BEAN, BROCCOLINI & BRATWURST SOUP *page 238*	18 ROASTED GARLIC & SHALLOT VELOUTÉ WITH CRISPY PANCETTA *page 238*
22 SQUASH SOUP WITH SAGE BROWN BUTTER *page 240*	23 CORN SOUP WITH CHANTERELLES & THYME *page 243*	24 CREAM OF PARSNIP SOUP *page 243*	25 CREAMY BLACK BEAN PURÉE WITH CHEESE STRAWS *page 244*
29 ARTICHOKE & TOASTED BREAD SOUP WITH SAGE *page 245*	30 PEANUT-GINGER SWEET POTATO SOUP *page 246*	31 WILD RICE & RED CHARD SOUP WITH ANDOUILLE *page 246*	

5 BUTTERNUT SQUASH SOUP WITH PEARS & ROSEMARY *page 229*	**6** TURNIP, APPLE & POTATO SOUP *page 229*	**7** SAFFRON FREGOLA WITH SEAFOOD *page 231*
12 CAULIFLOWER SOUP WITH CHEDDAR & BLUE CHEESE *page 233*	**13** CURRIED YELLOW LENTIL SOUP *page 234*	**14** BEEF STEW WITH TURNIPS & GREENS *page 234*
19 CREAM OF SPINACH SOUP *page 239*	**20** VEGETABLES IN COCONUT-LIME BROTH *page 239*	**21** INDIAN-SPICED CHICKPEA STEW *page 240*
26 PORK & ROASTED TOMATILLO STEW *page 244*	**27** MISO SOUP *page 245*	**28** CARROT & ASIAN PEAR PURÉE *page 245*

october

Hearty roots and winter squashes bring warm colors to the autumn kitchen. The seasonal vegetables, from carrots and parsnips to butternut squashes and pumpkins, are ideal for turning into sweet and smooth purées seasoned with spicy ginger and earthy curry. Fall ales and ciders are also wonderful additions to the soup pot, subtly accenting meats or complementing sharp cheeses.

1

OCTOBER

Fresh carrots are puréed with sweet onions, garlic, and chicken broth for this bright orange soup, made even more vibrant-tasting with the addition of orange zest. Ginger adds a bit of spice to the finished soup, which has a pleasing spoon-coating consistency.

CARROT-GINGER SOUP

serves 4

2 Tbsp unsalted butter

1 large sweet onion such as Vidalia or Walla Walla, finely chopped

2 cloves garlic, minced

1 lb (500 g) carrots, cut into slices ¼ inch (6 mm) thick

Salt and freshly ground pepper

6 cups (1.5 l) chicken broth

1½ tsp peeled and grated fresh ginger

½ tsp freshly grated orange zest

Minced chives for garnish

In a large, heavy pot, warm the butter over medium-low heat. When the butter has melted and the foam begins to subside, add the onion and sauté until it softens and is just translucent, 12–10 minutes. Add the garlic and sauté until fragrant, about 30 seconds. Add the carrots and salt to taste and stir to coat the carrots well with the butter.

Add 2 cups (16 fl oz/500 ml) of the broth, increase the heat to high, and bring to a boil. Reduce the heat to a simmer, cover, and cook until the carrots are tender when pierced with the tip of a knife, about 20 minutes. Uncover, remove from the heat, and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and warm over medium-low heat, gradually whisking in the remaining 4 cups broth. Stir in the ginger and orange zest. Reheat gently, stirring occasionally, until the soup is hot, about 10 minutes. Season with salt and pepper and serve, garnished with the chives.

2

OCTOBER

Apples and Cheddar, a classic tart and sharp pairing—does it get any better? In fact it can, when thinly slivered shallot rings take a dive into hot oil for a crispy, crunchy, oniony topping. Serve a crisp, lightly dressed salad on the side, and ready yourself for the compliments from your dinner companions.

CHEDDAR & HARD CIDER SOUP WITH FRIED SHALLOTS

serves 6–8

4 Tbsp (2 oz/60 g) unsalted butter

2 yellow onions, chopped

1 celery rib, chopped

1 Yukon gold potato, peeled and chopped

2 cloves garlic, minced

2 Tbsp all-purpose flour

2½ cups (20 fl oz/625 ml) chicken broth

2½ cups (20 fl oz/625 ml) hard apple cider

1 cup (8 fl oz/250 ml) half-and-half

2 bay leaves

2 thyme sprigs

2 Tbsp applejack or Calvados brandy

¾ lb (375 g) English Cheddar cheese, shredded

Salt and freshly ground pepper

Fried Shallots (page 28)

In a large, heavy pot, melt 3 Tbsp of the butter over medium-high heat. Add the onions, celery, potato, and garlic and stir. Reduce the heat to low, cover, and cook, stirring occasionally, until the vegetables are softened, about 12 minutes. Sprinkle the flour over the vegetables and cook, stirring constantly, until the flour is incorporated. While stirring constantly, gradually add the broth, cider, and half-and-half. Raise the heat to medium-high, add the bay leaves and thyme sprigs, and bring to a boil. Reduce the heat to low and simmer to blend the flavors, about 10 minutes.

Remove the bay leaves and thyme sprigs from the soup and discard. Remove the soup from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Pour into a clean pot. Stir in the applejack. Off the heat, while whisking constantly, gradually add the cheese one handful at a time. Continue whisking until all the cheese is melted. Place over medium-low heat, stir in 1 tsp salt and pepper to taste, and cook gently, stirring often, until heated through, about 10 minutes.

Taste and adjust the seasoning. Serve, garnished with the fried shallots.



2

OCTOBER

3

OCTOBER

This fragrant, savory soup makes excellent cool-weather fare and is the perfect start to any holiday meal. It is also just as tasty when served chilled. Reserve 4–6 thin slices of the tender green portion of the leeks for garnish, if desired.

CURRIED LEEK & APPLE SOUP

serves 6

1 Tbsp unsalted butter

3 large crisp apples, such as Golden Delicious, pippin, or Granny Smith, peeled, cored, and cut into ½-inch (12-mm) dice

2 celery ribs, thinly sliced

2 tsp Madras curry powder

4 large leeks, white part and 2 inches (5 cm) of the green, halved lengthwise and sliced crosswise

4 cups (32 fl oz/1 l) vegetable broth

1 small russet potato, peeled and cut into ½-inch (12-mm) dice

½ cup (4 fl oz/125 ml) milk

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium-low heat. Add the apples, celery, curry powder, and leeks and stir well. Cook, stirring occasionally, until the leeks soften, about 5 minutes. Cover the pan and cook for 5 minutes, stirring once. Add the broth and potato and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer until the apples and potato are tender when pierced with the tip of a knife, about 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor until smooth. Return to the pot and stir in the milk. Season with salt and pepper. Rewarm over low heat without letting it come to a boil. Serve.

4

OCTOBER

Tender hunks of chicken replace the typical fish, but waxy potatoes and a hit of bacon keep this chowder true to its roots. To save time, buy a roast chicken at your local deli to make this chowder.

CHICKEN CHOWDER

serves 4–6

3 slices thick-cut bacon

2 Tbsp unsalted butter

2 yellow onions, diced

2 celery ribs, diced

2 carrots, peeled and diced

3 cloves garlic, minced

3 cups (24 fl oz/750 ml) chicken broth

1¼ lb (625 g) Yukon gold potatoes, peeled and diced

¼ tsp hot sauce, such as Tabasco

Salt and freshly ground pepper

4 cups (24 oz/750 g) cooked chicken, cut into 1-inch (2.5-cm) pieces

In a large, heavy pot, cook the bacon over medium heat, turning once, until browned, 5–7 minutes. Transfer to paper towels to drain. Let cool, then crumble into pieces.

Add the butter to the bacon fat in the pan and set over medium heat. Add the onions, celery, carrots, and garlic. Sauté until the vegetables are tender, about 12 minutes. Add the broth, raise the heat to high, and bring to a boil. Add the potatoes, hot sauce, 1 tsp salt, and ⅛ tsp pepper. Reduce the heat to medium-low, cover, and simmer until the potatoes are tender, 10–12 minutes. Add the chicken and cook until heated through. Season with salt and pepper and serve, sprinkled with the crumbled bacon.

5

OCTOBER

Piney, floral, and just a bit peppery, fresh rosemary is a flavorful herbal counterpoint to all the elements of this soup—not just the sweet pears, but also the lush, velvety butternut squash, and sweet onions that are puréed to a silky finish.

BUTTERNUT SQUASH SOUP WITH PEARS & ROSEMARY

serves 6–8

2 Tbsp unsalted butter

1 Tbsp canola oil

1 yellow onion, finely chopped

1 butternut squash (about 3 lb/1.5 kg), peeled, seeded, and cut into slices ¼ inch (6 mm) thick

6 cups (48 fl oz/1.5 l) chicken or vegetable broth

1 rosemary sprig, plus 1 tsp minced leaves

4 tsp firmly packed light brown sugar

3 large ripe but firm Anjou or Bartlett pears, peeled, cored, and cut into slices ¼ inch (6 mm) thick

½ cup (4 fl oz/125 ml) half-and-half

Salt and freshly ground pepper

In a large, heavy pot, melt 1 Tbsp of the butter with the oil over medium heat. Add the onion and sauté until softened and beginning to brown, about 7 minutes. Add the squash slices, broth, and rosemary sprig. Raise the heat to high and bring to a boil, then reduce the heat to medium-low, cover partially, and simmer until the squash is tender, about 20 minutes.

Meanwhile, preheat the oven to 500°F (260°C). In a small saucepan, melt the remaining 1 Tbsp butter. In a bowl, stir together the melted butter and 2 tsp of the brown sugar. Add the pear slices, reserving some for serving, and toss to coat. Spread in a single layer on a rimmed baking sheet and roast until the bottoms begin to brown, about 8 minutes. Turn, sprinkle with the minced rosemary, and continue roasting until tender and brown, about 7 minutes. Transfer to a plate and let cool.

Remove and discard the rosemary sprig from the pot. Remove from the heat and let cool slightly. Working in batches, purée the squash mixture in a blender. Pour the purée into a clean pot. Add the remaining 2 tsp brown sugar, the half-and-half, 2½ tsp salt, and pepper to taste and stir to combine. Place over medium-low heat and cook gently until heated through, about 10 minutes.

Serve, garnished with the pear slices.

6

OCTOBER

Turnips can be a hard sell to non-vegetable-lovers, but whirled with apples and potatoes, their bold flavor is sweetened and mellowed. The important thing to remember is that the smaller and younger the turnip, the more mild and tender it is.

TURNIP, APPLE & POTATO SOUP

serves 4

2 Tbsp unsalted butter

1 small yellow onion, finely diced

1 tsp chopped thyme

1 bay leaf

Salt and ground white pepper

1 lb (500 g) turnips, peeled and cut into ½-inch (12-mm) chunks

2 tart apples, such as Braeburn, Granny Smith, Jonagold, or pippin, peeled, cored, and quartered

½ lb (250 g) Yukon gold potatoes, peeled and quartered

2 Tbsp crème fraîche or sour cream

2 Tbsp chopped flat-leaf parsley

In a large, heavy pot, melt the butter over medium-low heat. Add the onion, thyme, bay leaf, and a pinch of salt and sauté until the onion is tender, 10–12 minutes. Add the turnips, apples, potatoes, a pinch of salt, and 1 cup (8 fl oz/250 ml) water. Cover and simmer until the vegetables and apples are tender, 10–15 minutes. Add another 4 cups (32 fl oz/1 l) water, raise the heat to high, and bring to a boil. Reduce the heat to low and simmer, uncovered, for 20 minutes. Remove from the heat, remove the bay leaf, and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and reheat. Thin the soup with water, if necessary, and season with salt and pepper. Serve, garnished with the crème fraîche and parsley.

OCTOBER

7



7

OCTOBER

A bit of culinary exotica, fregola is a type of pasta from the Italian island of Sardinia. The more common Israeli couscous may be substituted. Serve this hearty stew with a refreshing butter lettuce and pear salad and plenty of crusty bread for dipping.

SAFFRON FREGOLA WITH SEAFOOD

serves 4

1 tsp saffron threads

¼ cup (2 fl oz/60 ml) dry white wine

2 Tbsp olive oil

½ lb (250 g) medium shrimp, shelled and deveined

½ lb (250 g) medium scallops, tough muscles removed

1 small yellow onion, chopped

2 cloves garlic, minced

2 cups (16 fl oz/500 ml) chicken broth

1 cup (6 oz/185 g) fregola (Sardinian couscous) or Israeli couscous

Salt and freshly ground pepper

½ lb (250 g) clams, scrubbed

2 Tbsp minced flat-leaf parsley

Crush the saffron in a bowl and add the white wine. Set aside.

In a large, heavy pot, warm 1 Tbsp of the oil over high heat. When the pan is very hot, add the shrimp and sear for 1 minute on each side (do not cook all the way through). Transfer to a bowl. Add the scallops and sear for 1 minute on each side, also without cooking all the way through. Transfer to the bowl with the shrimp.

Add the remaining 1 Tbsp oil, onion, and garlic to the same pot and sauté until soft, about 5 minutes. Add the saffron mixture and cook for 2 minutes. Add the broth and bring to a boil. Add the fregola, stir to combine, and reduce the heat to medium-low. Cook for 12 minutes. Season with salt and pepper.

Add the clams, discarding any that do not close to the touch. Cover the saucepan tightly and steam for 3 minutes. Remove the lid and quickly add the shrimp and scallops. Tightly cover the saucepan again and continue to cook just until the clams open and the shrimp and scallops are cooked through, about 3 minutes. Discard any unopened clams. Serve, sprinkled with the parsley.

8

OCTOBER

This soup might be your answer to getting more vegetables on the family table. Roasted cauliflower turns sweet, and Parmesan adds a salty-nutty complement. Use a good-quality Parmesan and serve with garlic bread and a green salad.

ROASTED CAULIFLOWER & PARMESAN SOUP

serves 4–6

1 head cauliflower (about 2 lb/1 kg), stemmed and cut into florets

2 Tbsp olive oil

Salt and freshly ground pepper

2 Tbsp unsalted butter

1 yellow onion, chopped

3 cloves garlic, minced

3 cups (24 fl oz/750 ml) chicken broth, plus more as needed

½ cup (2 oz/60 g) grated Parmesan cheese

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Toss the cauliflower with the oil and season with salt and pepper. Spread on the prepared baking sheet and roast in the oven until very tender, 30–35 minutes.

In a large, heavy pot, warm the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the cauliflower and broth and bring to a boil. Reduce the heat to low and simmer for 15 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot over low heat. If needed, add more broth, ¼ cup (2 fl oz/60 ml) at a time, until you achieve the desired consistency. Add the Parmesan and stir until melted. Season to taste with salt and pepper and serve.

9

OCTOBER

Autumn brings the alluring sight of market stands featuring baskets piled high with winter squashes. In this recipe, butternut, Hubbard, turban, or buttercup squash can be substituted for the acorn squash, as can pumpkin. A pretty round of compound butter melts over the top of the soup, spreading rich walnut flavor.

ACORN SQUASH SOUP WITH TOASTED WALNUT BUTTER

serves 6

4 acorn squashes, about 1 lb (500 g) each

1 Tbsp unsalted butter, at room temperature

2 slices bacon, finely chopped

1 large yellow onion, chopped

6 cups (48 fl oz/1.5 l) chicken broth

FOR THE TOASTED WALNUT BUTTER

¼ cup (1 oz/30 g) walnut halves

2 tsp walnut oil

Large pinch of sugar

Salt and freshly ground pepper

2 Tbsp unsalted butter, at room temperature

¼ cup (2 fl oz/60 ml) heavy cream

Large pinch of grated nutmeg

¼ cup (2 fl oz/60 ml) fresh orange juice

Preheat the oven to 375°F (190°C). Lightly oil a baking sheet.

Cut each squash in half through the stem end and place, cut sides down, on the prepared baking sheet. Bake until easily pierced with a knife, about 45 minutes. Remove from the oven and set aside until cool enough to handle, then scoop out the seeds and discard. Spoon the flesh into a bowl and set aside. Leave the oven set at 375°F (190°C).

In a large, heavy pot, melt the butter over medium heat. Add the bacon and onion and sauté until the onion is soft, about 10 minutes. Raise the heat to high, add the squash and broth, and bring to a gentle boil. Reduce the heat to medium and simmer, uncovered, until the squash is very soft, about 30 minutes.

Meanwhile, make the walnut butter. In a small bowl, toss together the walnuts, walnut oil, sugar, and salt and pepper to taste and spread out on a baking sheet. Toast until golden, 5–7 minutes. Remove from the oven, let cool, and chop finely. In a small bowl, using a fork, mash together the walnuts and butter. Season with salt and pepper. Spoon out the butter onto a piece of plastic wrap and, using the plastic wrap, shape into a log about 1 inch (2.5 cm) in diameter. Wrap and refrigerate until serving. ↣

Remove the soup from the heat and let cool slightly. Working in batches, purée in a blender until smooth. Return to a clean saucepan over medium-low heat. Add the cream, nutmeg, orange juice, and salt and pepper to taste. Serve warm, garnished with slices of the walnut butter.

10

OCTOBER

Soup making does not have to be complicated, as this recipe proves. With just a few ingredients—including oniony leeks, bittersweet chard, and creamy risotto rice—and not much effort, you can have a flavorful, satisfying dish in no time.

LEEK & SWISS CHARD SOUP

serves 4

2 Tbsp unsalted butter

1 Tbsp olive oil

2 small leeks, white part and 2 inches (5 cm) of the green, cut into slices ½ inch (12 mm) thick

½ lb (250 g) Swiss chard, ribs removed, leaves cut into 1-inch (2.5-cm) pieces

6 cups (48 fl oz/1.5 l) chicken broth

½ cup (3½ oz/105 g) medium-grain rice such as Arborio

Salt and freshly ground pepper

¼ cup (1 oz/30 g) grated Parmesan cheese

In a large, heavy pot, melt the butter with the oil over low heat. Add the leeks and cook, stirring occasionally, until tender and golden, about 10 minutes. Add the chard and broth, raise the heat to medium, and bring to a simmer. Cook, stirring occasionally, until the chard wilts, about 10 minutes.

Add the rice and salt and pepper to taste. Cover and cook over low heat until the rice is tender, about 20 minutes. Stir in the Parmesan. Season with salt and pepper and serve.

11

OCTOBER

This is a vegetarian feast to tempt carnivores, with hearty roasted veggies and chickpeas simmered into a stew thick enough to serve over a bed of couscous. Purplish-black Kalamata olives impart full, briny flavor and a meaty texture.

ROASTED VEGETABLE STEW WITH COUSCOUS

serves 6

8 carrots, peeled

1 eggplant, peeled

4 yellow crookneck squash

2 leeks, white and pale green parts, finely chopped

½ lb (250 g) small brussels sprouts, halved

3 Tbsp olive oil

4 cups (32 fl oz/1 l) chicken or vegetable broth

1 tsp finely chopped thyme leaves

Salt and freshly ground pepper

6 cloves garlic, minced

1 tomato, peeled (page 172) and diced

1 can (15 oz/470 g) chickpeas, drained

1 cup (5 oz/155 g) Kalamata olives, pitted and chopped

6 Tbsp finely chopped mixed herbs such as flat-leaf parsley, chives, and basil

¼ cup (1 oz/30 g) grated Parmesan cheese

1¼ cups (10 oz/315g) cooked couscous

Preheat the oven to 400°F (200°C).

Cut the carrots, eggplant, and squash into 1½-inch (4-cm) chunks. In a large roasting pan, combine with the leeks and brussels sprouts. Pour in the oil and 1 cup (8 oz/250 ml) of the broth. Add the thyme and salt and pepper to taste and mix to coat the vegetables evenly.

Roast, stirring occasionally, for 30 minutes. Add another 1 cup broth, the garlic, and tomato to the pan and continue roasting, stirring every 15 minutes, until the vegetables are very tender, about 30 minutes.

Add the remaining 2 cups (16 fl oz/500 ml) broth, the chickpeas, olives, and herbs to the pan and stir to combine. Taste and adjust the seasoning, and return to the oven for 5 minutes.

Spoon the vegetables into a large serving bowl and garnish with the Parmesan. Spoon the couscous into bowls, ladle the stew on top, and serve.

12

OCTOBER

Cauliflower has a mild flavor that marries nicely with cheese. Sharp Cheddar is stirred directly into this vegetable purée, and a few crumbles of potent blue cheese on top make the perfect cheese-lover's garnish.

CAULIFLOWER SOUP WITH CHEDDAR & BLUE CHEESE

serves 4–6

2 Tbsp olive oil

1 yellow onion, sliced

3 cloves garlic, minced

½ tsp caraway seeds

2 lb (1 kg) cauliflower, stemmed and cut into florets

4 cups (32 fl oz/1 l) vegetable broth

1 cup (4 oz/125 g) shredded sharp Cheddar cheese

Salt and ground white pepper

¼ cup (1 oz/30 g) crumbled blue cheese

1 Tbsp finely chopped flat-leaf parsley

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and sauté until softened, about 5 minutes. Add the garlic and caraway seeds and sauté for 1 minute.

Add the cauliflower and broth and bring to a simmer. Reduce the heat to medium and cook until the cauliflower is softened, 20–25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor until smooth. Return to the pot. Whisk in the Cheddar until completely incorporated. Season with salt and pepper.

Return the soup to medium heat and cook until heated through, about 2 minutes. Serve, sprinkled with the blue cheese and parsley.

13

OCTOBER

Serve this satisfying Indian soup with warmed naan or other flatbread, brushed with garlic butter, if you're feeling decadent. For a smoother soup, purée the lentil base before adding the onion mixture.

CURRIED YELLOW LENTIL SOUP

serves 4

1 cup (7 oz/220 g) dried yellow lentils, picked over and rinsed

½ tsp ground turmeric

1 tsp plus 2 Tbsp ghee or canola oil

1 tsp black mustard seeds

2 dried red chiles, chopped

1 yellow onion, sliced

2 cloves garlic, minced

2 tsp minced ginger

20 fresh or dried curry leaves

1 tsp garam masala

2 small tomatoes, quartered lengthwise

Salt

In a large, heavy pot, combine the lentils, 2 cups (16 fl oz/500 ml) water, the turmeric, and the 1 tsp ghee over high heat. Bring to a boil, stirring occasionally. Reduce the heat to medium, cover, and simmer until the lentils are tender, about 30 minutes.

In a frying pan, warm the remaining 2 Tbsp ghee over medium-high heat. When hot, add the mustard seeds and fry until they turn gray and pop, about 2 minutes. Add the chiles, onion, garlic, ginger, and curry leaves and sauté until the onion is golden, about 5 minutes. Stir in the garam masala and tomatoes and cook for 1 minute.

Pour the onion mixture into the cooked lentils, add ½ tsp salt, and simmer for 5 minutes to blend the flavors. Serve.

14

OCTOBER

Turnips have a delicately sweet flavor when young, but as they mature they lose their sweetness and become woody—so buy them at their peak, between October and February. The greens, which are edible, should be bright green and garden fresh. If unavailable, substitute Swiss chard, dandelion greens, beet greens, or kale.

BEEF STEW WITH TURNIPS & GREENS

serves 6

¼ cup (2 fl oz/60 ml) olive oil

2 yellow onions, finely chopped

2 oz (60 g) bacon or pancetta, finely diced

3 lb (1.5 kg) chuck roast or sirloin tip, cut into 1–1½-inch (2.5–4-cm) cubes

¼ cup (1½ oz/45 g) all-purpose flour

4 cloves garlic, minced

6 flat-leaf parsley stems, 2 thyme sprigs, and 2 bay leaves tied together to make a bouquet garni

1½ cups (12 fl oz/375 ml) dry red wine

3 cups (24 fl oz/750 ml) beef broth

1 Tbsp tomato paste

1 bunch turnips with greens, turnips cut into ½-inch (12-mm) chunks and leaves stemmed and cut crosswise into strips

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium heat. Add the onions and bacon and sauté until the onions are soft, about 10 minutes. Transfer to a plate.

Working in batches, add the beef to the pot in a single layer and cook, turning occasionally, until golden brown on all sides, 7–10 minutes. Transfer to a bowl. Return all the meat to the pot, sprinkle with the flour, and cook, stirring, until the meat is evenly coated, about 1 minute. Return the onions and bacon to the pot and add the garlic. Add the bouquet garni to the pot.

Raise the heat to high, pour in the wine, and bring to a boil, stirring to scrape up any browned bits on the bottom of the pot. Reduce the heat to medium and simmer, stirring occasionally, until the liquid is reduced by one-fourth, 3–5 minutes. Stir in the broth and tomato paste. Bring to a boil over high heat, reduce the heat to low, cover, and simmer until the meat is tender, 1½–2 hours.

Remove the bouquet garni and discard. Add the turnips, cover, and cook until tender, about 15 minutes. Add the turnip greens, cover, and cook until wilted, about 2 minutes. Season with salt and pepper and serve.



14

OCTOBER

OCTOBER

15



15

OCTOBER

SWEET POTATO–CORN CHOWDER WITH AVOCADO

serves 6

Southwestern ingredients mingle in this surprisingly light chowder. It gets its creamy consistency not from dairy but by puréeing half of the soup. Serve with fresh tortilla chips and salsa.

2 Tbsp olive oil

1 small white onion, finely diced

2 cloves garlic, minced

2 tsp ground cumin

½ tsp ground coriander

Salt and freshly ground pepper

2 sweet potatoes (about 1½ lb/750 g total), peeled and diced

3 cups (24 fl oz/750 ml) vegetable or chicken broth

1 red bell pepper, seeded and finely diced

8 ears fresh corn, husks and silk removed and kernels cut from cobs, or 3½ cups (1 lb/500 g) thawed frozen corn kernels

2 Tbsp minced cilantro

1 ripe avocado, pitted, peeled, and diced

½ cup (4 oz/125 g) sour cream (optional)

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the cumin, coriander, and salt and pepper to taste and cook for 1 minute. Add the sweet potatoes, stir to coat, and cook for 3 minutes.

Add the broth, bring to a boil, and reduce the heat to low. Simmer until the sweet potatoes are tender, about 20 minutes. Add the red pepper and corn and cook until the vegetables are tender, 10 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot. Stir in the cilantro and season with salt and pepper. Serve, garnished with the avocado and the sour cream, if desired.

16

OCTOBER

PUMPKIN-GINGER SOUP

serves 6–8

Pumpkins for cooking differ from the jack-o'-lanterns that may be grinning crookedly on your porch this time of year. Look for Sugar Pie or Cheese varieties, which have dense, flavorful flesh.

2 lb (1 kg) Cheese or Sugar Pie pumpkin or winter squash such as butternut, Hubbard, or calabaza

6-inch (15-cm) piece peeled fresh ginger

2 Tbsp unsalted butter

1 yellow onion, chopped

1 carrot, peeled and chopped

1 celery rib, chopped

2 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth, plus more as needed

Salt and freshly ground pepper

Heavy cream for garnish

Seed and peel the pumpkin, then cut the flesh into 2-inch (5-cm) chunks. Set aside.

Shred the ginger using the largest holes of a box grater. You should have about ¼ cup (1½ oz/45 g). Set aside.

In a large, heavy pot, melt the butter over medium heat. Add the onion, carrot, celery, and garlic and sauté until the vegetables soften, about 5 minutes.

Add the pumpkin and broth and bring to a boil over high heat. Reduce the heat to medium-low, cover partially, and simmer until the pumpkin is tender, about 25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper. Rewarm gently over medium-low heat. Serve, drizzled with cream.

17

OCTOBER

This soup is very hearty and is great served with cold beer. You can substitute any type of sausage. Serve with Irish soda bread and a pot of butter.

WHITE BEAN, BROCCOLINI & BRATWURST SOUP

serves 4–6

3 Tbsp olive oil

¾ lb (375 g) bratwurst, cut into ¼-inch (6-mm) slices

1 yellow onion, chopped

4 cloves garlic, minced

1 can (14½ oz/455 g) diced tomatoes

4 cups (32 fl oz/1 l) chicken broth

1 bunch broccolini, cut into 1-inch (2.5-cm) pieces

1 can (14½ oz/455 g) white beans, drained

Salt and freshly ground pepper

In a large, heavy pot, warm 1 Tbsp of the oil over medium heat. Add the bratwurst and cook, stirring often, until browned on all sides, 7–8 minutes. Transfer to a bowl and set aside.

Add the remaining 2 Tbsp oil to the pot along with the onion and garlic. Sauté until very soft, about 5 minutes. Add the tomatoes with their juices and broth and bring to a boil. Add the broccolini and cook until tender, about 3 minutes. Reduce the heat to low, add the white beans and bratwurst, and simmer for 2 minutes to blend the flavors. Season with salt and pepper and serve.

18

OCTOBER

The French call it velouté when broth and cream are combined to make a "velvety" soup or sauce. This recipe yields only 2 cups (8 fl oz/250 ml), but a little goes a long way—it's a very rich soup meant to be served as a small first course. The recipe can be doubled easily.

ROASTED GARLIC & SHALLOT VELOUTÉ WITH CRISPY PANCETTA

serves 2

2 heads garlic

10 shallots

2 tsp olive oil

4 thyme sprigs, plus ¼ tsp minced leaves

2 oz (60 g) thinly sliced pancetta

2 Tbsp unsalted butter

1¼ cups (10 fl oz/310 ml) chicken broth

2 Tbsp heavy cream

Salt and freshly ground pepper

Preheat the oven to 400°F (200°C). Cut off the tops of the garlic heads and the shallots to expose the bulbs. On a sheet of foil, place 1 head of garlic and half of the shallots, sprinkle with 1 tsp of the oil, and place 2 sprigs of thyme on top. Loosely close the foil. Repeat with a second piece of foil and the remaining garlic, shallots, oil, and thyme sprigs. Roast in the oven until very tender, about 1 hour and 10 minutes. When cool enough to handle, squeeze all the pulp from the skins of the garlic and shallots into a bowl.

In a saucepan, cook the pancetta over medium-high heat until crispy. Transfer to paper towels to drain. When cool enough to handle, crumble the pancetta. Add the butter to the saucepan and when melted, add the roasted garlic and shallots and the minced thyme and cook until translucent, about 6 minutes. Add the broth and bring to a boil. Stir in the cream and return to a boil. Reduce the heat to a simmer and cook for 5 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and warm through over medium-low heat. Season with salt and pepper and serve, garnished with the crumbled pancetta.

19

OCTOBER

In France, a pinch of freshly grated nutmeg accents many a béchamel sauce, used in gratins and all things creamy. Here, it is the secret ingredient lacing a simple spinach soup, creating a perfect foil for the dark greens.

CREAM OF SPINACH SOUP

serves 4

3 lb (1.5 kg) spinach, tough stems removed

2 cups (16 fl oz/500 ml) milk, plus more as needed

2 cups (16 fl oz/500 ml) chicken or vegetable broth

3 Tbsp unsalted butter

3 Tbsp all-purpose flour

Salt and freshly ground pepper

½ tsp grated nutmeg

½ cup (4 fl oz/125 ml) heavy cream

Put the spinach, with the rinsing water still clinging to the leaves, in a saucepan over medium heat, cover, and cook until wilted and tender, about 3 minutes. Drain the spinach and squeeze to extract as much water as possible. Using a food processor, process until finely chopped. Set aside.

Pour the 2 cups (16 fl oz/500 ml) milk and the broth into separate small saucepans and place over low heat. Heat both just until small bubbles form around the edge of the pan, then remove from the heat.

In a large, heavy pot, melt the butter over medium-low heat. When the foam begins to subside, add the flour and stir until smooth, about 2 minutes. Gradually add the hot milk while whisking gently. Cook, stirring often, until the mixture bubbles vigorously and has thickened, about 3 minutes. Gradually add the hot broth, whisking, and bring to a low boil. Cook until pale beige and opaque, about 3 minutes. Let cool slightly.

Add the spinach purée to the milk-broth mixture and stir until blended. Add 1 tsp salt, ⅛ tsp pepper, and the nutmeg. Reduce the heat to a bare simmer, cover, and cook for 10 minutes, stirring occasionally. Remove from the heat and let cool slightly.

Working in batches, purée the soup in the food processor. Return to the pot and stir in the cream. Reheat gently over low heat. If the soup seems too thick, thin it with milk, adding ¼ cup (2 fl oz/60 ml) at a time. Season with salt and pepper and serve.

20

OCTOBER

This aromatic and creamy broth makes a great base for almost any combination of vegetables. You could also add thinly sliced poached chicken, prawns, or scallops.

VEGETABLES IN COCONUT-LIME BROTH

serves 4

1 Tbsp canola oil

1 shallot, minced

2 cloves garlic, minced

1-inch (2.5-cm) piece fresh ginger, peeled and minced

2 cans (14 oz/440 g each) coconut milk

4 cups (32 fl oz/1 l) vegetable broth

½ lb (250 g) small Yukon gold potatoes, quartered

3 oz (90 g) green beans, trimmed and halved on the diagonal

1 small red bell pepper, seeded and thinly sliced

Juice of 2 limes

Salt

In a large, heavy pot, warm the oil over medium-high heat. Add the shallot, garlic, and ginger and sauté until translucent, 2–3 minutes. Add the coconut milk and broth and bring to a boil. Add the potatoes and cook until tender, about 10 minutes. Add the green beans, red pepper, and lime juice and simmer for 4 minutes. Season to taste with salt and serve.

21

OCTOBER

Well seasoned but not too spicy, this cold-weather chickpea stew is an excellent source of protein. To save time, substitute 1 can (15 oz/470 g) chickpeas, drained and well rinsed, for the dried ones, decreasing the stock to 3 cups (24 fl oz/750 ml).

INDIAN-SPICED CHICKPEA STEW

serves 6

¾ cup (5 oz/155 g) dried chickpeas, picked over and rinsed

5 cups (40 fl oz/1.25 l) vegetable broth

1 lb (500 g) russet potatoes, peeled and diced

1 lb (500 g) tomatoes, peeled (page 172) and chopped

2 tsp garam masala

½ tsp ground ginger

½ tsp ground turmeric

Salt and freshly ground pepper

3 Tbsp chopped cilantro

Put the chickpeas in a bowl with cold water to cover and soak for 3 hours. Drain.

In a large, heavy pot, bring the broth to a boil over high heat. Add the chickpeas, reduce the heat to medium, and simmer, uncovered, until almost tender, about 1½ hours. Add the potatoes, tomatoes, garam masala, ginger, and turmeric and continue to cook until the chickpeas and potatoes are tender, about 30 minutes. Remove from the heat and let cool slightly.

Purée half of the broth and vegetables in a blender or food processor. Return to the pot and season with salt and pepper. Reheat to serving temperature. Serve, garnished with the cilantro.

22

OCTOBER

Butternut squash is the quintessential fall vegetable. Roasting the squash brings out its naturally nutty taste. When serving, drizzle the brown butter over the top of the soup, but do not stir, for an elegant presentation. Add a swirl of cream, if you like, along with the sage leaves.

SQUASH SOUP WITH SAGE BROWN BUTTER

serves 4–6

1 butternut squash (2 lb/1 kg), peeled and diced

3 Tbsp olive oil

Salt and freshly ground pepper

2 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

4 cups (32 fl oz/1 l) vegetable broth

FOR THE SAGE BROWN BUTTER

¼ cup (2 oz/60 g) unsalted butter

6 sage leaves

Heavy cream for garnish (optional)

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Toss the squash with the oil and season with salt and pepper. Place on the prepared baking sheet and roast until tender, about 25 minutes.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the roasted squash and broth and bring to a boil. Reduce the heat to low and simmer for 20 minutes to blend the flavors. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and season with salt and pepper.

To make the sage brown butter, melt the butter in a small frying pan over low heat. Add the sage leaves and cook until the butter begins to brown and the sage is very aromatic, 3–4 minutes.

Serve the soup, drizzled with the brown butter, 1–2 sage leaves, and a swirl of cream, if desired.



22

OCTOBER

OCTOBER

23



23

OCTOBER

Slice the mushrooms crosswise to retain their shape. Chanterelles are beautiful, and you want diners to be able to see that you are serving a really special mushroom. Serve with warm croissants.

CORN SOUP WITH CHANTERELLES & THYME

serves 4

3 Tbsp unsalted butter

2 Tbsp olive oil

2 shallots, minced

4 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth

2 packages (1 lb/500 g each) frozen corn kernels

¼ cup (2 fl oz/60 ml) heavy cream

Salt and freshly ground pepper

2 oz (60 g) chanterelle mushrooms, thinly sliced

½ tsp minced thyme leaves

In a large, heavy pot, warm 2 Tbsp of the butter and the oil over medium-high heat. Add the shallots and garlic and sauté until soft, about 3 minutes. Add the broth and bring to a boil. Add the corn and cook for 5 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot and stir in the cream. Season with salt and pepper.

In a small frying pan, melt the remaining 1 Tbsp butter over medium-high heat. Add the mushrooms and thyme and sauté, stirring often, until the mushrooms release their liquid and caramelize slightly, about 4 minutes. Serve the soup, garnished with the chanterelles.

24

OCTOBER

Cinnamon and nutmeg add an intriguing dimension to this soup, but parsnips are so sweet and flavorful that they could pull it off all on their own. For a fresh garnish, top with chopped parsley. This soup freezes well.

CREAM OF PARSNIP SOUP

serves 4–6

2 Tbsp unsalted butter

1 Tbsp olive oil

1 small yellow onion, chopped

2 celery ribs, chopped

2 cloves garlic, minced

½ tsp grated nutmeg

Pinch of ground cinnamon

6 parsnips (about 2½ lb/1.25 kg total), peeled and diced

6 cups (48 fl oz/1.5 l) chicken broth

½ cup (4 fl oz/125 ml) heavy cream

Salt and ground white pepper

In a large, heavy pot, melt the butter with the oil over medium-high heat. Add the onion, celery, and garlic and sauté until the vegetables are very soft, about 7 minutes. Add the nutmeg and cinnamon, stir to combine, and cook for 1 minute. Add the parsnips and the broth and bring to a boil. Reduce the heat to low and simmer until the parsnips are very soft, 45–55 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the cream, and bring to a boil. Turn off the heat. Season to taste with salt and pepper and serve.

25

OCTOBER

CREAMY BLACK BEAN PURÉE WITH CHEESE STRAWS

serves 4–6

For a creative appetizer at a cocktail party, serve this as "soup sips." Put the soup into clear shot glasses and balance a cheese straw across the top rim of each glass. Encourage guests to dip their straws and then sip their soup.

FOR THE CHEESE STRAWS

1 sheet puff pastry, thawed

½ cup (2 oz/60 g) finely shredded Cheddar cheese

2 Tbsp olive oil

1 yellow onion, chopped

3 cloves garlic, minced

1 small jalapeño chile, seeded and minced

1½ tsp ground cumin

4 cans (15 oz/470 g each) black beans, drained

2¾ cups (22 fl oz/680 ml) chicken broth

Salt and freshly ground pepper

¼ cup (2 oz/60 g) sour cream

To make the cheese straws, preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Roll out the puff pastry to ⅛ inch (3 mm) thick on a floured surface. Cut the pastry into 9 squares, each about 3½ by 3½ inches (9 by 9 cm). Cut each square in half diagonally to make 18 triangles. Starting with the longest side, tightly roll up each triangle and place, seam side down, on the prepared baking sheet. Brush each roll with water and sprinkle with cheese, gently pressing with your fingers to help the cheese stick to the pastry. Bake until the straws turn golden brown, 18–20 minutes.

Meanwhile, in a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until soft, about 5 minutes. Add the jalapeño and cumin and cook, stirring often, for 2 minutes. Add the black beans and broth and bring to a boil. Reduce the heat to low and simmer for 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and warm through over medium-low heat. Season to taste with salt and pepper and serve, topping each with a dollop of sour cream. Serve with cheese straws on the side for dipping. Pass the extra straws at the table.

26

OCTOBER

PORK & ROASTED TOMATILLO STEW

serves 4–6

This is one of those stews that tastes even better the second day, when all the flavors have had time to come together, so feel free to make this one ahead. Serve with warm corn bread and a green salad.

1 lb (500 g) tomatillos, husked, rinsed, and quartered

1 lb (500 g) plum tomatoes, quartered

4 Tbsp (2 fl oz/60 ml) olive oil

Salt and freshly ground pepper

1½ lb (750 g) pork loin, cut into ½-inch (12-mm) cubes

1 white onion, chopped

3 cloves garlic, minced

2 cups (16 fl oz/500 ml) chicken broth

1 can (15 oz/470 g) white beans, drained

½ cup (4 oz/125 g) sour cream

Hot sauce for serving

Preheat the oven to 425°F (220°C). Put the tomatillos and tomatoes on a baking sheet, toss with 2 Tbsp of the oil, and season with salt and pepper. Roast for 25 minutes, stirring once. Set aside and lower the oven temperature to 350°F (180°C).

Season the pork with salt and pepper. In a large, heavy, ovenproof pot, warm 1 Tbsp of the oil over medium-high heat. In 2 batches, cook the pork until it is browned on all sides, about 5 minutes per batch. Transfer the pork to a bowl and set aside.

Add the remaining 1 Tbsp oil, the onion, and the garlic to the pot and sauté until the onion is translucent, about 5 minutes. Add the pork, tomatillos, tomatoes, broth, and beans and stir to combine. Cover, transfer the pot to the oven, and cook for 1½ hours.

Season with salt and pepper and serve, topped with a dollop of sour cream. Pass hot sauce at the table.

27

OCTOBER

MISO SOUP

serves 4–6

3 oz (90 g) wakame

¾ tsp granulated dashi mixed with 6 cups (48 fl oz/1.5 l) hot water

6 Tbsp white miso paste

1 tsp rice vinegar

2 oz (60 g) soft tofu, cut into small cubes

3 green onions, white and tender green parts, thinly sliced on the diagonal

This delicate soup is seasoned primarily with kombu or wakame (dried seaweed) and miso (fermented soybean paste), two Asian staples now commonly stocked by many grocers. Light and flavorful, this soup comes together very easily.

Soak the wakame in hot water to cover until soft, about 10 minutes. Drain and cut into thin strips.

In a large, heavy pot, bring the dashi mixture to a bare simmer over low heat. Whisk in the miso and vinegar and simmer for 5 minutes to blend the flavors. Stir in the wakame, tofu cubes, and green onions and serve.

28

OCTOBER

CARROT & ASIAN PEAR PURÉE

serves 4–6

2 Tbsp olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

2 tsp garam masala

8 carrots, peeled and chopped

2 ripe Asian pears, peeled, cored, and chopped

4 cups (32 fl oz/1 l) vegetable broth

Salt and ground white pepper

Garam masala is a classic blend of Indian spices that adds beautiful depth to this sweet purée. Sautéing the spice mixture before adding the liquid toasts the spices, further enhancing their flavors.

In a saucepan, warm the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the garam masala, stir to combine, and cook for 1 minute. Add the carrots and pears, stir, and cook until the carrots begin to soften, 5–7 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the carrots are very tender, about 30 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan and heat through over medium-low heat. Season to taste with salt and pepper and serve.

29

OCTOBER

ARTICHOKE & TOASTED BREAD SOUP WITH SAGE

serves 4

1 small loaf day-old Italian peasant bread, cut into ½-inch (12-mm) cubes (about 2 cups/2 oz/60 g)

3 Tbsp olive oil

Salt and freshly ground pepper

1 Tbsp unsalted butter

1 leek, white and pale green parts, chopped

2 cloves garlic, minced

7 sage leaves, chopped

2 cups (16 fl oz/500 ml) chicken broth

12 oz (375 g) frozen artichoke hearts

A great way to use up leftover baguette, this is a very different take on classic tomato and bread soup. Because this soup, featuring earthy artichokes, is so hearty, serve it with a simple green salad topped with fresh figs and a balsamic vinaigrette.

Preheat the oven to 350°F (180°C). Spread the bread cubes on a baking sheet, toss with 2 Tbsp of the oil, and season with salt and pepper. Bake until golden brown and toasted, about 10 minutes. Set aside.

In a large, heavy pot, melt the butter with the remaining 1 Tbsp oil and the butter over medium-high heat. Add the leek and garlic and sauté for 4 minutes. Add the sage and continue to sauté for 1 minute. Add the broth and 2 cups (16 fl oz/500 ml) water and bring to a boil. Add the artichoke hearts, reduce the heat to medium-low, and simmer until the artichokes are soft and heated through, about 10 minutes. Add the toasted bread, stir to combine, and cook for 5 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot and warm through over medium-low heat. Season with salt and pepper and serve.

30

OCTOBER

PEANUT-GINGER SWEET POTATO SOUP

serves 4–6

Peanut butter ensures that this soup is a kid-pleaser. You can garnish with chopped peanuts for a little crunch. This would make a satisfying and nutritious dinner on Halloween night before you send the kids out for their sugar rush.

2 Tbsp unsalted butter

1 small yellow onion, chopped

2 cloves garlic, minced

1 Tbsp peeled and minced fresh ginger

2 sweet potatoes (1½ lb/750 g total), peeled and diced

4½ cups (36 fl oz/1.1 l) vegetable broth

3 Tbsp creamy peanut butter

2 Tbsp minced cilantro

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium-high heat. Add the onion, garlic, and ginger and sauté until very soft, about 5 minutes. Add the sweet potatoes, stir to combine, and cook for 5 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the sweet potatoes are very tender, 30–35 minutes. Remove from the heat at let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot over low heat, add the peanut butter, and stir until melted, about 4 minutes. Add the cilantro and season to taste with salt and pepper. Serve.

31

OCTOBER

WILD RICE & RED CHARD SOUP WITH ANDOUILLE

serves 6

A few rustic and wholesome ingredients come together in this soup to offer a satisfying and visually rich whole. Andouille sausages are spicy, so if you want to lower the heat you can substitute sweet Italian sausages.

½ cup (3 oz/90 g) wild rice

2 cups (12 oz/375 g) cherry tomatoes

2 Tbsp olive oil

Salt and freshly ground pepper

4 links (12 oz/375 g) andouille sausage

1 yellow onion, finely diced

3 cloves garlic, minced

1 bunch red chard, tough stems removed, leaves and ribs chopped

6 cups (48 fl oz/1.5 l) chicken broth

Cook the wild rice according to package directions and set aside.

Preheat the oven to 500°F (260°C). In a bowl, toss the cherry tomatoes with 1 Tbsp of the oil and salt and pepper to taste. Spread out on a rimmed baking sheet and roast in the oven just until the tomatoes begin to split and caramelize, about 10 minutes. Set aside.

In a large, heavy pot, fry the sausages over medium-high heat until they are cooked through, about 15 minutes. Transfer to a cutting board and, when cool enough to handle, cut into ¼-inch (6-mm) slices. Set aside.

Add the remaining 1 Tbsp oil to the pot and warm over medium-high heat. Add the onion and garlic and sauté until soft, 5 minutes. Add the chard and cook, stirring often, for 4 minutes. Add the broth and bring to a boil, scraping up any browned bits on the bottom of the pot. Reduce the heat to low and let simmer. Add the rice, andouille, and tomatoes, stir to combine, and simmer for 5 minutes. Season with salt and pepper and serve.



31

OCTOBER

1 SAVORY BARLEY SOUP WITH WILD MUSHROOMS & THYME *page 250*	2 APPLE, LEEK & BUTTERNUT SQUASH SOUP *page 250*	3 CELERY & RICE SOUP WITH PARSLEY *page 252*	4 MUSHROOM, CARROT & LEEK SOUP WITH SHAVED PARMESAN *page 252*
8 PUMPKIN-GRUYÈRE SOUP *page 255*	9 CHICKEN-TOMATILLO SOUP WITH CHIPOTLE CHILES *page 256*	10 POTATO-ROSEMARY SOUP *page 256*	11 CURRIED CAULIFLOWER & CHICKEN STEW *page 257*
15 WHITE BEAN & HAM SOUP WITH CORN BREAD CROUTONS *page 261*	16 PENNE & SQUASH SOUP WITH SAGE CROUTONS *page 261*	17 KALE & SWEET POTATO SOUP WITH LAMB SAUSAGE *page 262*	18 ORECCHIETTE, SAUSAGE & BROCCOLI IN BROTH *page 262*
22 LEMONY RED LENTIL SOUP WITH FRIED SHALLOTS *page 264*	23 PUMPKIN SOUP WITH SPICY PUMPKIN SEEDS *page 267*	24 CREAM OF SUNCHOKE SOUP WITH PORCINI MUSHROOMS *page 267*	25 TURKEY & JASMINE RICE SOUP WITH LEMONGRASS *page 268*
29 SHRIMP BISQUE *page 270*	30 TURKEY-NOODLE SOUP WITH SPINACH *page 270*		

5 PORK & POBLANO CHILI *page 253*	**6** CHESTNUT–CELERY ROOT SOUP WITH BACON & SAGE CROUTONS *page 253*	**7** CELERY ROOT PURÉE WITH CARAMELIZED APPLES *page 255*
12 CHEDDAR CHEESE SOUP WITH ALE *page 257*	**13** MUSTARD GREENS & WILD RICE SOUP WITH GRUYÈRE *page 258*	**14** RED CABBAGE & APPLE SOUP *page 258*
19 GOULASH *page 263*	**20** TOMATO-FENNEL BROTH WITH CLAMS *page 263*	**21** TOMATO BISQUE *page 264*
26 GARLICKY GREENS, ROAST PORK & WHITE BEAN SOUP *page 268*	**27** CARROT SOUP WITH BACON & CHESTNUT CREAM *page 269*	**28** SPICED BROTH WITH ROASTED ACORN SQUASH & KALE *page 269*

november

This month's bracing winds and touches of frost call for making hearty, long-simmered dishes. Slow-cooked stews of succulent beef or lamb are just the thing for cozy evenings at home, as is hearty vegetarian fare featuring toothsome grains, beans, and mushrooms. When the harvest wanes toward the end of the month, it's a good time to take advantage of leftover roasts to make easy rice and noodle soups.

1

NOVEMBER

Barley, an excellent source of minerals and fiber, deserves its renaissance in the modern kitchen. Thanks to a partial puréeing, this creamy soup supports meaty fall mushrooms. Add a Parmesan rind to the broth as it simmers for a boost in flavor.

SAVORY BARLEY SOUP WITH WILD MUSHROOMS & THYME

serves 4

½ oz (15 g) dried porcini mushrooms

½ cup (4 fl oz/125 ml) dry white wine

1 Tbsp olive oil

½ cup (2 oz/60 g) chopped shallots

2 cloves garlic, minced

8 oz (250 g) cremini mushrooms, chopped

1 tsp minced fresh thyme, or ½ tsp dried

Salt and freshly ground pepper

3 cups (24 fl oz/750 ml) chicken broth

¾ cup (6 oz/185 g) pearl barley

1 Tbsp tomato paste

2 tsp fresh lemon juice

Rinse the porcini well to remove any dirt or grit. In a small saucepan, bring the wine to a simmer. Remove from the heat and add the porcini. Let stand for 15 minutes, then drain the porcini over a bowl, reserving the liquid, and finely chop.

In a large, heavy pot over medium-high heat, warm the oil. Add the shallots and garlic. Sauté until the shallots are wilted, 3–5 minutes. Add the cremini, thyme, ¼ tsp salt, and ¼ tsp pepper. Cook until the cremini release their liquid and begin to brown, 4–5 minutes. Add the reserved mushroom soaking liquid and bring to a boil, scraping up any browned bits from the pan bottom.

Add the broth, barley, tomato paste, 3 cups (24 fl oz/750 ml) water, and the chopped porcini to the pot. Cover and simmer until the barley is tender to the bite, 45–50 minutes. Remove from the heat and let cool slightly.

Purée about 1 cup (8 fl oz/250 ml) of the soup in a blender. Return to the pot, heat until just hot, and stir in the lemon juice. Season with salt and pepper and serve.

2

NOVEMBER

Apples, leeks, and cider create a complexity of flavor that makes this winter squash purée rich in character and in little need of embellishment. To save time, substitute 2½ lb (1.25 kg) butternut squash chunks from the produce section. Accompany with a warm baguette and bottle of dry French cider.

APPLE, LEEK & BUTTERNUT SQUASH SOUP

serves 8

1 or 2 butternut squashes (about 4 lb/ 2 kg total), halved, seeded, peeled, and cut into chunks

1 lb (500 g) tart apples, peeled, cored, and quartered, plus 1 small tart apple, unpeeled, halved, cored, and thinly sliced

1 large leek, white and pale green parts, thickly sliced

4 large cloves garlic

2 Tbsp chopped sage, plus whole leaves for garnish (optional)

2 tsp ground cumin

Salt and freshly ground pepper

3 Tbsp olive oil

4 cups (32 fl oz/1 l) chicken broth

1 cup (8 fl oz/250 ml) hard cider or dry white wine

½ cup (4 oz/125 g) crème fraîche or sour cream

Preheat the oven to 425°F (220°C). Place the squash, quartered apples, leek, and garlic on a rimmed baking sheet. Sprinkle with 1 Tbsp of the chopped sage and 1 tsp of the cumin. Season with salt and pepper. Drizzle with the oil, stir to coat, and spread the apples and vegetables in a single layer.

Roast, stirring 2 or 3 times, until the squash is fork-tender and all the vegetables and apples are golden, 20–25 minutes. Remove from the oven.

Working in batches, process in a food processor until a coarse purée forms. With the motor running, pour in 1–1½ cups (8–12 fl oz/250–375 ml) of the broth and process until nearly smooth. Transfer the purée to a large, heavy pot over medium heat. Stir in the remaining broth, the cider, and the remaining 1 Tbsp chopped sage and 1 tsp cumin and bring just to a simmer, stirring often. Season with salt and pepper.

Ladle the soup into shallow bowls and top each serving with 1 Tbsp crème fraîche. Float a few apple slices in each bowl. Garnish with sage leaves, if using, and serve.



1

NOVEMBER

3

NOVEMBER

CELERY & RICE SOUP WITH PARSLEY

serves 6

Aromatic celery joins parsley and bay in this fragrant rice-based soup. Celery leaves don't deserve to be trimmed away and discarded, as they often are. Tender and herblike, the leaves are put to good use in this soup as a pretty garnish.

3 Tbsp unsalted butter

1 yellow onion, finely chopped

½ cup (3 oz/90 g) finely chopped celery

1 small bay leaf

Salt

6 cups (48 fl oz/1.5 l) chicken broth

⅓ cup (2½ oz/75 g) long-grain white rice

2 Tbsp finely chopped pale green celery leaves

2 Tbsp finely chopped flat-leaf parsley

¼ cup (2 fl oz/60 ml) extra-virgin olive oil

In a large, heavy pot, melt the butter over medium heat. Reduce the heat to medium-low and sauté the onion, celery, bay leaf, and a pinch of salt until the onion and celery are tender, about 15 minutes. Add the broth and bring to boil. Reduce the heat to low, add the rice, and simmer until the rice is tender, about 20 minutes. Season with salt.

In a bowl, stir together the celery leaves, parsley, and oil. Season with salt. Serve, garnished with the celery leaf mixture.

4

NOVEMBER

MUSHROOM, CARROT & LEEK SOUP WITH SHAVED PARMESAN

serves 4

This light, flavorful soup is a perfect first course. The broth combines rich chicken and beef broths for complexity, and carries a colorful array of finely cut vegetables, topped with a few thin shavings of Parmesan.

2 Tbsp unsalted butter

2 Tbsp canola oil

4 carrots, peeled and cut into strips 3 inches (7.5 cm) long by ¼ inch (6 mm) wide by ¼ inch (6 mm) thick

2 leeks, white part only, halved lengthwise and sliced crosswise ¼ inch (6 mm) thick

1 lb (500 g) shiitake mushrooms, stems discarded and caps cut into strips ¼ inch (6 mm) wide

¼ lb (125 g) white mushrooms, thinly sliced

3 cloves garlic, minced

3 cups (24 fl oz/750 ml) beef broth

3 cups (24 fl oz/750 ml) chicken broth

Salt and freshly ground pepper

Parmesan cheese shavings for garnish

In a large, heavy pot, melt the butter with the oil over medium-high heat. When hot, add the carrots and cook, stirring, until slightly softened, 2–3 minutes. Add the leeks and cook, stirring, until slightly softened, 3–4 minutes. Add the shiitake and white mushrooms and the garlic and cook, stirring, until the mushrooms are softened and beginning to wilt, about 5 minutes.

Add the beef and chicken broths, ½ tsp salt, and ¼ tsp pepper and simmer, uncovered, until all the vegetables are tender, about 15 minutes. Season with salt and pepper. Serve, garnished with the cheese shavings.

5

NOVEMBER

Packed with flavor and heat, this chili will satisfy a crowd. Serve with traditional chili accompaniments and warm tortillas.

PORK & POBLANO CHILI

serves 6–8

4 Tbsp (2 fl oz/60 ml) olive oil

2 lb (1 kg) pork shoulder, cut into ½-inch (12-mm) cubes

Salt and freshly ground pepper

1 yellow onion, chopped

4 cloves garlic, minced

2 poblano chiles, seeded and diced

2 Tbsp ground cumin

2 tsp chili powder

1 can (28 oz/875 g) diced tomatoes

2 cups (16 fl oz/500 ml) chicken broth

¼ cup (⅓ oz/10 g) minced cilantro

In a large, heavy pot, warm 2 Tbsp of the oil over medium-high heat. Season the pork with salt and pepper. In batches, cook the pork until it is browned on all sides, 6–8 minutes per batch. Transfer to a bowl and set aside.

Add the remaining 2 Tbsp oil, onion, garlic, and poblanos to the same pot and cook until the vegetables are soft, 5–7 minutes. Add the cumin and chili powder and cook for 1 minute. Add the tomatoes, broth, and pork and bring to a boil. Reduce the heat to low and simmer for 1 hour. Stir in the cilantro, season with salt and pepper, and serve.

6

NOVEMBER

Fresh sage just hints at bitterness, but asserts woodsy flavor. Here, with salty bacon, it accents the mellow sweetness of chestnuts and celery root. Try sage in other fall soups. Even a single leaf, browned in butter until fragrant and floated atop a serving, will add distinction.

CHESTNUT–CELERY ROOT SOUP WITH BACON & SAGE CROUTONS

serves 6–8

6 slices bacon

1 yellow onion, chopped

3 celery ribs, chopped

¼ tsp celery seed

6 cups (48 fl oz/1.5 l) chicken broth

1 celery root (about 1 lb/500 g), peeled and chopped

1 jar (15 oz/470 g) steamed peeled chestnuts, chopped

½ cup (4 fl oz/125 ml) half-and-half

Salt and freshly ground pepper

Sage Croutons (page 261)

In a large, heavy pot, cook the bacon over medium heat, turning once, until crisp, about 8 minutes. Transfer to paper towels to drain. Let cool, then crumble.

Pour off all but 2 Tbsp of the bacon fat from the pot and return to medium heat. Add the onion and celery and sauté until softened, about 7 minutes. Add the celery seed and cook, stirring often, until fragrant, about 1 minute. Add the broth, raise the heat to medium-high, and bring to a boil. Add the celery root and chestnuts and return to a boil, then reduce the heat to low, cover partially, and simmer until the celery root is tender when pierced with the tip of a knife, about 25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Transfer to a clean pot. Add the half-and-half, 1½ tsp salt, and pepper to taste and place over medium-low heat. Cook gently, stirring occasionally, until heated through, about 10 minutes. Season with salt and pepper. Serve, garnished with the bacon and croutons.

NOVEMBER

7



7

NOVEMBER

Celery root is just what it sounds like, the root of a variety of celery plant. It's sometimes labeled celeriac. Its subtle flavor stands out best in simple preparations like this one. This soup freezes well, without the caramelized apples.

CELERY ROOT PURÉE WITH CARAMELIZED APPLES

serves 4

2 Tbsp unsalted butter

1 leek, white and pale green parts, chopped

2 celery roots (2 lb/1 kg total), peeled and chopped

3½ cups (28 fl oz/875 ml) vegetable broth

FOR THE CARAMELIZED APPLES

1 Tbsp unsalted butter

1 small Granny Smith apple, peeled, cored, and cut into tiny cubes

¼ tsp dark brown sugar

2 Tbsp half-and-half

Salt and ground white pepper

In a large, heavy pot, warm the butter over medium-high heat. Add the leek and sauté until soft, about 4 minutes. Add the celery roots, stir to coat, and sauté for 2 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer until the celery root is very tender, 25–30 minutes. Remove from the heat and let cool slightly.

While the soup is cooling, make the caramelized apples. In a frying pan, melt the 1 Tbsp butter over medium-high heat until it foams. Add the apple and sauté for 4 minutes. Sprinkle with the brown sugar, stir to combine, and cook until the apples begin to caramelize, about 3 minutes. Remove from the heat and set aside.

Working in batches, purée the soup in a blender. Return to the pot over medium heat, add the half-and-half, and return just to a gentle boil. Turn off the heat and season with salt and pepper. Serve, garnished with the caramelized apples.

8

NOVEMBER

Gruyère, with its nutty and buttery flavor, is a good match for sweet pumpkin. Use the smallest holes on a box grater to grate the cheese to ensure easy and even melting in the soup.

PUMPKIN-GRUYÈRE SOUP

serves 4–6

2 Tbsp unsalted butter

1 shallot, minced

2 cloves garlic, minced

¼ lb (125 g) Gruyère cheese, finely grated

2 cans (15 oz/470 g each) pumpkin purée

Pinch of grated nutmeg

2 cups (16 fl oz/500 ml) chicken broth

2 Tbsp heavy cream

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium-high heat. Add the shallot and garlic and cook until very soft, 3–4 minutes. Add half of the Gruyère and stir until the cheese begins to melt. Add the pumpkin, nutmeg, and broth, stir, and bring to a boil. Reduce the heat to low and simmer for 15 minutes. Stir in the cream. Season with salt and pepper, top with the remaining Gruyère, and serve.

9

NOVEMBER

A rich base for the broth provides depth of flavor in this soup: chipotle chiles add smokiness and heat, the adobo sauce lends a sweet-tartness, and tangy tomatillos balance with a bright, almost citrusy, flavor. The garnishes offer an inviting range of fresh colors and textures.

CHICKEN-TOMATILLO SOUP WITH CHIPOTLE CHILES

serves 6–8

8 cups (64 fl oz/2 l) chicken broth

1½ lb (750 g) skinless, boneless chicken breast halves

1 oregano sprig

10 cilantro sprigs

9 cloves garlic, crushed

1 lb (500 g) tomatillos, husked, rinsed, and chopped

1 white onion, chopped

2 large chipotle chiles in adobo, minced, plus 1 Tbsp adobo sauce

1½ Tbsp canola oil

Salt and freshly ground pepper

4 tsp fresh lime juice

1 ripe avocado

Tortilla Strips (page 191)

1½ cups (9 oz/280 g) cherry or grape tomatoes, quartered

½ lb (250 g) cotija or feta cheese, crumbled

In a large, heavy pot, combine the broth, chicken breasts, oregano and cilantro sprigs, and 3 of the garlic cloves and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer until the chicken is opaque throughout, 15–20 minutes.

Transfer the chicken to a plate. Strain the broth through a fine-mesh sieve into a large heatproof bowl. Discard the solids in the sieve. Wipe out the pot and set aside. Once the chicken is cool enough to handle, shred the meat into bite-sized pieces and set aside.

In a food processor, combine the tomatillos, onion, chipotle chiles and adobo sauce, and the remaining 6 garlic cloves and process to a smooth purée. In the clean pot, heat the oil over high heat. Add the tomatillo mixture and fry, stirring occasionally, until the liquid evaporates, the color darkens, and the mixture is fragrant, about 15 minutes. ↠

Add the broth and bring to a simmer. Cook, stirring occasionally, to blend the flavors, about 10 minutes. Add 1½ tsp salt, 3 tsp of the lime juice, the shredded chicken, and pepper to taste and simmer until the chicken is heated through, about 5 minutes.

Meanwhile, pit, peel, and dice the avocado and toss with the remaining 1 tsp lime juice.

Taste the soup and adjust the seasoning. Serve, garnished with the tortilla strips, avocado, tomatoes, and cheese.

10

NOVEMBER

Crushing the cooked potatoes instead of puréeing them gives this soup an interesting texture. There is no milk or cream here, but the soup is satisfying nonetheless. Fresh thyme can be substituted for the rosemary.

POTATO-ROSEMARY SOUP

serves 4–6

2 tsp olive oil

½ small shallot, minced

6 cups (48 fl oz/1.5 l) chicken broth

1 lb (500 g) Yukon gold or other all-purpose potatoes, peeled and cut into large pieces

1 tsp minced rosemary

1 bay leaf

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium heat. Add the shallot and sauté until translucent, 1–2 minutes. Pour in the broth and bring to a boil. Add the potatoes, half of the rosemary, the bay leaf, and ¼ tsp pepper. Cover partially, reduce the heat to low, and simmer until the potatoes are tender when pierced with a fork, 15–20 minutes.

Remove the pot from the heat and discard the bay leaf. Using a fork or potato masher, crush the potatoes into small chunks. Season with salt and serve, garnished with the remaining rosemary.

11

NOVEMBER

CURRIED CAULIFLOWER & CHICKEN STEW

serves 4

Humble chicken thighs have their moments of glory, especially in stews and curries. Where their white-meat counterparts would overcook and tighten, thigh meat develops succulence with slow cooking, emerging spiced and flavorful.

1 small yellow onion, coarsely chopped

2 Tbsp peeled and chopped fresh ginger

3 cloves garlic, chopped

1 Tbsp curry powder

Salt

2 Tbsp corn or peanut oil

¾ lb (375 g) tomatoes, seeded and chopped

1 can (13½ fl oz/420 ml) coconut milk

1 lb (500 g) skinless, boneless chicken thighs, cut into large cubes

1 small head cauliflower, stemmed and cut into florets

¼ lb (125 g) green beans, trimmed and cut into 2-inch (5-cm) pieces

Steamed rice for serving

In a blender, combine 1 Tbsp water and the onion, ginger, and garlic and process until a paste forms. In a small bowl, stir together the curry powder and **½** tsp salt.

Heat a large frying pan over high heat until very hot and add the oil. Add the onion-garlic paste and sauté just until it begins to brown, about 5 minutes. Stir in the spice mixture and sauté until fragrant, about 10 seconds. Add the tomatoes and cook, stirring occasionally, until they begin to break down, about 5 minutes. Stir in the coconut milk and **½** cup (4 fl oz/125 ml) water, bring to a simmer, and stir in the chicken pieces. Cover, reduce the heat to low, and simmer until the stew thickens, about 20 minutes.

Uncover and stir in the cauliflower and green beans. Re-cover and continue to cook until the vegetables are tender, 15–20 minutes. Season to taste with salt. Serve the stew spooned over the rice.

12

NOVEMBER

CHEDDAR CHEESE SOUP WITH ALE

serves 4–6

This soup brings together a classic pub combination. Compared to American-style lagers, British ales have a heavier body and a more assertive taste. To match that flavor, the sharper the Cheddar, the better. Serve with beer bread or warm pretzels.

½ cup (4 oz/125 g) unsalted butter

1 leek, white and pale green parts, thinly sliced

1 carrot, peeled and cut into ½-inch (12-mm) dice

1 celery rib, cut into ½-inch (12-mm) dice

Salt and freshly ground black pepper

½ cup (2½ oz/75 g) all-purpose flour

½ tsp dry mustard

4 cups (32 oz/1 l) chicken broth

1 bottle (12 fl oz/375 ml) good-quality ale such as Bass or Newcastle

2 cups (8 oz/250 g) shredded sharp Cheddar cheese

¼ cup (1 oz/30 g) grated Parmesan cheese

Pinch of cayenne pepper

1 tsp Worcestershire sauce

In a large, heavy pot, melt the butter over medium heat. Add the leek, carrot, and celery and sauté until softened, about 10 minutes. Season with salt and pepper.

Stir in the flour and mustard until incorporated and cook for about 1 minute. Add the broth and ale and bring to a simmer over high heat. Reduce the heat to medium and cook, whisking to break up any lumps of flour, until the mixture is slightly thickened, about 5 minutes.

Add the cheeses and whisk constantly until completely melted, 3–5 minutes. Do not let the soup boil, or it may develop a stringy texture. Stir in the cayenne and Worcestershire sauce. Season with salt and pepper and serve.

13

NOVEMBER

It takes only minutes to cook mustard greens, so be careful not to let the peppery leaves get soggy. Melted Gruyère on top brings the soup together. Serve with warm herbed popovers (simply add chopped fresh herbs such as chives or thyme to popover batter).

MUSTARD GREENS & WILD RICE SOUP WITH GRUYÈRE

serves 4

1 cup (6 oz/185 g) wild rice

3 Tbsp unsalted butter

½ lb (250 g) white mushrooms, thinly sliced

Salt and freshly ground pepper

½ cup (4 fl oz/125 ml) dry sherry

1 Tbsp olive oil

1 yellow onion, chopped

5 cloves garlic, minced

5 cups (40 fl oz/1.25 l) chicken broth, plus more as needed

1 bunch mustard greens, coarsely chopped

¼ lb oz (125 g) Gruyère cheese, coarsely shredded

In a small saucepan, cook the wild rice according to package directions.

In a frying pan, melt 2 Tbsp of the butter over medium-high heat. Add the mushrooms and season with salt and pepper. Sauté until the mushrooms release their liquid and turn golden, about 5 minutes. Add the sherry and bring to a simmer, stirring to scrape up any browned bits on the pan bottom, and cook for 2 minutes. Remove from the heat and set aside.

In a large, heavy pot, melt the remaining 1 Tbsp butter with the oil over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the 5 cups broth (40 fl oz/1.25 l) and the mushrooms with all their juices, and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes. Add the wild rice and mustard greens and simmer, stirring occasionally, for 5 minutes. Season with salt and pepper and serve, topped with the shredded cheese.

14

NOVEMBER

This hearty and delicious soup gets an extra burst of flavor from the shredded apple added just before serving. Golden Delicious apples are sweet, but if you want a sharper-flavored, crisper variety, choose Granny Smith instead.

RED CABBAGE & APPLE SOUP

serves 4

4 Golden Delicious apples, about 1 lb (500 g) total

2 Tbsp unsalted butter

1 yellow onion, minced

1 head red cabbage, about ¾ lb (375 g), cored and very thinly sliced

¼ cup (2 fl oz/60 ml) red wine vinegar

4½ cups (36 fl oz/1.1 l) beef broth

Salt and freshly ground pepper

2 tsp fresh lemon juice

⅓ cup (3 oz/80 g) sour cream (optional)

¼ cup (⅓ oz/10 g) chopped dill

Leaving them unpeeled, cut 2 of the apples into quarters, core them, and then cut into 1-inch (2.5-cm) cubes. Set aside.

In a large, heavy pot, melt the butter over medium heat. When it is foaming, add the onion and sauté until translucent, 2–3 minutes. Add the apple cubes and sauté until softened slightly, 3–4 minutes. Add the cabbage and sauté, stirring often, until it glistens and the color has lightened, 5–6 minutes. Add the vinegar and bring to a simmer, stirring to scrape up any browned bits on the pan bottom. Add the broth, ½ tsp salt, and ½ tsp pepper and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer until the cabbage and apples are tender, about 15 minutes.

While the soup is simmering, peel, halve, and core the remaining 2 apples, then shred them finely on a box grater. Place in a small bowl, add the lemon juice, and toss to coat. Set aside.

When the soup is ready, remove from the heat and stir in three-fourths of the shredded apples. Serve, topped with sour cream, if using, and sprinkled with the remaining shredded apples and the dill.



14 NOVEMBER

NOVEMBER

15



15

NOVEMBER

WHITE BEAN & HAM SOUP WITH CORN BREAD CROUTONS

serves 4–6

4 slices thick-cut bacon

½ lb (250 g) cooked ham steak, cubed

1 Tbsp olive oil

1 small yellow onion, diced

3 cloves garlic, minced

2 celery ribs, diced

2 cups (16 fl oz/500 ml) chicken broth

2 cans (15 oz/470 g each) white beans, drained

Salt and freshly ground pepper

FOR THE CORN BREAD CROUTONS

1 Tbsp unsalted butter

1 small loaf corn bread, cut into ½-inch (12-mm) cubes

Set a large, heavy pot over medium-high heat. Add the bacon and cook until crispy, about 8 minutes. Transfer to paper towels to drain. Let cool, then crumble into bite-sized pieces. Set aside in a bowl. Add the ham to the pot and cook, stirring often, until browned, about 4 minutes. Add the ham to the bowl with the bacon.

Add the oil, onion, garlic, and celery to the pot and sauté until the vegetables are soft, about 5 minutes. Add the broth and beans and bring to a boil. Reduce the heat to low and simmer for 10 minutes. Remove from the heat and let cool slightly.

Purée half of the soup in a blender. Return to the pot along with the ham and bacon and stir to combine. Season with salt and pepper.

To make the corn bread croutons, in a frying pan, melt the butter over medium heat. Add the corn bread cubes and cook, turning once, until they are golden brown on both sides.

Serve, topped with the croutons.

To save time, purchase already-made corn bread. Make sure your pan is really hot when you add the corn bread cubes to ensure that they get a nice golden sear (but work fast so that the butter doesn't burn). Pass extra croutons at the table.

16

NOVEMBER

PENNE & SQUASH SOUP WITH SAGE CROUTONS

serves 6

1 Tbsp plus 1 tsp olive oil

2 lb (1 kg) butternut squash, halved lengthwise and seeded

Salt and freshly ground pepper

6 oz (185 g) penne pasta

1 Tbsp unsalted butter

3 slices bacon, coarsely chopped

1 large yellow onion, coarsely chopped

6 cups (48 fl oz/1.5 l) chicken broth

Pinch of grated nutmeg

¾ cup (3 oz/90 g) coarsely shredded Gruyère cheese

18 flat-leaf parsley leaves

Sage Croutons (left)

Preheat the oven to 375°F (190°C). Coat a baking sheet with the 1 tsp olive oil. Place the squash on the baking sheet cut side down. Bake the squash until soft, about 1 hour. With a large spoon, scoop the squash pulp from the skin and discard the skin.

In a large pot, bring 4 qt (4 l) water to a boil over high heat. Add 2 tsp salt and the penne and cook until al dente, 10–12 minutes, or according to package directions. Drain the penne and toss it immediately with the 1 Tbsp oil.

In a large, heavy pot, melt the butter over medium heat. Add the bacon and onion and cook, uncovered, until the onion is soft, about 10 minutes. Add the squash and broth and simmer, uncovered, until the squash falls apart, about 30 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot. Add the penne, nutmeg, and salt and pepper to taste. Stir to mix well and serve, garnished with the Gruyère, parsley, and croutons.

To make the sage croutons, in a large bowl, toss together ½ lb (250 g) cubed crustless country-style bread, 2 Tbsp olive oil, and 1 Tbsp chopped sage. Season with salt and pepper. Bake in a preheated 350°F (190°C) oven for about 10 minutes, until crisp and golden.

17

NOVEMBER

North African in origin, merguez is a lamb or beef sausage spiced with chiles or harissa. Starchy sweet potatoes and leafy kale make perfect foils for the spicy sausage.

KALE & SWEET POTATO SOUP WITH LAMB SAUSAGE

serves 6–8

3 sweet potatoes (about 2 lb/1 kg total), cut into 1½-inch (4-cm) chunks

2 Tbsp olive oil

Salt and freshly ground pepper

½ lb (250 g) lamb sausage, such as merguez

1 large yellow onion, finely chopped

4 cloves garlic, minced

2 tsp minced thyme

8 cups (64 fl oz/2 l) chicken broth

1 large red potato, peeled and cut into ¾-inch (2-cm) pieces

1 small bunch kale (about 1 lb/500 g), ribs removed, leaves cut crosswise into ¼-inch (6-mm) pieces

Preheat the oven to 450°F (230°C). Line a rimmed baking sheet with foil. In a large bowl, toss together the sweet potatoes, 1½ Tbsp of the oil, and salt and pepper to taste. Spread in a single layer on the prepared baking sheet and roast until barely tender, about 20 minutes.

In a large, heavy pot, heat the remaining ½ Tbsp oil over medium heat. Add the sausage and cook, turning occasionally, until browned all over, about 8 minutes. Transfer to paper towels to drain. Add the onion to the pot and sauté until softened, about 5 minutes. Stir in the garlic and thyme and cook until fragrant, about 45 seconds. Add 3 cups (24 fl oz/750 ml) of the broth, raise the heat to high, and bring to a boil, using a wooden spoon to scrape up any browned bits from the bottom of the pot. Add the red potato, cover, and cook until tender, about 25 minutes. Meanwhile, cut the sausage into slices ½ inch (12 mm) thick.

Use a wooden spoon to mash the potatoes against the side of the pot, then stir them into the soup to thicken it. Add the sausage and remaining 5 cups (40 fl oz/1.25 l) broth and bring to a boil. Reduce the heat to low and simmer for 10 minutes to blend the flavors. Raise the heat to medium, add salt and pepper to taste, the roasted sweet potatoes, and the kale and cook, stirring often, until the kale is tender, about 8 minutes. Taste and adjust the seasoning and serve.

18

NOVEMBER

Serve this hearty pasta soup as a starter or main course, using orecchiette or other medium-sized pasta shapes. For a more authentic Italian touch, use broccoli rabe, a robust, pleasantly bitter cousin to broccoli.

ORECCHIETTE, SAUSAGE & BROCCOLI IN BROTH

serves 6

8 cups (64 fl oz/2 l) chicken broth

½–1 tsp red pepper flakes

1 lb (500 g) spicy Italian sausage

1½ lb (750 g) broccoli, trimmed and cut into florets

Salt and freshly ground pepper

12 oz (375 g) orecchiette pasta

In a large, heavy pot, bring the broth and red pepper flakes to a boil over medium heat. Reduce the heat to low and simmer for 20 minutes.

Using a fork, prick the skins of the sausages. In a frying pan, cook the sausages over medium heat until lightly browned on all sides and cooked through, 15–20 minutes. Transfer to paper towels to drain and cool. Cut the sausages into rounds and add to the broth. Add the broccoli and simmer until tender, about 15 minutes.

In a large pot, bring 5 quarts (5 l) water to a boil over high heat. Add 1 Tbsp salt and the orecchiette and cook until al dente, about 12 minutes, or according to package directions. Drain well.

Add the orecchiette to the broth and season to taste with salt and pepper. Stir to mix well and serve.

19

NOVEMBER

The traditional beef stew of Hungary is defined by sweet Hungarian paprika. Unlike most paprikas, which add little but color, this dark red powder has a rich, aromatic flavor that captures the essence of the dried and milled peppers from which it is made.

GOULASH

serves 4

3 Tbsp olive oil

4 leeks, white and light green parts only, finely chopped

2 tsp caraway seeds

1 red bell pepper, seeded and chopped

2 lb (1 kg) stewing beef, cut into 1-inch (2.5-cm) cubes

3 Tbsp sweet Hungarian paprika

3 cups (24 fl oz/750 ml) chicken, beef, or vegetable broth

1 can (14½ oz/455 g) diced tomatoes

3 cloves garlic, minced

1 Yukon gold potato, peeled and chopped

1 parsnip, peeled and chopped

2 carrots, peeled and chopped

Salt and freshly ground pepper

¼ cup (⅓ oz/10 g) finely chopped flat-leaf parsley

½ cup (4 oz/125 g) sour cream

In a large, heavy pot, warm the oil over medium-high heat. Add the leeks and caraway seeds and sauté until the leeks are softened, about 5 minutes. Add the bell pepper and sauté until softened, about 2 minutes.

Add the beef and paprika and sauté until the beef is evenly browned on all sides, 7–10 minutes.

Raise the heat to high, add the broth, and bring to a boil, stirring to scrape up any browned bits on the bottom of the pot. Reduce the heat to medium-low, cover partially, and simmer until the meat is fork-tender, 30–40 minutes.

Stir in the tomatoes and juice, garlic, potato, parsnip, carrots, and salt and pepper to taste. Cook, partially covered, until all the vegetables are tender, about 20 minutes. Stir in the parsley. Taste and adjust the seasoning. Serve, garnished with the sour cream.

20

NOVEMBER

If you prefer a more pronounced licorice flavor, seek out anise bulbs for this soup. For a milder flavor, replace the fennel with 1 chopped yellow onion and 2 chopped celery ribs.

TOMATO-FENNEL BROTH WITH CLAMS

serves 4

1 cup (6 oz/180 g) cherry tomatoes

2 Tbsp olive oil

Salt and freshly ground pepper

1 Tbsp unsalted butter

2 cloves garlic, sliced

2 small fennel bulbs, stalks and fronds removed, cored, and sliced

2 shallots, minced

½ cup (4 fl oz/125 ml) dry white wine

1 cup (8 fl oz/250 ml) chicken broth

2 lb (1 kg) clams, scrubbed

¼ cup (⅓ oz/10 g) chopped flat-leaf parsley

Preheat the oven to 500°F (260°C). Spread the cherry tomatoes on a baking sheet, toss with 1 Tbsp of the oil, and season with salt and pepper. Roast the tomatoes just until they soften and begin to split, about 7 minutes.

In a large, heavy pot, warm the butter and the remaining 1 Tbsp oil over medium-high heat. Add the garlic, fennel, and shallots and sauté until soft, about 5 minutes. Add the white wine and cook for 2 minutes. Add the broth and tomatoes and bring to a boil. Season with salt and pepper.

Add the clams to the pot, discarding any that do not close to the touch. Cover tightly and cook until the clams open, 8–10 minutes, discarding any unopened clams. Transfer the clams and broth to a serving bowl, sprinkle with the parsley, and serve family style.

21

NOVEMBER

A generous addition of cream turns this tomato bisque a warm, deep pink. With minimal hands-on cooking time, it makes a good weeknight supper. Serve with warmed crusty French or Italian bread.

TOMATO BISQUE

serves 4–6

2 Tbsp unsalted butter

⅓ cup (1½ oz/45 g) chopped shallots

2 cloves garlic, minced

2½ cups (20 fl oz/625 ml) vegetable broth

3 Tbsp long-grain white rice

Salt and ground white pepper

1 can (28 oz/875 g) crushed plum tomatoes

1 Tbsp torn basil leaves

1 cup (8 fl oz/250 ml) heavy cream

3 drops Tabasco sauce

Croutons for garnish

In a large saucepan, melt the butter over medium-low heat. Add the shallots and garlic and sauté until softened, about 3 minutes. Add the broth, rice, and ½ tsp salt and bring to a boil. Reduce the heat to low, cover, and cook until the rice is soft, 20–25 minutes.

Add the tomatoes and basil. Cover and simmer for 10 minutes. Remove from the heat and let cool slightly.

Purée in a blender until smooth, then push through a sieve with the back of a ladle and return to the saucepan over low heat. Whisk in the cream, ¼ tsp salt, ⅛ tsp pepper, and the Tabasco and reheat gently. Taste and adjust the seasoning and serve, garnished with the croutons.

22

NOVEMBER

An ancient preparation—this is the biblical "mess of pottage" for which Esau sold his birthright—red lentil soup remains common today in Egypt and Lebanon. Red lentils cook more quickly than other varieties, so are ideal for soups and puréeing.

LEMONY RED LENTIL SOUP WITH FRIED SHALLOTS

serves 4

2 Tbsp olive oil

1 yellow onion, chopped

1 tsp ground cumin

½ tsp ground coriander

Pinch of red pepper flakes

1 cup (7 oz/220 g) split red lentils, picked over and rinsed

1 carrot, peeled and finely chopped

1 tomato, peeled (page 172), seeded, and chopped

4 cups (32 fl oz/1 l) vegetable broth

Salt and freshly ground pepper

Juice of ½ lemon, plus 1 lemon cut into 4 wedges

Fried Shallots (page 28)

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and sauté until soft, about 5 minutes. Add the cumin, coriander, and red pepper flakes and cook, stirring, until the spices are fragrant, about 30 seconds.

Add the lentils, carrot, tomato, and broth. Season with 1 tsp salt and a few grinds of pepper. Bring to a boil, reduce the heat to medium, cover, and simmer until the lentils fall apart and the carrots are soft, about 40 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add the lemon juice, and warm through over medium heat, stirring occasionally.

Serve, garnished with the fried shallots and accompanied with the lemon wedges.



22 NOVEMBER

NOVEMBER

23



23

NOVEMBER

The best part about this recipe is that it uses almost the entire pumpkin, and the seeds from the pumpkin are roasted to use for the garnish. Pack leftover toasted pumpkin seeds in your child's lunchbox for a fun treat.

PUMPKIN SOUP WITH SPICY PUMPKIN SEEDS

serves 6

1 small pumpkin (about 3 lb/1.5 kg), such as Sugar Pie, peeled, seeded, and chopped

2 Tbsp olive oil

Salt and freshly ground pepper

3 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

1 tsp ground cumin

½ tsp ground coriander

4 cups (32 fl oz/1 l) chicken broth

FOR THE SPICY PUMPKIN SEEDS

½ cup (2 oz/60 g) pumpkin seeds, cleaned

1 tsp canola oil

Salt

¼ tsp cayenne pepper

¼ tsp ground cumin

Pinch of ground cinnamon

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Toss the pumpkin with the oil, season with salt and pepper, and spread on the prepared baking sheet. Roast the pumpkin until soft and caramelized, 30–35 minutes.

In a large, heavy pot, warm the butter over medium-high heat. Add the onion and garlic and sauté until translucent, about 5 minutes. Add the cumin and coriander and cook for 1 minute. Add the broth and pumpkin and bring to a boil. Reduce the heat to low and simmer for 25 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and season with salt and pepper.

To make the spicy pumpkin seeds, lower the oven temperature to 350°F (180°C) and line a baking sheet with parchment paper. In a bowl, toss the seeds with the oil. In another bowl, combine 1 tsp salt, the cayenne, cumin, and cinnamon. Add the pumpkin seeds to the spice mixture and stir to coat. Spread the seeds in a single layer on the prepared baking sheet and bake, stirring once, until golden brown, 10–12 minutes. Serve the soup garnished with the pumpkin seeds.

24

NOVEMBER

Sunchokes are a very curious-looking vegetable that are usually available from the end of October through March. It takes some time to peel them, but they produce a very mellow and delicious flavor similar to that of artichokes.

CREAM OF SUNCHOKE SOUP WITH PORCINI MUSHROOMS

serves 4

4 Tbsp (2 oz/60 g) unsalted butter

2 Tbsp olive oil

2 leeks, white and pale green parts, chopped

2 lb (1 kg) sunchokes (Jerusalem artichokes), peeled and thinly sliced

3 cups (24 fl oz/750 ml) vegetable broth

2 Tbsp heavy cream

Salt and ground white pepper

2 oz (60 g) porcini mushrooms, thinly sliced

1 Tbsp finely chopped chives

In a large saucepan, melt 2 Tbsp of the butter with the oil over medium-high heat. Add the leeks and sauté until soft, about 4 minutes. Add the sunchokes and sauté for 4 minutes. Add the broth and bring to a boil. Reduce the heat to low and simmer for 25 minutes, until the sunchokes are very tender. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan and stir in the cream. Bring to a gentle boil. Turn off the heat and season with salt and pepper.

In a small frying pan, melt the remaining 2 Tbsp butter over medium-high heat. Add the porcini and season with salt and pepper. Sauté until soft and golden, about 4 minutes.

Serve, topped with the porcini and chives.

25

NOVEMBER

TURKEY & JASMINE RICE SOUP WITH LEMONGRASS

serves 6–8

Lemongrass is citrusy and lightly herbal in taste, with a crisp, refreshing aroma. The fragrant herb shines new light on a familiar turkey soup that also receives a flavor boost from ginger, garlic, hot chiles, and jasmine rice.

1-inch (2.5-cm) piece fresh ginger

3 serrano chiles

2 tsp canola oil

1 yellow onion, finely chopped

3 cloves garlic, minced

4 lemongrass stalks, center white part only, smashed and minced

3 carrots, peeled and thinly sliced

8 cups (64 fl oz/2 l) chicken or turkey broth

1 cup (8 fl oz/250 ml) dry white wine

¾ cup (5 oz/155 g) jasmine rice or other long-grain white rice

Leftover shredded cooked turkey meat

Salt and freshly ground pepper

Peel the ginger, cut it into 4 equal slices, and crush each piece with the flat side of a chef's knife. Seed and mince 2 of the serrano chiles; cut the remaining chile crosswise into very thin rings and set aside.

In a large, heavy pot, warm the oil over medium heat. Add the onion and sauté until softened, about 5 minutes. Stir in the garlic, minced chiles, and lemongrass and cook until fragrant, about 45 seconds. Raise the heat to high, add the ginger, carrots, broth, and wine and bring to a boil. Stir in the rice, turkey, 2 tsp salt, and pepper to taste, reduce the heat to low, and simmer until the rice is tender, about 15 minutes. Remove and discard the ginger pieces.

Season the soup with salt and pepper and serve, garnished with the reserved chile slices.

26

NOVEMBER

GARLICKY GREENS, ROAST PORK & WHITE BEAN SOUP

serves 4–6

The next time you roast a pork tenderloin for dinner, roast two and then you'll be halfway to this soup for another night. Serve with warmed crusty bread and a glass of Pinot Noir.

1 small pork tenderloin (about ¾ lb/375 g)

4 Tbsp (2 fl oz/60 ml) olive oil

7 cloves garlic, minced

Salt and freshly ground pepper

½ yellow onion, chopped

1 bunch kale, ribs removed, leaves chopped

3 cups (24 fl oz/750 ml) chicken broth

4 plum tomatoes, seeded and chopped

1 can (15 oz/470 g) cannellini or other white beans, drained

Preheat the oven to 400°F (200°C). Place the pork tenderloin on a baking sheet and drizzle with 2 Tbsp of the oil. Rub about 2 cloves worth of the minced garlic over the meat and season with salt and pepper. Roast in the oven until the pork is cooked through and a thermometer inserted into the thickest part registers 140°–150°F (60°–65°C), about 25 minutes. Transfer to a cutting board, let rest for at least 10 minutes, then cut into small cubes.

In a large, heavy pot, warm the remaining 2 Tbsp oil over medium-high heat. Add the remaining garlic and the onion and sauté until translucent, about 5 minutes. Add the kale and sauté for 4 minutes. Add the broth, tomatoes, beans, and pork and stir to combine. Simmer over low heat for 10 minutes to blend the flavors. Season with salt and pepper and serve.

27

NOVEMBER

CARROT SOUP WITH BACON & CHESTNUT CREAM

serves 8–10

For convenience, look for vacuum-packed steamed peeled chestnuts. The hard outer shells and bitter inner skins have already been peeled away, saving you from a labor of love. Avoid chestnuts packed in water in cans—they have poor texture and lack flavor.

4 slices bacon

¼ cup (2 oz/60 g) unsalted butter

1 yellow onion, chopped

1 leek, white and pale green parts, chopped

2 lb (1 kg) carrots, peeled and thinly sliced

1 russet potato, peeled and diced

6–8 cups (48–64 fl oz/1.5–2 l) chicken broth

FOR THE CHESTNUT CREAM

½ cup (2 oz/60 g) purchased steamed peeled chestnuts

¼ cup (2 fl oz/60 ml) chicken broth

⅓ cup (3 oz/90 g) crème fraîche or sour cream

Pinch of grated nutmeg

Salt and freshly ground pepper

2 Tbsp minced chives

In a large, heavy pot, fry the bacon over medium heat, turning once, until crisp, 6 minutes. Transfer to paper towels to drain. When cool, crumble the bacon and set aside.

Pour off the bacon fat from the pot, return the pan to medium heat, and add the butter. When the butter has melted, add the onion and leek and sauté until golden, about 10 minutes. Add the carrots, potato, and 6 cups (48 fl oz/1.5 l) of the broth and bring to a boil over high heat. Reduce the heat to low, cover partially, and simmer until all the vegetables are tender, about 45 minutes.

Meanwhile, make the chestnut cream. In a small saucepan, combine the chestnuts and broth over low heat. Bring to a simmer, cover, and cook until the chestnuts are tender, about 15 minutes. Remove from the heat and let cool slightly. Transfer to a blender, add the crème fraîche and nutmeg, and purée. Transfer to a small bowl and set aside.

Remove the vegetables from the heat and let cool slightly. Working in batches, purée in a blender. Return to the pot. If the soup is too thick, add broth as needed to thin to the desired consistency. Season with salt and pepper. Reheat the soup to serving temperature over low heat. Serve, topped with a swirl of the chestnut cream and the chives and bacon.

28

NOVEMBER

SPICED BROTH WITH ROASTED ACORN SQUASH & KALE

serves 4–6

Lining a baking sheet with parchment paper will ensure that roasted vegetables keep their flavorful caramelized outer layer and that they don't end up stuck to the sheet. Plus, it makes cleanup a whole lot easier!

1 acorn squash, peeled, seeded, and cubed

3 Tbsp olive oil

Salt and freshly ground pepper

¼ lb (125 g) thick-cut bacon, cut into ½-inch (12-mm) pieces

1 white onion, finely diced

2 cloves garlic, minced

1 tsp allspice

½ tsp grated nutmeg

¼ tsp ground cinnamon

1 bunch kale, ribs removed, and leaves cut crosswise into ½-inch (12-mm) strips

6 cups (48 fl oz/1.5 l) chicken broth

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Toss the squash with 2 Tbsp of the oil, season with salt and pepper, and spread on the prepared baking sheet. Roast the squash until tender but not mushy, about 20 minutes.

In a large, heavy pot, cook the bacon over medium-high heat until crispy, about 10 minutes. Transfer the bacon to paper towels to drain. Add the remaining 1 Tbsp oil to the bacon fat in the pot. Add the onion, garlic, allspice, nutmeg, and cinnamon and cook, stirring frequently, until the onion is soft, 5–7 minutes. Add the kale and squash, stir to coat, and cook for 3 minutes. Add the broth, bring to a simmer, and cook for 10 minutes to blend the flavors. Stir in the bacon, season with salt and pepper, and serve.

29

NOVEMBER

Shells are the secret behind many a great seafood soup. For this bisque, you cook the shrimp, peel them, and then sauté the shells alone before returning them to the simmering stock. This concentrates the rich flavors.

SHRIMP BISQUE

serves 8

5 thyme sprigs

5 flat-leaf parsley sprigs

1 small yellow onion, quartered

1 small carrot, peeled and quartered

8 peppercorns

2 bay leaves

1½ lb (750 g) shrimp in the shell, preferably with the heads on

⅓ cup (3 fl oz/80 ml) olive oil

1 bottle (24 fl oz/750 ml) dry white wine

Salt and freshly ground pepper

4 cups (32 fl oz/1 l) heavy cream

In a large, heavy pot, combine 6 cups (48 fl oz/1.5 l) water, the thyme, parsley, onion, carrot, peppercorns, and bay leaves. Bring to a boil over medium-high heat. Add the shrimp and cook just until opaque, 1–2 minutes. Using a slotted spoon, transfer the shrimp to a colander and rinse under cold running water. Reduce the heat to low so the broth simmers.

Cover and refrigerate 8 shrimp in the shell. Peel the remaining shrimp, reserving the heads and shells. Chop the shrimp, cover, and refrigerate.

In a frying pan, warm the oil over medium-high heat. When hot, add the shrimp heads and shells and sauté until fragrant and beginning to brown, 5–8 minutes. Reduce the heat to medium and sauté for 15 minutes. Add the shells to the broth and cook until reduced to 2 cups (16 fl oz/500 ml), about 45 minutes. Using the slotted spoon, remove the herbs, vegetables, and shells and heads and discard. Add the wine, raise the heat to high, and bring to a boil. Reduce the heat to low and simmer, uncovered, until reduced to 3 cups (24 fl oz/750 ml), 30–40 minutes. Season with 1 tsp salt.

Add the cream, raise the heat to medium-high, and heat, stirring, until small bubbles form along the edge of the pan. Reduce the heat to medium and simmer, stirring frequently, until reduced to about 4 cups (32 fl oz/1 l) and the soup is thick and creamy, about 20 minutes. Taste and adjust the seasoning with salt. Strain the soup through a fine-mesh sieve. Pour into a clean pot and heat over medium heat, stirring, until small bubbles form along the edge of the pan. Remove from the heat and cover.

To serve, divide the chopped shrimp among bowls. Ladle the soup on top, float a reserved unpeeled shrimp in the center of each bowl, sprinkle with pepper, and serve.

30

NOVEMBER

A noodle soup is the perfect way to finish off the last bits of meat from a turkey roast. If you just can't take one more day of the bird, stick this in your freezer and save it for another time.

TURKEY-NOODLE SOUP WITH SPINACH

serves 8–10

2 Tbsp olive oil

1 yellow onion, chopped

3 cloves garlic, minced

3 carrots, peeled and finely diced

4 celery ribs, finely diced

1½ Tbsp minced thyme

8 cups (64 fl oz/2 l) chicken broth

½ lb (250 g) wide egg noodles

2½ cups (15 oz/470 g) shredded cooked turkey meat

2 cups (2 oz/60 g) packed spinach leaves

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, carrots, celery, and thyme and sauté until the carrots begin to soften, about 8 minutes. Add the broth and bring to a boil. Add the egg noodles and cook until al dente, about 5 minutes. Add the turkey and spinach and stir to combine. Simmer the soup for 5 minutes to blend the flavors. Season to taste with salt and pepper and serve.



1 TOMATO SOUP WITH SMOKED PAPRIKA & BACON *page 274*	2 CREAM OF ONION SOUP *page 274*	3 SPLIT PEA SOUP *page 276*	4 CHESTNUT SOUP *page 276*
8 ROASTED SHALLOT & CRAB BISQUE *page 279*	9 WEEKNIGHT HUNGARIAN BEEF STEW *page 280*	10 TURKEY STEW WITH FIGS & MADEIRA *page 280*	11 SWEET POTATO SOUP WITH CHEDDAR & CAVIAR CROUTONS *page 281*
15 SHORT RIB STEW WITH PAPRIKA SOUR CREAM *page 285*	16 RUTABAGA & CARROT SOUP *page 285*	17 CLASSIC BEEF & RED WINE STEW *page 286*	18 TURKEY MULLIGATAWNY *page 286*
22 CRAB RANGOONS IN CHILE-LIME BROTH *page 288*	23 BROCCOLI SOUP WITH PARMESAN-LEMON FRICO *page 291*	24 ROOT VEGETABLE CHILI WITH ORANGE & CILANTRO *page 291*	25 LOBSTER BISQUE *page 292*
29 ESCAROLE & WHITE BEAN SOUP WITH ROSEMARY *page 293*	30 RICE SOUP WITH PORK DUMPLINGS *page 294*	31 CHILLED BEET & CUCUMBER SOUP *page 294*	

5 JERUSALEM ARTICHOKE SOUP WITH HAZELNUT-ORANGE BUTTER *page 277*	**6** POTATO–CELERY ROOT SOUP *page 277*	**7** ORZO, DELICATA SQUASH & CHICKEN SOUP WITH SAGE *page 279*
12 ITALIAN-STYLE CLAM SOUP WITH PASTA *page 281*	**13** CHICKEN & HOMINY SOUP WITH ANCHO CHILES *page 282*	**14** OYSTER STEW WITH ROSEMARY *page 282*
19 SHIITAKE BROTH WITH BUTTER-POACHED LOBSTER & CHIVES *page 287*	**20** NORTH AFRICAN CHICKPEA SOUP *page 287*	**21** WEDDING SOUP *page 288*
26 LINGUIÇA & POTATO STEW WITH TWO PAPRIKAS *page 292*	**27** GINGER CHICKEN SOUP *page 293*	**28** CURRIED CREAM OF CELERY SOUP *page 293*

december

With the winter holidays in full swing, soups become festive party fare that can often be made ahead. Luxurious ingredients such as oysters and lobster star in creamy, special-occasion bisques. Dress up bowls to suit the season with citrusy butters, fried herbs, or decadent caviar. Between parties, nourish and rebuild yourself with lean vegetable chilis, protein-packed chickpea stews, and clean-tasting broths.

1

DECEMBER

Classic tomato soup gets a punch with smoked paprika and crumbled bacon. Serve with savory panini, such as provolone and arugula or Cheddar and sage.

TOMATO SOUP WITH SMOKED PAPRIKA & BACON

serves 4–6

4 slices thick-cut bacon

1 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

2 cans (28 oz/875 g each) crushed tomatoes

3 Tbsp heavy cream

1¼ tsp smoked paprika

Salt and freshly ground pepper

In a large, heavy saucepan, fry the bacon over medium heat, turning once, until crispy, 8–10 minutes. Transfer to paper towels. Let cool, then crumble.

Add the butter to the pan and melt over medium heat. Add the onion and garlic and sauté until very soft, about 5 minutes. Add the tomatoes and bring to a boil. Reduce the heat to low and simmer for 20 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan and add the cream, paprika, and ½ tsp salt. Return just to a boil, turn off the heat, taste, and adjust the seasoning.

Serve, topped with the crumbled bacon and a generous grinding of pepper.

2

DECEMBER

Onions, the aromatic base of so many silky cream soups, are allowed to shine on their own in this preparation. Favorite varieties such as Walla Walla, Maui, or Vidalia (named after the places they are grown) deliver a natural sweetness. This soup complements a savory roast.

CREAM OF ONION SOUP

serves 4

5 Tbsp (2½ oz/75 g) unsalted butter

1½ lb (750 g) sweet onions, such as Vidalia or Walla Walla, thinly sliced

2 cups (16 fl oz/500 ml) milk, plus more if needed

2 cups (16 fl oz/500 ml) chicken or vegetable broth

3 Tbsp all-purpose flour

Salt and freshly ground pepper

½ cup (4 fl oz/125 ml) heavy cream

½ cup (4 fl oz/125 ml) dry sherry

In a large frying pan, melt 2 Tbsp of the butter over medium heat. Add the onions, reduce the heat to low, cover, and sauté until softened, about 5 minutes. Uncover and continue sautéing until golden, 10–12 minutes. Let cool slightly, then finely chop the onions in a food processor.

Pour the 2 cups (16 fl oz/500 ml) milk and the broth into separate small saucepans and place over low heat. Heat both just until small bubbles form around the edge of the pan, then remove from the heat.

In a large, heavy pot, melt the remaining 3 Tbsp butter over medium-low heat. When the foam begins to subside, sprinkle in the flour and whisk until smooth, about 2 minutes. Gradually add the hot milk while whisking and cook, stirring often, until the mixture bubbles vigorously and has thickened, about 3 minutes. Gradually add the hot broth, whisking, and bring to a low boil. Cook until pale beige and opaque, about 3 minutes. Let cool slightly.

Add the chopped onions to the pot and season with salt and pepper. Reduce the heat to a bare simmer, cover, and cook for 10 minutes, stirring occasionally. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor. Return to the pot and stir in the cream. Place over low heat and reheat gently, stirring constantly. If the soup seems too thick, thin it with a little milk to the desired consistency. Taste and adjust the seasoning. Stir in the sherry, heat through, and serve.



3

DECEMBER

You can substitute the fresh marjoram and thyme with dried in this recipe; just use half as much. Always use fresh parsley in recipes; it is easy to find and tastes infinitely better than dried parsley.

SPLIT PEA SOUP

serves 4

1 Tbsp olive oil

1 yellow onion, finely diced

1 celery rib, thinly sliced

2 small carrots, peeled and thinly sliced

1 cup (7 oz/220 g) dried green or yellow split peas, picked over and rinsed

4 cups (32 fl oz/1 l) chicken or vegetable broth

6 slices bacon

2 Tbsp finely chopped flat-leaf parsley

½ tsp finely chopped marjoram

½ tsp finely chopped thyme

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium heat. Add the onion and sauté until softened, 3–5 minutes. Add the celery and carrots and sauté just until slightly softened, 3 minutes.

Add the split peas, broth, 2 slices of the bacon, parsley, marjoram, and thyme. Reduce the heat to medium-low and bring to a simmer. Cover partially and cook until the peas are tender, 50–60 minutes. Remove from the heat, discard the bacon, and let cool slightly.

Meanwhile, in a frying pan, fry the remaining 4 slices bacon over medium heat, turning once, until crisp, 8–10 minutes. Transfer to paper towels to drain. Let cool, then crumble.

Coarsely purée 2 cups (16 fl oz/500 ml) of the soup in a food processor and return to the pot. Season with salt and pepper to taste, return the soup to medium heat, and simmer for 5 minutes. Taste and adjust the seasoning.

Serve, garnished with the crumbled bacon.

4

DECEMBER

When making this soup, look for vacuum-packed steamed peeled chestnuts, which will save you the trouble of peeling. Choose a food processor in this instance, rather than a blender, as it will most smoothly purée the nuts.

CHESTNUT SOUP

serves 4–6

3 Tbsp unsalted butter

1 yellow onion, diced

1 celery rib, diced

3½ cups (28 fl oz/875 ml) chicken broth

2 cups (16 oz/500 g) purchased steamed peeled chestnuts

Salt and freshly ground pepper

1 cup (8 fl oz/250 ml) half-and-half

2 Tbsp brandy

Fried Shallots (page 28)

In a large saucepan, melt the butter over medium heat. Add the onion and celery and sauté until softened, about 10 minutes. Add the broth, chestnuts, ½ tsp salt, and ¼ tsp pepper. Bring to a boil, reduce the heat to low, cover, and simmer until the chestnuts break up easily when pressed against the side of the pan, about 30 minutes.

Working in batches, purée the soup in a food processor. Pour through a medium-mesh sieve, pushing on the solids with the back of a spoon to extract as much liquid as possible. Discard the solids.

Return the soup to the saucepan and stir in the half-and-half and brandy. Simmer until heated through. Taste and adjust the seasoning and serve, garnished with the fried shallots.

5

DECEMBER

To make the hazelnut-orange butter, finely chop ¼ cup (1¼ oz/37 g) toasted and skinned hazelnuts. Mix with 2 Tbsp softened butter and 1 tsp orange zest and season to taste with salt and pepper. Roll into 6 teaspoon-sized balls and refrigerate until ready to serve.

JERUSALEM ARTICHOKE SOUP WITH HAZELNUT-ORANGE BUTTER

serves 6

3 Tbsp unsalted butter

3 celery ribs with leaves, diced

3 large yellow onions, diced

2½ tsp ground coriander

3 lb (1.5 kg) Jerusalem artichokes, unpeeled, cut into 1-inch (2.5-cm) pieces

2 large strips orange zest

9 cups (2¼ qt/2.25 l) chicken broth

3 Tbsp fresh orange juice

Salt and freshly ground pepper

Hazelnut-Orange Butter (left)

In a large, heavy pot, melt the butter over medium heat. Add the celery and onions and sauté until the vegetables are soft, about 10 minutes. Add the coriander and sauté for about 1 minute. Add the Jerusalem artichokes, orange zest, and broth and bring to a boil over high heat. Reduce the heat to medium-low and simmer, uncovered, until the Jerusalem artichokes are soft, about 30 minutes.

Remove the Jerusalem artichokes from the broth and let cool slightly. Remove the orange zest and discard. Working in batches, purée the soup in a blender. Strain the purée through a fine-mesh sieve into a clean saucepan. Add the orange juice and mix well. Season with salt and pepper.

Reheat the soup to serving temperature over medium heat. Serve, placing a piece of the flavored butter in the center of each helping.

6

DECEMBER

Nutty celery root enlivens familiar potatoes for this comforting and satisfying cold-weather soup. Because celery root quickly turns brown after cutting, immerse it in water mixed with lemon juice to keep the purée a lovely ivory color.

POTATO–CELERY ROOT SOUP

serves 4–6

1½ lb (750 g) celery root

Juice of ½ lemon

3 Tbsp unsalted butter

6 cups (18 oz/560 g) thinly sliced leeks, white and pale green parts

1 large yellow onion, sliced

4 cups (32 fl oz/1 l) chicken broth, plus more as needed

Salt

1 lb (500 g) russet potatoes, peeled and diced

1 tsp dried tarragon

Chopped chives for garnish

Trim and peel the celery root and cut into ¼-inch (6-mm) cubes. Put the cubes into a bowl filled with water and the lemon juice.

In a large, heavy pot, melt the butter over medium-low heat. Add the leeks and onion and sauté until tender, about 15 minutes. Drain the celery root. Add the celery root, broth, and 1 tsp salt to the pot and bring to a boil. Reduce the heat to low, cover, and simmer for 10 minutes. Add the potatoes, cover, and simmer until the potatoes and celery root are tender, about 15 minutes. Remove from the heat and let cool slightly.

Purée 3 cups (24 fl oz/750 ml) of the soup in a blender. Return to the pot and add the tarragon. Reheat gently, then adjust the consistency with up to 1 cup (8 fl oz/250 ml) more broth. Taste and adjust the seasoning. Serve, garnished with the chives.

DECEMBER

7



7

DECEMBER

You can save time making this colorful and plentiful soup by using leftover rotisserie or roasted chicken. You can also substitute a different type of squash, or sweet potatoes. Make it meatless by omitting the chicken, substituting vegetable broth, and serving with shaved Parmesan.

ORZO, DELICATA SQUASH & CHICKEN SOUP WITH SAGE

serves 4–6

4 delicata squash (2¾ lb/4 kg total), peeled, seeded, and cubed

3 Tbsp olive oil

Salt and freshly ground pepper

2 small skinless, boneless chicken breast halves (about ¾ lb/375 g total)

1 cup (7 oz/220 g) orzo

3 Tbsp unsalted butter

1 small yellow onion, chopped

3 cloves garlic, minced

5 sage leaves, torn into pieces

4 cups (32 fl oz/1 l) chicken broth

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Toss the squash with 2 Tbsp of the oil, season with salt and pepper, and spread on the prepared baking sheet. Place the chicken on another baking sheet, brush with the remaining 1 Tbsp oil, and season with salt and pepper. Place the squash on the top rack in the oven and the chicken on the lower rack. Roast until the chicken is cooked through and a thermometer inserted into the thickest part reaches 160°F (71°C), about 20 minutes. Remove the chicken from the oven and continue to roast the squash until it is tender and caramelized, about 10 minutes longer. When the chicken is cool enough to handle, shred it into bite-sized pieces.

Put 6 cups (48 fl oz/1.5 l) water in a saucepan over medium-high heat and bring to a boil. Add ½ tsp salt and the orzo and cook for 7 minutes. Drain the pasta and set aside.

In a large, heavy pot over medium-high heat, melt the butter. Add the onion, garlic, and sage and sauté until soft, about 5 minutes. Add the broth and bring to a boil. Add the orzo, shredded chicken, and squash and reduce the heat to low. Simmer for 15 minutes, then season to taste with salt and pepper and serve.

8

DECEMBER

Mild-flavored shallots, sweetened with roasting, and shredded king crab meat star in this special seafood bisque worth adding to your holiday repertoire. Dry sherry, the iconic wine of Spain, provides an elegant underpinning for the briny-sweet flavors.

ROASTED SHALLOT & CRAB BISQUE

serves 6–8

1 lb (500 g) shallots, peeled

2 Tbsp olive oil

¾ cup (4 oz/125 g) canned diced tomatoes

Pinch of cayenne pepper

⅓ cup (2½ oz/75 g) white rice

4 cups (32 fl oz/1 l) crab, shellfish, or fish broth

½ cup (4 fl oz/125 ml) dry white wine

Shredded crabmeat from 1 lb (500 g) cooked king crab legs

⅓ cup (3 fl oz/80 ml) dry sherry

1 cup (8 fl oz/250 ml) half-and-half

1 Tbsp fresh lemon juice

Salt and ground white pepper

¼ cup (½ oz/15 g) minced chives

Preheat the oven to 400°F (200°C). In a bowl, toss the shallots with 1 Tbsp of the oil. Spread in a single layer on a rimmed baking sheet and roast in the oven for 20 minutes. Stir the shallots and continue roasting until browned and tender, about 20 minutes more.

In a large saucepan, warm the remaining 1 Tbsp oil over medium heat. Add two-thirds of the roasted shallots, the tomatoes with their juices, cayenne, and rice and stir to mix well. Add the crab broth and wine, raise the heat to high, and bring to a boil. Reduce the heat to low, cover, and simmer until the rice is completely tender, about 30 minutes. Remove from the heat and let cool slightly. Meanwhile, finely chop the remaining roasted shallots and set aside.

Working in batches, purée the soup in a blender. Pour into a clean pot. Add the chopped roasted shallots, crabmeat, sherry, half-and-half, lemon juice, 2¼ tsp salt, and pepper to taste. Place over medium-low heat and cook gently, stirring occasionally, until heated through, about 10 minutes. Taste and adjust the seasoning and serve, garnished with the chives.

9

DECEMBER

WEEKNIGHT HUNGARIAN BEEF STEW

serves 4–6

2 Tbsp olive oil

2 lb (1 kg) boneless beef chuck, trimmed and cut into 1½-inch (4-cm) pieces

2 large yellow onions, chopped

Salt and freshly ground pepper

3 large cloves garlic, minced

1½ Tbsp sweet smoked paprika

2 Tbsp tomato paste

4 cups (32 fl oz/1 l) beef broth

1 lb (500 g) boiling potatoes, quartered

1 red bell pepper, seeded and cut into ½-inch (12-mm) strips

2 carrots, peeled and cut into 1-inch (2.5-cm) chunks

Hungary's iconic paprika dish gets a weeknight remix, proof that stew can be a hassle-free dinner option. A mere twenty minutes of active work plus some simmering time, and you have a tempting, saucy beef preparation to dish up for family or friends. Buttered egg noodles are a must.

In a large, heavy pot, warm the oil over high heat. Add the beef and onions, season with salt and pepper, and cook, stirring frequently, until the beef is browned and the onions begin to caramelize, about 10 minutes. Stir in the garlic, paprika, and tomato paste. Add the broth, bring to a boil, reduce the heat to low, cover, and braise until the meat is nearly fork-tender, about 1 hour.

Add the potatoes, bell pepper, and carrots and continue to braise, covered, until the vegetables are tender, 25–30 minutes. Taste and adjust the seasoning. Serve.

10

DECEMBER

TURKEY STEW WITH FIGS & MADEIRA

serves 8

2 Tbsp canola oil

1 whole bone-in turkey breast, 3½–4 lb (1.5–2 kg)

¼ cup (2 oz/60 g) unsalted butter

2 large yellow onions, cut in half lengthwise and then crosswise into slices ½ inch (12 mm) thick

4 large carrots, peeled and cut into slices ½ inch (12 mm) thick

1 sweet potato, peeled and cut into ½-inch (12-mm) dice

1½ cups (8 oz/250 g) dried Calimyrna figs, stemmed and cut in half

3 cups (24 fl oz/750 ml) chicken broth

1 cup (8 fl oz/250 ml) Madeira wine

Salt and freshly ground pepper

A boned, rolled turkey breast used in place of the bone-in breast simplifies the preparation. Serve with a soft bread, like challah, and a baby spinach salad dressed with mustard vinaigrette.

In a large, heavy pot, warm the oil over medium-high heat. Add the turkey breast and brown on both sides, turning once, about 8 minutes.

Turn the turkey breastbone up and add the butter. When the butter melts, add the onions, carrots, sweet potato, and figs, stir to coat evenly with the butter, and cook until the vegetables begin to soften, about 8 minutes. Add the chicken broth and Madeira and bring to a simmer. Reduce the heat to medium-low, cover, and simmer gently for 2 hours.

Turn the turkey breast over, remove the bones, and continue to simmer gently, uncovered, until the turkey is tender and cooked through and the vegetables are soft, about 30 minutes.

Transfer the turkey breast to a cutting board and cut it across the grain into slices ½ inch (12 mm) thick. Cut the slices into bite-sized pieces, return to the pot, and stir to mix in with the vegetables. Heat to serving temperature, season with salt and pepper, and serve.

11

DECEMBER

SWEET POTATO SOUP WITH CHEDDAR & CAVIAR CROUTONS

serves 8

This silky sweet potato purée boasts unusual flavors and a striking presentation when topped with slices of baguette and bubbling oven-browned cheese. A final dollop of inky black caviar elevates it to the realm of swanky starters, fit for a special occasion.

8 baguette slices, ¼ inch (6 mm) thick

2 Tbsp olive oil

2 large sweet potatoes (1½–2 lb/750 g–1 kg total)

4 cups (32 fl oz/1 l) chicken broth, plus 2–4 cups (16 –32 fl oz/250 ml–1 l) more as needed

Salt and ground white pepper

¼ lb (125 g) white Cheddar cheese, shredded

2 oz (60 g) black caviar

Preheat the oven to 350°F (180°C).

Arrange the baguette slices in a single layer on a baking sheet and brush with 1½ Tbsp of the oil. Toast in the oven until lightly golden, about 15 minutes. Turn and toast until lightly golden on the second side, about 8 minutes. Set aside.

Rub the sweet potatoes with the remaining ½ Tbsp olive oil and place on a baking sheet. Bake until the skin is wrinkled and the flesh is easily pierced with a fork, 1–1½ hours. Remove from the oven. When the potatoes are cool enough to handle, cut in half lengthwise and scoop the flesh into a large, heavy pot. Add 4 cups of the broth and whisk until smooth, adding more broth as needed to achieve a creamy but soupy consistency. Place over medium-high heat and bring to just below a boil, stirring often. Add ½ tsp pepper and salt to taste. Reduce the heat to low and simmer while you finish making the croutons.

Preheat the broiler. Sprinkle the toasted baguette slices with the cheese and arrange on a baking sheet. Broil just until the cheese melts, about 3 minutes.

To serve, ladle the soup into bowls. Spoon a dollop of caviar on top of each crouton and float a crouton in each bowl of soup.

12

DECEMBER

ITALIAN-STYLE CLAM SOUP WITH PASTA

serves 6

A light seafood supper can be a welcome break from richer holiday fare at this time of year. Serve with slices of toasted bread rubbed with cut garlic cloves and spread with aioli.

Salt and freshly ground black pepper

¼ lb (125 g) small pasta shells

1 Tbsp extra-virgin olive oil

3 cups (24 fl oz/750 ml) fish broth

1 cup (8 fl oz/250 ml) dry white wine

2 cups (12 oz/375 g) canned diced tomatoes

4 cloves garlic, minced

6 flat-leaf parsley sprigs, tied together, plus 3 Tbsp finely chopped flat-leaf parsley

½ tsp chopped thyme

2 bay leaves

Cayenne pepper

4 lb (2 kg) clams, scrubbed

In a large pot, bring 3 quarts (3 l) water to a boil over high heat. Add 2 tsp salt and the pasta and cook until al dente, 12–15 minutes or according to package directions. Drain the pasta and toss it immediately with the olive oil. Set aside.

In a large pot, combine the broth, wine, 2 cups (16 fl oz/500 ml) water, the tomatoes with their juices, garlic, parsley sprigs, thyme, bay leaves, and cayenne to taste and bring to a boil over high heat. Reduce the heat to medium-low and simmer, covered, for 15 minutes. Remove and discard the parsley and bay leaves.

Add the clams to the pot, discarding any that do not close to the touch, and simmer, covered, shaking the pot occasionally, until the clams open, 3–5 minutes. Using a slotted spoon, remove the clams, discarding any unopened ones, and let them cool slightly. Remove the clams from the shells and discard the shells.

Return the clams to the pot. Add the pasta and chopped parsley and season with salt and pepper. Simmer until the pasta is heated through, about 1 minute, and serve.

13

DECEMBER

Ancho chiles have very little heat, but they are rich with flavor—raisin, leather, tobacco, and even cocoa characterize their amazing complexity. Anchos give this hearty posole-inspired soup lusciousness and depth. Mild-tasting hominy balances the robust flavors, and cilantro and lime are sprightly finishing touches.

CHICKEN & HOMINY SOUP WITH ANCHO CHILES

serves 6–8

4 large ancho chiles, stemmed and seeded, flesh torn into pieces

1⅔ cups (13 fl oz/395 ml) boiling water

3 lb (1.5 kg) bone-in, skin-on chicken thighs

Salt and freshly ground pepper

2 tsp canola oil, or as needed

2 yellow onions, finely chopped

4 cloves garlic, minced

1 Tbsp ground cumin

1 Tbsp minced oregano

6 cups (48 fl oz/1.5 l) chicken broth

1 can (14½ oz/455 g) diced tomatoes

2 cans (29 oz/910 g each) hominy, drained

¼ cup (¼ oz/7 g) cilantro leaves

1 lime, cut into wedges

In a heatproof bowl, soak the chiles in the boiling water until softened, about 25 minutes. Transfer the chiles and their soaking liquid to a blender and purée. Strain though a fine-mesh sieve, pressing on the solids to extract as much liquid as possible. Discard the solids. Set the purée aside.

Season the chicken generously with salt and pepper. In a large, heavy pot, warm the oil over medium-high heat. In batches, place the chicken, skin side down, in the pot and cook until golden brown, about 5 minutes. Turn and cook until golden brown on the second side, about 5 minutes. Transfer to a large plate. Repeat to brown the remaining chicken, adding more oil to the pot if needed. When the chicken is cool enough to handle, remove the skin.

Pour off all but 1 Tbsp of fat from the pot and place over medium heat. Add about three-fourths of the chopped onions and sauté until softened, about 5 minutes. Stir in the garlic, cumin, and oregano and cook until fragrant, about 1 minute. Raise the heat to high, add the broth, bring to a simmer, and stir to scrape up any browned bits on the bottom of the pot. Add the chicken and any accumulated juices, the tomatoes with their juices, and 1½ tsp salt and bring to a boil. Reduce the heat to low, cover partially, and simmer until the chicken is tender, about 40 minutes.

Transfer the chicken to a bowl. When cool enough to handle, shred the meat and discard the bones. Stir the shredded chicken, hominy, and chile purée into the pot. Simmer for about 15 minutes to blend the flavors. Season with salt and pepper, then stir in the cilantro. Serve, garnished with the remaining chopped onion and lime wedges.

14

DECEMBER

A traditional holiday food, oysters are at their best during the winter months in most climates. If you live in an area where oysters are plentiful, you can shuck your own or buy freshy shucked; you will need about 36 oysters in the shell. If not, or if you are short on time, use those sold in glass jars at fish and butcher shops.

OYSTER STEW WITH ROSEMARY

serves 8–10

1 Tbsp unsalted butter

1 Tbsp canola oil

1 small yellow onion, finely chopped

2 celery ribs, finely chopped

¼ cup (2 fl oz/60 ml) dry white wine or vermouth

6 cups (48 fl oz/1.5 l) chicken broth

Salt and ground white pepper

1 cup (8 fl oz/250 ml) half-and-half or cream

3 pints (3 lb/1.5 kg) shucked oysters with their liquor

1 Tbsp minced rosemary, plus more for garnish

In a large, heavy pot, melt the butter with the oil over medium heat. Add the onion and celery and sauté until the onion is translucent, about 3 minutes. Add the wine and cook, stirring occasionally, for 3–4 minutes. Add the broth and season with salt and pepper to taste. Reduce the heat to low, cover, and simmer for 5 minutes.

Stir the half-and-half into the broth mixture and simmer, uncovered, for 5 minutes. Add the oysters and their liquor and simmer, uncovered, until the oysters have plumped up and their edges are curled, about 3 minutes. Stir in the 1 Tbsp rosemary. Season with salt and pepper and serve, garnished with the remaining rosemary.



14

DECEMBER

DECEMBER

15



15

DECEMBER

Short ribs braise slowly in the oven and come out caramelized and tender. This savory stew uses the shredded meat and the braising liquid. This is a great way to use leftover short rib meat (and if you don't have any leftover braising liquid, you can use beef broth).

SHORT RIB STEW WITH PAPRIKA SOUR CREAM

serves 4

3 lb (1.5 kg) short ribs, halved

Salt and freshly ground pepper

2 Tbsp olive oil

1 yellow onion, chopped

6 cloves garlic, minced

2 celery ribs, chopped

1 carrot, peeled and chopped

3 cups (24 fl oz/750 ml) dry red wine

2 bay leaves

4½ cups (36 fl oz/1.1 l) beef broth

1 can (15 oz/470 g) cannellini or other white beans, drained

1 can (14½ oz/455 g) diced tomatoes

¼ cup (⅓ oz/10 g) chopped flat-leaf parsley

FOR THE PAPRIKA SOUR CREAM

⅔ cup (5½ oz/170 g) sour cream

1 tsp fresh lemon juice

½ tsp smoked paprika

Salt

Season the short ribs with salt and pepper and refrigerate for at least 6 hours. Remove from the refrigerator, bring to room temperature, and season again with salt and pepper.

Preheat the oven to 350°F (180°C). In a large sauté pan, warm the oil over high heat until very hot. Sear the short ribs until they are browned on all sides, 6–8 minutes, then transfer to a large, heavy ovenproof pot.

Reduce the heat under the sauté pan to medium, add the onion, garlic, celery, and carrot, and sauté for 5 minutes. Add the wine and bay leaves, raise the heat to high, and boil until the liquid has been reduced by half, 10–12 minutes. Add the broth and bring to a boil. Pour the contents of the sauté pan into the pot. Cover tightly, transfer to the oven, and cook for 2½ hours.

Remove the short ribs from the pot and, when they are cool enough to handle, remove the meat from the bones and shred into bite-sized pieces. Strain the braising liquid and reserve 1¼ cups (10 fl oz/310 ml); discard the vegetables left in the strainer. ↣

Put the shredded meat and the reserved braising liquid back into the pot and set over medium heat. Stir in the beans and the tomatoes with their juices and bring to a boil over medium-high heat. Stir in the parsley and season with salt and pepper.

To make the paprika sour cream, in a bowl, stir together the sour cream, lemon juice, paprika, and ¼ tsp salt. Serve the stew, topped with a generous dollop of the paprika sour cream.

16

DECEMBER

Rutabagas, also known as Swedes or yellow turnips, are often ignored because people just don't know what to do with them. They are sweet and very flavorful when roasted. Paired with carrots and allspice, they simmer into a delicious soup.

RUTABAGA & CARROT SOUP

serves 4–6

2 rutabagas (21 oz/655 g total), peeled and chopped

4 carrots, peeled and chopped

1 Tbsp olive oil

Salt and freshly ground pepper

2 Tbsp unsalted butter

1 yellow onion, chopped

2 cloves garlic, minced

½ tsp allspice

5 cups (40 fl oz/1.25 l) vegetable broth, plus more as needed

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. Toss the rutabagas and carrots with the oil and season with salt and pepper. Spread the vegetables on the prepared baking sheet and roast in the oven until tender, 20–25 minutes.

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes. Add the allspice, stir, and cook for 2 minutes. Add the broth and bring to a boil. Add the roasted rutabagas and carrots, reduce the heat to low, and simmer for 15 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, add more broth if needed to achieve the desired consistency, season to taste with salt, and serve.

17

DECEMBER

This recipe is quintessential French bistro fare. The term "daube" typically refers to a rich, savory stew of beef in red wine. Accompany the stew with celery root purée or coarse country bread and a salad, with a platter of cheeses to follow.

CLASSIC BEEF & RED WINE STEW

serves 6

3 lb (1.5 kg) boneless beef chuck, trimmed and cut into 2-inch (5-cm) pieces

3 Tbsp brandy

2 whole cloves

2 yellow onions, coarsely chopped

½ carrot, peeled and sliced

1 celery rib, sliced

8 cloves garlic, coarsely chopped

1 bay leaf

4–5 sage leaves, coarsely chopped

2 Tbsp chopped flat-leaf parsley

1–2 tsp thyme leaves

Salt and freshly ground pepper

2 large strips orange zest

1 bottle (750 ml) dry red wine

2 Tbsp (1 oz/30 g) dried porcini mushrooms

3 slices (2½ oz/75 g) pancetta or salt pork, diced

4 cups (32 fl oz/1 l) beef broth

3 Tbsp tomato juice

In a large nonaluminum bowl, combine the beef, brandy, cloves, onions, carrot, celery, garlic, bay leaf, sage, parsley, thyme, ¼ tsp ground pepper, the orange zest, wine, and dried porcini. Cover and refrigerate overnight or for up to 2 days.

Bring the beef and vegetables to room temperature. Using a slotted spoon, transfer them to a platter and pat the meat dry with paper towels. Reserve the remaining marinade.

Preheat the oven to 325°F (165°C). In a large, heavy ovenproof pot, fry the pancetta over medium heat until it renders its fat, 3–5 minutes. Using a slotted spoon, transfer to paper towels to drain, reserving the fat in the pot. Working in batches, add the meat and vegetables and brown them on all sides, seasoning with salt and pepper as they brown, about 7 minutes for each batch. Transfer to a platter. Add the marinade to the pot, raise the heat to high, and bring to a boil. Reduce the heat to medium and simmer, skimming off any foam on the surface, ↣ until the liquid is reduced by one-third, about 8 minutes. Add the broth and simmer until reduced by one-third, about 8 minutes.

Reduce the heat to low and return the meat, vegetables, and bacon to the pot. Cover and cook in the oven until the meat is tender, 2½–3 hours.

Using a slotted spoon, transfer the meat and vegetables to a plate. Spoon off any fat from the cooking liquid. Set the pot over high heat and cook, stirring, until the liquid is reduced by about half and is richly flavored, about 10 minutes. Return the meat and vegetables to the pot and stir in the tomato juice. Season with salt and pepper and serve.

18

DECEMBER

Leftover turkey can be put to good use in this Anglo-Indian soup. Curry powder is responsible for the vibrant yellow color. Lentils may replace the rice, but will require longer simmering.

TURKEY MULLIGATAWNY

serves 4

3 Tbsp unsalted butter

½ boneless, skinless turkey breast (about 1½ lb/750 g), cubed

1 yellow onion, finely chopped

3 celery ribs, finely chopped

2 carrots, peeled and finely chopped

1 clove garlic, minced

1 Tbsp Madras curry powder

4 cups (32 fl oz/1 l) chicken broth

½ cup (3½ oz/105 g) long-grain white rice

1 cup (8 oz/250 g) plain yogurt

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium heat. Add the turkey and sauté until lightly browned, about 7 minutes. Transfer to a plate. Add the onion, celery, carrots, and garlic to the pot and sauté until the onion is translucent, about 5 minutes. Stir in the curry powder and cook, stirring, for 2 minutes to blend the flavors.

Add the broth and turkey to the vegetables and bring to a simmer over high heat. Reduce the heat to medium, add the rice, and cook, uncovered, until the rice is tender and the turkey is cooked through, 15–20 minutes. Stir in the yogurt and simmer for 10 minutes to blend the flavors. Season with salt and pepper and serve.

19

DECEMBER

This is a very relaxed recipe when it comes to the ingredient list. It is absolutely fine to use frozen and thawed lobster tails. Be sure to keep the meat in the shells during poaching. This will ensure that they keep their shape, making for a better presentation when you slice them.

SHIITAKE BROTH WITH BUTTER-POACHED LOBSTER & CHIVES

serves 6

1 oz (30 g) dried shiitake mushrooms

2 Tbsp olive oil

1 small yellow onion, chopped

2 cloves garlic, minced

½ lb (250 g) fresh white mushrooms, diced

¼ cup (2 fl oz/60 ml) dry white wine

¼ cup (2 fl oz/60 ml) soy sauce

2 thyme sprigs

1 cup (8 oz/250 g) unsalted butter

2 lobster tails, in their shells

1 Tbsp chopped chives

Put the shiitakes in a small bowl, cover with very hot water, and soak for at least 30 minutes. Drain, reserving the soaking liquid. Remove the stems from the mushrooms and thinly slice. Strain the soaking liquid through a coffee filter and reserve ¾ cup (6 fl oz/180 ml).

In a large, heavy pot, warm the oil over medium-high heat. Add the onion, garlic, and white mushrooms and sauté for 5 minutes. Add the wine, soy sauce, thyme, the reserved mushroom soaking liquid, and 2 cups (16 fl oz/500 ml) water and bring to a boil. Reduce the heat to low and simmer for 1 hour. Strain the liquid, discarding the solids, and return the broth to the saucepan. Add the sliced shiitakes and keep warm over low heat.

To poach the lobster, in a very small saucepan, melt the butter slowly over medium-low heat, skimming off any foam that rises to the top. Add the lobster tails and poach, turning the tails once and frequently spooning the butter over the exposed parts, until they are cooked all the way through, 5–7 minutes. Transfer the lobster tails to a cutting board, remove the meat from the shells, and cut into ½-inch (12-mm) slices.

To serve, ladle the broth and mushrooms into shallow bowls. Place the lobster slices in the center of each bowl, garnish with the chives, and serve.

20

DECEMBER

This easy stew comes together with a few fresh veggies, convenient canned chickpeas, and seasonings that are probably already lurking in your spice cabinet. The result is a wholesome vegetarian meal, a nice change of pace from what can otherwise be an overly indulgent time of year.

NORTH AFRICAN CHICKPEA SOUP

serves 4

2 Tbsp olive oil, plus more for drizzling

1 carrot, peeled and finely chopped

¼ yellow onion, finely chopped

1 tomato, finely chopped

1 small red bell pepper, seeded and finely chopped

Salt and freshly ground black pepper

½ tsp ground cumin

¼ tsp ground turmeric

½ tsp cayenne pepper

2 cans (14½ oz/455 g each) chickpeas, drained

2 small zucchini, trimmed and chopped

5 cups (40 fl oz/1.25 l) chicken broth

In a large, heavy pot, warm the 2 Tbsp oil over medium heat. Add the carrot and onion and sauté until slightly softened, about 3 minutes. Add the tomato, bell pepper, 1 tsp salt, cumin, turmeric, and cayenne. Sauté until fragrant, about 1 minute.

Add the chickpeas, zucchini, and broth. Raise the heat to medium-high and bring to a boil. Reduce the heat to medium-low and simmer, uncovered, until the zucchini is tender and the flavors are blended, about 15 minutes. Season to taste with salt and black pepper and serve, drizzled with oil.

21

DECEMBER

WEDDING SOUP

serves 6

3 qt (3 l) chicken broth

1 lb (500 g) dinosaur kale, escarole, or other sturdy greens, stems and ribs removed, leaves cut into bite-sized pieces

3 large carrots, peeled and chopped

1 celery rib, chopped

FOR THE MEATBALLS

1 lb (500 g) ground pork

2 eggs, lightly beaten

½ cup (2½ oz/75 g) minced yellow onion

½ cup (2 oz/60 g) fine dried bread crumbs

½ cup (2 oz/60 g) grated pecorino romano cheese

Salt and freshly ground pepper

3 Tbsp olive oil

Grated pecorino romano for garnish

Good enough to serve at any celebratory meal, this Italian soup traditionally included different cuts of pork and a large variety of vegetables, which were slowly simmered together until the ingredients were pronounced "married." Here is an updated and streamlined version.

In a large, heavy pot, bring the broth to a boil over high heat. Add the kale, carrots, and celery, reduce the heat to low, and simmer until the vegetables are tender, about 30 minutes.

Meanwhile, to make the meatballs, combine the pork, eggs, onion, bread crumbs, pecorino, 1 tsp salt, and several grindings of pepper in a large bowl and mix well. For each meatball, scoop up 1 teaspoon of the pork mixture, form into a meatball, and place on a plate.

In a large frying pan, warm the oil over medium-high heat. In batches, gently add the meatballs and brown on all sides, about 5 minutes per batch. Using a slotted spoon, carefully add them to the soup and simmer gently over low heat until the meatballs are cooked through, about 10 minutes. Season with salt and pepper and serve, garnished with pecorino.

22

DECEMBER

CRAB RANGOONS IN CHILE-LIME BROTH

serves 4–6

2 cups (16 fl oz/500 ml) vegetable broth

1 Tbsp soy sauce

4 kaffir lime leaves, torn

½ tsp seeded and chopped red chile

FOR THE CRAB RANGOONS

¼ lb (125 g) fresh lump crabmeat, picked over for shell fragments

2 Tbsp cream cheese, at room temperature

1 tsp canola oil

1 tsp chopped chives, plus 1 Tbsp finely chopped chives

Salt and freshly ground pepper

24 wonton wrappers

Rangoons are usually deep-fried Asian dumplings. These are not fried but simmered in broth and served as a soup. This soup is best eaten right away, as the rangoons tend to fall apart when reheated. Be careful not to overspice your broth; you can always add more chile and let it simmer longer.

Combine the broth, 2 cups (16 fl oz/500 ml) water, the soy sauce, lime leaves, and chopped chile in a large, heavy pot and put over medium-high heat. Bring to a boil, then reduce the heat to low and simmer for 5 minutes. Strain the broth, discard the solids, and return the broth to the pot. Set aside off the heat or keep warm over low heat.

To prepare the crab rangoons, in a small bowl, combine the crabmeat, cream cheese, oil, 1 tsp chives, ½ tsp salt, and ¼ tsp pepper. Place 1 tsp of the crab mixture in the middle of a wonton wrapper. Using your fingers, apply a small amount of water on all edges of the wrapper. Fold the wrapper diagonally, forcing out any air bubbles as you press to seal. Take the 2 points on the longest side of the triangle and fold so that the tips meet. Apply a small amount of water on one of the tips and press firmly to stick together. Repeat to use the remaining wrappers and filling.

Return the broth to a boil, reduce to a simmer, and carefully add the crab rangoons. Cook for 3 minutes to warm through, then serve, garnished with the finely chopped chives.



22 DECEMBER

DECEMBER

23



23

DECEMBER

This recipe uses all of the broccoli: the florets (where most of the nutrition is) and the stems (filled with fiber). Make extra frico and store in an airtight container for up to 5 days. The frico makes a delicious appetizer on its own.

BROCCOLI SOUP WITH PARMESAN-LEMON FRICO

serves 4–6

2 Tbsp olive oil

1 small yellow onion, chopped

3 cloves garlic, minced

1 large bunch broccoli, cut into small florets, stems peeled and coarsely chopped

3 cups (24 fl oz/750 ml) chicken broth

½ cup (4 fl oz/125 ml) heavy cream

Salt and freshly ground pepper

FOR THE PARMESAN-LEMON FRICO

½ cup (2 oz/60 g) grated Parmesan cheese

2 tsp grated lemon zest

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until very soft, about 5 minutes. Add the broccoli, stir, and cook for about 2 minutes. Add 2 cups (16 fl oz/500 ml) of the broth, cover, and cook for 6 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender or food processor with the remaining 1 cup (8 fl oz/250 ml) broth. Return to the pot and stir in the cream. Return the soup to a gentle boil and cook for 2 minutes. Season with salt and pepper. Keep warm over low heat.

To make the Parmesan-lemon frico, preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper. In a small bowl, stir together the Parmesan and lemon zest. Transfer a heaping teaspoonful of the cheese mixture onto the prepared baking sheet and use your fingers to flatten the mound. Repeat with the remaining cheese mixture, placing the mounds 1 inch (2.5 cm) apart. Bake the frico until golden brown, 3–5 minutes. Let cool on the baking sheet, then carefully lift using a spatula.

Ladle the soup into bowls, top each with 2 frico, and serve.

24

DECEMBER

This is a fantastic version of the often ho-hum vegetarian chili. Orange zest adds a clean citrus zing. Serve with cheesy quesadillas and a green salad.

ROOT VEGETABLE CHILI WITH ORANGE & CILANTRO

serves 4

2 Tbsp olive oil

1 yellow onion, chopped

2 cloves garlic, minced

2 tsp ground cumin

1 tsp ground coriander

1 tsp chili powder

1 sweet potato (¾ lb/375 g), peeled and diced

2 parsnips (½ lb/250 g total), peeled and diced

1½ cups (12 fl oz/375 ml) vegetable broth

1 can (14½ oz/455 g) diced tomatoes

1 can (15 oz/470 g) pinto beans, drained

2 Tbsp fresh orange juice

½ tsp smoked paprika

2 Tbsp chopped cilantro

Salt and freshly ground pepper

In a large, heavy pot, warm the oil over medium-high heat. Add the onion and garlic and sauté until the onion is translucent, about 5 minutes. Add the cumin, coriander, and chili powder, stir, and cook for 2 minutes. Add the sweet potato and parsnips, stir, and cook for 4 minutes. Add the broth and bring to a boil. Reduce the heat to low and cook until the vegetables are soft, about 15 minutes. Add the tomatoes with their juices and pinto beans and continue to cook, stirring occasionally, for 10 minutes.

Stir in the orange juice and paprika. Turn off the heat, stir in the cilantro, season with salt and pepper, and serve.

25

DECEMBER

LOBSTER BISQUE

serves 4–6

The intense flavor of this rich soup derives from a combination of shellfish and beef broths. Indulge in good lobster meat, and you won't need many other ingredients to let it shine. This is a luxurious treat for the season.

2 Tbsp unsalted butter

¼ cup (1 oz/30 g) chopped shallots

½ cup (4 fl oz/125 ml) dry white wine

2 cups (16 fl oz/500 ml) shellfish broth

1 cup (8 fl oz/250 ml) beef broth

3 Tbsp long-grain white rice

1 Tbsp tomato paste

¾ lb (375 g) cooked lobster meat, picked over for shell fragments

1 cup (8 fl oz/250 ml) heavy cream

Salt

⅛ tsp cayenne pepper

In a large saucepan, melt the butter over medium-low heat. Add the shallots and sauté until softened, about 5 minutes. Raise the heat to medium, stir in the wine, and bring to a boil. Add the shellfish and beef broths, rice, and tomato paste and return to a boil. Reduce the heat to low, cover, and simmer until the rice is soft, 20–25 minutes. Add ½ lb (250 g) of the lobster meat to the saucepan, remove from the heat, and let cool slightly.

Working in batches, purée the soup in a blender. Return to the saucepan. Stir in the cream, ½ tsp salt, and the cayenne pepper and rewarm gently over medium-low heat. Serve, garnished with the reserved lobster meat.

26

DECEMBER

LINGUIÇA & POTATO STEW WITH TWO PAPRIKAS

serves 4–6

Linguiça is a spicy Portuguese sausage, which brings heat to this stew. Garnish with sour cream and serve with a cold lager.

½ lb (250 g) linguiça, cut into ¼-inch (6-mm) slices

2 Tbsp olive oil

1½ yellow onions, chopped

3 cloves garlic, minced

1 yellow bell pepper, seeded and diced

2 tsp smoked paprika

1 tsp sweet paprika

1 russet potato, peeled and diced

3 cups (24 fl oz/750 ml) chicken broth

1½ Tbsp tomato paste

1 Tbsp heavy cream

2 Tbsp chopped flat-leaf parsley

Salt

Warm a large, heavy pot over medium-high heat. Add the linguiça and brown on both sides, 5–7 minutes. Transfer to a bowl.

Warm the oil in the pot over medium-high heat. Add the onion, garlic, and bell pepper and sauté until the vegetables are softened, about 5 minutes. Add the smoked and sweet paprikas and cook for 1 minute. Add the potato, stir, and cook for 2 minutes. Add the broth and tomato paste and bring to a boil. Reduce the heat to low, add the linguiça, and simmer for about 30 minutes to blend the flavors. Stir in the cream and parsley, season with salt, and serve.

27

DECEMBER

The addition of snow peas, sesame oil, soy sauce, and ginger gives traditional chicken soup an Asian spin. With fresh veggies and precooked chicken, the recipe becomes dead simple—just add everything to the pot.

GINGER CHICKEN SOUP

serves 4–6

2 qt (2 l) chicken broth

2 cups (6 oz/185 g) thinly sliced cremini or stemmed shiitake mushrooms

½ cup (2½ oz/75 g) chopped snow peas

1 Tbsp peeled and minced fresh ginger

4 green onions, white and tender green parts, thinly sliced on the diagonal

2 Tbsp soy sauce

Salt and freshly ground pepper

1½ cups (9 oz/280 g) shredded cooked chicken

1 tsp Asian sesame oil

Pour the broth into a large, heavy pot and bring to a boil. Add the mushrooms, snow peas, ginger, green onions, soy sauce, 1 tsp salt, and the shredded chicken. Reduce the heat to low and simmer until heated through, about 5 minutes. Stir in the sesame oil and ⅛ tsp pepper. Taste and adjust the seasoning. Serve.

28

DECEMBER

When sautéed with butter and other aromatics, celery's slightly tangy flavor is accentuated. For an even more pronounced flavor, swap in celery root for the celery and increase the amount of broth to achieve the desired consistency.

CURRIED CREAM OF CELERY SOUP

serves 4–6

2 Tbsp unsalted butter

1 yellow onion, chopped

1½ lb (750 g) celery, coarsely chopped

1 Tbsp curry powder

3 cups (24 fl oz/750 ml) vegetable broth

¼ cup (2 fl oz/60 ml) heavy cream

Salt and freshly ground pepper

In a large, heavy pot, melt the butter over medium-high heat. Add the onion and celery and sauté until the celery is very soft, about 10 minutes. Add the curry powder, stir, and cook for 1 minute. Add the broth and bring to a boil. Reduce the heat to low and simmer for 30 minutes. Remove from the heat and let cool slightly.

Working in batches, purée the soup in a blender. Return to the pot, stir in the cream, and bring just to a boil. Turn off the heat, season with salt and pepper, and serve.

29

DECEMBER

Escarole is a type of endive, and it needs only to be wilted in this dish, where it adds a beautiful green color and a bit of texture. Use your best-quality olive oil to finish the soup.

ESCAROLE & WHITE BEAN SOUP WITH ROSEMARY

serves 8–10

2¼ cups (1 lb/500 g) dried white beans, picked over and rinsed

2 Tbsp extra-virgin olive oil, plus more for drizzling

2 yellow onions, chopped

3 cloves garlic, minced

4 cups (32 fl oz/1 l) chicken broth, plus more as needed

2 rosemary sprigs

½ head escarole, cut into 1-inch (2.5-cm) ribbons

Salt and freshly ground pepper

Place the dried beans in a bowl with cold water to cover and soak overnight. Drain.

In a large, heavy pot, warm the 2 Tbsp oil over medium-high heat. Add the onions and garlic and cook until translucent, 8–10 minutes. Add the white beans, the 4 cups broth, and the rosemary and bring to a boil. Reduce the heat to low, cover tightly, and simmer, adding more broth as needed to keep the beans covered, until the beans are very tender, 50–60 minutes. Remove from the heat, remove and discard the rosemary sprigs, and let cool slightly.

Purée half of the soup in a blender, return to the pot, and set over medium-low heat. Stir in the escarole until it is wilted. Add more broth if needed to achieve the desired consistency and season well with salt and pepper. Serve, drizzled with oil.

30

DECEMBER

RICE SOUP WITH PORK DUMPLINGS

serves 6

In many parts of the world, soup is a breakfast food, and such is the case for Thailand's traditional "khao tom moo," a rice soup inflected with tiny pork balls and garlic oil. It makes a wonderful, satisfying lunch or supper, too.

6 cups (48 fl oz/1.5 l) chicken broth

1 Tbsp preserved radish or turnip, or tamarind paste (optional)

2 Tbsp Asian fish sauce, or to taste

Ground white pepper

¼ lb (125 g) ground pork shoulder

1½ cups (7½ oz/235 g) cooked long-grain white rice, preferably jasmine

3 Tbsp coarsely chopped cilantro

3 Tbsp chopped green onion, white and pale green parts

¼ cup (2 fl oz/60 ml) garlic oil

In a large saucepan, combine the broth, preserved radish, if using, fish sauce, and ⅛ tsp pepper. Bring to a boil over high heat, then reduce to medium heat. Adjust the heat to maintain a gentle simmer.

To make each dumpling, use your fingers to break off about 1 tsp of the pork and roll it into a tiny ball. Drop the balls, a few at a time, into the simmering broth and cook for 1 minute. Add the rice and simmer until the rice is soft and the soup is slightly thickened, about 5 minutes.

Serve, garnished with the cilantro, green onion, and garlic oil.

31

DECEMBER

CHILLED BEET & CUCUMBER SOUP

serves 8

Eastern Europe has given rise to many versions of the peasant soup of beets known as borscht, commonly served with dark rye bread. This vegetarian version makes a cool, festive, and bright soup to cleanse the palate and ring in the new year. For a party, garnish with tangy yogurt, a few feathers of dill, and a dollop of caviar.

2 lb (1 kg) beets (about 8 beets), trimmed

1 yellow onion, quartered

8 cups (64 fl oz/2 l) chicken broth

1 Tbsp sugar

2 English cucumbers, peeled, seeded, and cut into thin strips, plus thinly sliced cucumber rounds for serving

2 Tbsp fresh lemon juice

2 Tbsp rice wine vinegar

Salt and freshly ground pepper

¼ cup (⅓ oz/10 g) finely chopped dill

1 cup (8 oz/250 g) nonfat plain yogurt or lowfat sour cream (optional)

In a large, heavy pot, combine the beets, onion, broth, 1 cup (8 fl oz/250 ml) water, and the sugar over medium-high heat. Cover and bring to a boil. Reduce the heat to low and simmer, covered, until the beets are tender, 45–60 minutes.

Using a slotted spoon, transfer the beets to a colander. Reserve the cooking liquid. Peel the beets under cold running water. Cut 3 of the beets in half. Cut the remaining beets into strips 1 inch (2.5 cm) long and ¼ inch (6 mm) wide. Cover and refrigerate the beet strips.

Strain the cooking liquid through a fine-mesh sieve into a large bowl. Remove and discard the onion. Purée the 6 beet halves and 1 cup (8 fl oz/250 ml) of the strained liquid in a food processor and add the purée to the remaining strained liquid in the bowl. Cover and refrigerate until well chilled, at least 4 hours or overnight.

Add the beet strips, cucumber strips, lemon juice, vinegar, ½ tsp salt, ¼ tsp pepper, and half of the dill to the chilled beet mixture. Stir to mix well.

Serve, garnished with the yogurt, if using, the cucumber slices, and the remaining dill.



31

DECEMBER

SOUPS BY INGREDIENT

A

Almonds
- Carrot & Coconut Purée with Curried Almonds, 96
- Chicken Stew with Olives & Almonds, 40
- Cold Almond Soup with Grapes, 133

Apples
- Apple, Leek & Butternut Squash Soup, 250
- Curried Leek & Apple Soup, 228
- Red Cabbage & Apple Soup, 258
- Roasted Parsnip & Apple Purée with Gruyère Toasts, 222
- Turnip, Apple & Potato Soup, 229

Artichokes
- Artichoke, Spring Pea & Mint Soup, 75
- Artichoke & Quinoa Soup with Green Garlic, 90
- Artichoke Soup with Camembert Crostini, 118
- Artichoke Soup with Morel Butter, 60
- Artichoke & Toasted Bread Soup with Sage, 245

Asparagus
- Asparagus-Chervil Purée with Lemon Mascarpone, 88
- Asparagus Soup with Poached Eggs & Crispy Prosciutto, 93
- Crab & Asparagus Egg Flower Soup, 123
- Cream of Asparagus Soup, 58
- Leek & Asparagus Vichyssoise, 113
- Lemony Asparagus & Rice Soup with Parmesan, 65
- Simple Asparagus Soup, 125

Avocados
- Avocado Soup with Lime Juice & Rum, 190
- Avocado Soup with Shrimp & Salsa, 150
- Cold Zucchini & Avocado Soup, 120
- Crab & Avocado Soup, 173

B

Barley
- Barley-Leek Soup with Mini Chicken Meatballs, 21
- Cranberry Bean & Barley Soup, 27
- Roasted Root Vegetable & Barley Stew, 37
- Savory Barley Soup with Wild Mushrooms & Thyme, 250
- Vegetable Barley Soup, 208

Beans. *See also* Black beans; Chickpeas; White beans
- Bean & Elbow Pasta Soup with Basil Pesto, 118
- Cranberry Bean & Barley Soup, 27
- Cranberry Bean & Pappardelle Soup, 63
- Egg-Lemon Soup with Fava Beans & Fried Garlic Chips, 124
- Fava Bean & Farfalle Soup, 95
- Fava Bean Soup, 89
- Fresh Green Bean Soup, 184
- Lima Bean, Pea & Zucchini Purée with Pesto, 135
- Minestrone with Pesto, 214
- Miso Soup with Tofu & Long Beans, 197
- Pinto Bean Soup with Toasted Jalapeños, 159
- Provençal Minestrone, 150
- Ramen Noodles with Edamame & Mushrooms, 148
- Red Bean & Andouille Soup, 112
- Romano Bean, Zucchini & Parmesan Soup, 198
- Root Vegetable Chili with Orange & Cilantro, 291
- Silken Lima Bean Soup with Ham Croûtes, 160
- Snap Pea & Succotash Soup with Parsley-Mint Pistou, 190
- Spicy Broccolini & Cranberry Bean Soup, 214
- Stone Soup, 46
- Three-Bean Soup with Linguiça, 76
- Vegetarian Chili, 13

Beef. *See also* Veal
- Baby Bok Choy & Beef Noodle Soup, 66
- Balsamic Beef Stew, 94
- Beef Borscht, 16
- Beef & Mushroom Soup with Farro, 69
- Beef Pho, 47
- Beef Stew with Orange Zest & Red Wine, 52
- Beef Stew with Turnips & Greens, 234
- Chili con Carne, 34
- Classic Beef & Red Wine Stew, 286
- Five-Spice Beef Stew, 12
- Gingery Beef Broth with Soba Noodles & Bok Choy, 22
- Goulash, 263
- Italian Beef Stew, 222
- Short Rib Stew with Paprika Sour Cream, 285
- Steak & Potato Soup with Fried Shallots, 28
- Weeknight Hungarian Beef Stew, 280

Beets
- Beef Borscht, 16
- Chilled Beet & Cucumber Soup, 294
- Golden Beet Soup with Dilled Goat Cheese, 130
- Roasted Beet Purée with Feta, 142

Black beans
- Black Bean Chili, 100
- Black Bean Soup with Meyer Lemon Crème Fraîche, 51
- Creamy Black Bean Purée with Cheese Straws, 244
- Cuban Black Bean Soup, 148

Black-eyed peas
- Black-Eyed Pea Soup with Herbs & Garlic, 46
- Black-Eyed Pea Stew, 77

Bread
- Artichoke & Toasted Bread Soup with Sage, 245
- Summer Panzanella Soup with Tiny Pasta, 171
- Tomato-Bread Soup with Basil Oil, 204

Broccoli
- Broccoli & Cheddar Soup, 23
- Broccoli-Leek Soup, 61
- Broccoli Soup with Parmesan-Lemon Frico, 291
- Cream of Broccoli Soup, 96

Broccolini
- Orecchiette, Sausage & Broccolini in Broth, 262
- Spicy Broccolini & Cranberry Bean Soup, 214
- White Bean, Broccolini & Bratwurst Soup, 238

C

Cabbage & bok choy
- Baby Bok Choy & Beef Noodle Soup, 66
- Kielbasa & Sauerkraut Soup, 102
- Napa Cabbage Soup with Pork & Bean Sprouts, 71
- Red Cabbage & Apple Soup, 258
- Savoy Cabbage, Fontina & Rye Bread Soup, 22

Carrots
- Carrot & Asian Pear Purée, 245
- Carrot & Coconut Purée with Curried Almonds, 96
- Carrot-Ginger Soup, 226
- Carrot Soup with Bacon & Chestnut Cream, 269
- Chilled Carrot Soup with Ginger & Orange Zest, 106
- Curried Carrot Purée, 117
- Kumquat-Carrot Purée with Toasted Fennel Seeds, 24
- Mushroom, Carrot & Leek Soup with Shaved Parmesan, 252
- Rutabaga & Carrot Soup, 285

Cauliflower
- Cauliflower & Roasted Garlic Purée, 12
- Cauliflower Soup with Cheddar & Blue Cheese, 233
- Cauliflower Soup with Chervil, 63
- Creamy Cauliflower Soup with Crispy Prosciutto, 45
- Curried Cauliflower & Chicken Stew, 257
- Roasted Cauliflower & Parmesan Soup, 231

Celery
- Celery, Leek & Oyster Bisque, 45
- Celery & Rice Soup with Parsley, 252
- Curried Cream of Celery Soup, 293

Celery root
- Celery Root Purée with Caramelized Apples, 255
- Chestnut–Celery Root Soup with Bacon & Sage Croutons, 253
- Potato–Celery Root Soup, 277

Chard
- Fennel Broth with Chard & Chorizo, 77
- Leek & Swiss Chard Soup, 232
- Wild Rice & Red Chard Soup with Andouille, 246
- Winter Greens & Shiitake Soup with Poached Eggs, 34

Cheese
- Broccoli & Cheddar Soup, 23
- Cauliflower Soup with Cheddar & Blue Cheese, 233
- Cheddar Cheese Soup with Ale, 257
- Cheddar & Hard Cider Soup with Fried Shallots, 226

Cheese & Arugula Ravioli Soup, 144
Parmesan Broth with Lemon, Chicken & Spinach, 66
Parmesan Straciatella with Kale, 48
Pumpkin-Gruyère Soup, 255
Cherries
Chilled Sour Cherry Soup with Tarragon, 120
Sour Cherry–Riesling Soup, 137
Chestnuts
Chestnut-Celery Root Soup with Bacon & Sage Croutons, 253
Chestnut Soup, 276
Chicken
Barley-Leek Soup with Mini Chicken Meatballs, 21
Burmese Chicken Curry Soup, 167
Chicken Chili with Piquillo Peppers, 15
Chicken & Chipotle Soup with Avocado & Lime, 72
Chicken Chowder, 228
Chicken & Farfalle Vegetable Soup, 215
Chicken & Hominy Soup with Ancho Chiles, 282
Chicken-Lemongrass Soup, 99
Chicken Soup with Gnocchi, Basil & Parmesan, 171
Chicken Stew with Buttermilk-Chive Dumplings, 42
Chicken Stew with Olives & Almonds, 40
Chicken-Tomatillo Soup with Chipotle Chiles, 256
Chicken & Wild Rice Soup with Ginger, 70
Chorizo & Chicken Stew with Avocado Crema, 219
Classic Chicken Noodle Soup, 16
Curried Cauliflower & Chicken Stew, 257
Fideo & Chicken Soup with Queso Fresco, 183
Five-Spice Chicken Noodle Soup, 112
Ginger Chicken Soup, 293
Israeli Couscous Soup with Curry, Chicken & Spinach, 119
Mexican Lime Soup with Chicken, 166
Mushroom Soup with Chicken, 213
Orzo, Delicata Squash & Chicken Soup with Sage, 279
Parmesan Broth with Lemon, Chicken & Spinach, 66
Poached Chicken Soup with Spinach, 180
Udon Noodle Soup with Chicken & Spinach, 88
Chickpeas
Chickpea, Porcini & Farro Soup, 39
Chickpea & Roasted Tomato Soup with Fried Rosemary, 78
Curried Chickpea Stew, 142
Indian-Spiced Chickpea Stew, 240
Moroccan-Spiced Vegetarian Chili, 108
North African Chickpea Soup, 287
Roman Chickpea Soup, 138
Chile peppers
Chicken & Hominy Soup with Ancho Chiles, 282
Creamy Poblano Chile Soup, 143
Garlicky Pork & Chile Soup, 185
Green Chile Stew, 210
Poblano Chile Soup with Corn & Mushrooms, 202
Roasted Chile & Corn Soup with Farmer's Cheese, 172
Spicy Poblano Soup with Tortilla Strips, 191
Clams
Cioppino, 18
Citrusy Seafood Soup, 23
Clams in Fennel Broth with Parsley Vinaigrette, 99
Italian-Style Clam Soup with Pasta, 281
Manhattan Clam Chowder, 95
Mediterranean Fish Stew, 156
New England Clam Chowder, 41
Saffron Fregola with Seafood, 231
Tomato-Fennel Broth with Clams, 263
Corn
Chilled Curried Corn Soup, 183
Chipotle Corn Purée with Bay Shrimp & Avocado Salsa, 168
Corn Soup with Chanterelles & Thyme, 243
Corn & Zucchini Soup with Crumbled Bacon, 161
Creamy Corn Soup with Bacon & Sage, 189
Lobster & Sweet Corn Chowder, 208
Poblano Chile Soup with Corn & Mushrooms, 202
Roasted Chile & Corn Soup with Farmer's Cheese, 172
Snap Pea & Succotash Soup with Parsley-Mint Pistou, 190
Spicy Corn Soup, 156
Sweet Corn Chowder with Bacon, 130
Sweet Potato–Corn Chowder with Avocado, 237
Three-Potato Chowder with Corn, Cilantro & Lime, 147
Tomato, Zucchini & Fresh Corn Soup, 192
Couscous
Israeli Couscous Soup with Curry, Chicken & Spinach, 119
Saffron Fregola with Seafood, 231
Crabmeat
Cioppino, 18
Crab & Asparagus Egg Flower Soup, 123
Crab & Avocado Soup, 173
Crab Rangoons in Chile-Lime Broth, 288
Lump Crab in Tomato-Rosemary Broth, 135
Roasted Shallot & Crab Bisque, 279
Spicy Seafood & Sausage Gumbo, 209
Sun-Dried Tomato Soup with Crab, 42
Cucumbers
Chilled Beet & Cucumber Soup, 294
Chilled Cucumber-Buttermilk Soup with Dilled Shrimp, 186
Chilled Cucumber-Yogurt Soup with Lemon & Mint, 154
Cucumber-Dill Soup, 132
Cucumber & Green Grape Gazpacho, 160
Gazpacho, 159

D, E

Dashi with Scallops, Watercress & Soba Noodles, 87
Duck, Seared, & Beet Greens Soup, 40
Eggplant
Charred Eggplant Soup with Cumin & Greek Yogurt, 189
Eggplant & Tofu Curry Soup, 220
Ratatouille Soup, 178
Roasted Eggplant Soup with Mint, 157
Roasted Summer Vegetable Soup with Pesto, 195
Eggs
Asparagus Soup with Poached Eggs & Crispy Prosciutto, 93
Egg-Lemon Soup with Fava Beans & Fried Garlic Chips, 124
Garlic-Sage Soup with Poached Eggs & Croutons, 204
Parmesan Straciatella with Kale, 48
Spinach & Vermicelli Soup with Fried Egg, 126
Escarole
Escarole & White Bean Soup with Rosemary, 293
Ham, Bean & Escarole Soup, 54

F, G

Farro
Beef & Mushroom Soup with Farro, 69
Chickpea, Porcini & Farro Soup, 39
Tuscan Farro Soup with White Beans, Tomatoes & Basil, 202
Fennel
Clams in Fennel Broth with Parsley Vinaigrette, 99
Cream of Fennel-Leek Purée with Toasted Almonds, 207
Fennel Broth with Chard & Chorizo, 77
Fennel-Celery Bisque, 28
Fennel Vichyssoise, 124
Tomato-Fennel Broth with Clams, 263
Fish. See *also* Shellfish
Bouillabaisse, 192
Bourride, 221
Brazilian Fish Stew, 147
Citrusy Seafood Soup, 23
Five-Spice Broth with Salmon & Onion Dumplings, 76
Mediterranean Fish Stew, 156
Miso with Black Cod & Green Onions, 162
Potato-Leek Purée with Smoked Salmon & Dill, 106
Smoked Trout Chowder, 30
Soba Noodles & Seared Salmon in Ginger–Green Onion Broth, 138
Garlic
Garlic-Sage Soup with Poached Eggs & Croutons, 204
Green Garlic and New Potato Soup, 58
Roasted Garlic & Shallot Velouté with Crispy Pancetta, 238

Grapes
Cold Almond Soup with Grapes, 133
Cucumber & Green Grape Gazpacho, 160

H, J, K

Ham
Creamy Mushroom Soup with Ham & Peas, 101
Ham, Bean & Escarole Soup, 54
White Bean & Ham Soup with Corn Bread Croutons, 261
Yellow Split Pea Soup with Ham, 52
Jerusalem artichokes
Cream of Sunchoke Soup with Porcini Mushrooms, 267
Jerusalem Artichoke Soup with Hazelnut-Orange Butter, 277
Kale
Garlicky Greens, Roast Pork & White Bean Soup, 268
Kale & Sweet Potato Soup with Lamb Sausage, 262
Kale & White Bean Soup, 17
Parmesan Straciatella with Kale, 48
Pastina & Kale Soup with Andouille, 213
Sausage & Kale Soup, 53
Spiced Broth with Roasted Acorn Squash & Kale, 269
Wedding Soup, 288
Kumquat-Carrot Purée with Toasted Fennel Seeds, 24

L

Lamb
Irish Lamb Stew, 70
Kale & Sweet Potato Soup with Lamb Sausage, 262
Lamb & Dried Apricot Stew, 82
Lamb & Lentil Soup with Cilantro & Parsley, 209
Moroccan Lamb Stew, 17
Lamb sausages
Kale & Sweet Potato Soup with Lamb Sausage, 262
Leeks
Broccoli-Leek Soup, 61
Chilled Potato & Leek Soup, 78
Curried Leek & Apple Soup, 228
Leek & Asparagus Vichyssoise, 113
Leek & Potato Soup with Blue Cheese, 29
Leek & Potato Soup with Fried Prosciutto, 215
Leek Soup with Pancetta & Bread Crumbs, 85
Leek & Swiss Chard Soup, 232
Lemongrass
Chicken-Lemongrass Soup, 99
Lemongrass Soup with Shrimp & Chile, 41
Lentils
Curried Yellow Lentil Soup, 234
Green Lentil Soup, 113
Lamb & Lentil Soup with Cilantro & Parsley, 209
Lemony Red Lentil Soup with Fried Shallots, 264
Lentil & Andouille Soup, 100
Lentil Soup with Pasta & Sage, 53
Lentil Soup with Sorrel, 197
Vegetable-Lentil Soup with Sherry, 30
Lobster
Cioppino, 18
Lobster Bisque, 292
Lobster & Sweet Corn Chowder, 208
Shiitake Broth with Butter-Poached Lobster & Chives, 287

M

Matzo Ball Soup, 87
Meat. *See* Beef; Lamb; Pork; Veal
Melon
Cool Honeydew-Mint Soup, 143
Iced Melon Soup with Champagne & Ginger, 191
Melon & Prosciutto Soup with Mascarpone Cheese, 149
Two Melon Soups, 168
Watermelon Gazpacho with Goat Cheese Croûtes, 178
Miso paste
Miso Soup, 245
Miso Soup with Shrimp & Pea Shoots, 69
Miso Soup with Tofu & Long Beans, 197
Miso with Black Cod & Green Onions, 162
Mushrooms
Beef & Mushroom Soup with Farro, 69
Corn Soup with Chanterelles & Thyme, 243
Cream of Sunchoke Soup with Porcini Mushrooms, 267
Creamy Mushroom Soup with Ham & Peas, 101
Mushroom, Carrot & Leek Soup with Shaved Parmesan, 252
Mushroom & Madeira Soup with Brie Cheese, 108
Mushroom-Quinoa Soup, 109
Mushroom Soup with Chicken, 213
Mushroom Soup with Thyme & Green Onions, 64
Ramen Noodles with Edamame & Mushrooms, 148
Savory Barley Soup with Wild Mushrooms & Thyme, 250
Shiitake Broth with Butter-Poached Lobster & Chives, 287
Shiitake Dumplings in Kaffir Lime Broth, 219
Shrimp, Mushroom & Sorrel Soup, 60
Three-Mushroom Purée with Sherry, 94
Winter Greens & Shiitake Soup with Poached Eggs, 34
Mussels
Bouillabaisse, 192
Cioppino, 18
Mediterranean Fish Stew, 156
Mussel Chowder, 165
Mussels in Saffron Broth, 196
Mussels in Tomato & Cream Broth, 21
Seafood Stew with Saffron, Serrano Ham & Almonds, 48
Spicy Coconut Curry Seafood Soup, 114
Mustard Greens & Wild Rice Soup with Gruyère, 258

N, O, P

Nectarine, Roasted, Soup with Mint, 173
Noodles
Baby Bok Choy & Beef Noodle Soup, 66
Beef Pho, 47
Burmese Chicken Curry Soup, 167
Classic Chicken Noodle Soup, 16
Dashi with Scallops, Watercress & Soba Noodles, 87
Fideo & Chicken Soup with Queso Fresco, 183
Five-Spice Chicken Noodle Soup, 112
Gingery Beef Broth with Soba Noodles & Bok Choy, 22
Noodle Soup with Lemongrass & Tofu, 173
Pork Pho, 198
Ramen Noodle Soup with Sugar Snap Peas, 114
Ramen Noodles with Edamame & Mushrooms, 148
Roast Pork & Udon Noodle Soup, 24
Shrimp & Spinach Noodle Soup, 90
Soba Noodle Soup, 157
Soba Noodles & Seared Salmon in Ginger–Green Onion Broth, 138
Spicy Coconut Broth with Udon Noodles & Shrimp, 137
Turkey-Noodle Soup with Spinach, 270
Udon Noodle Soup with Chicken & Spinach, 88
Onions
Caramelized Onion Soup with Gorgonzola Croutons, 84
Cream of Onion Soup, 274
French Onion Soup, 11
Sweet Onion Soup with Blue Cheese Toasts, 123
Three-Onion Soup with Cambozola Grilled Cheese, 65
Oysters
Celery, Leek & Oyster Bisque, 45
Oyster Stew with Rosemary, 282
Parsnips
Cream of Parsnip Soup, 243
Roasted Parsnip & Apple Purée with Gruyère Toasts, 222
Pasta. *See also* Couscous; Noodles
Angel Hair in Chicken Broth with Tomatoes & Basil, 197
Bean & Elbow Pasta Soup with Basil Pesto, 118
Cheese & Arugula Ravioli Soup, 144
Chicken & Farfalle Vegetable Soup, 215
Cranberry Bean & Pappardelle Soup, 63

Fava Bean & Farfalle Soup, 95
Italian-Style Clam Soup with Pasta, 281
Lentil Soup with Pasta & Sage, 53
Orecchiette, Sausage & Broccolini in Broth, 262
Orecchiette in Aromatic Broth, 36
Orzo, Delicata Squash & Chicken Soup with Sage, 279
Pasta & Bean Soup with Fontina, 37
Pasta in Broth with Chives, 71
Pastina & Kale Soup with Andouille, 213
Pea Shoot & Pasta Soup, 117
Penne & Squash Soup with Sage Croutons, 261
Roman Chickpea Soup, 138
Spinach & Vermicelli Soup with Fried Egg, 126
Summer Panzanella Soup with Tiny Pasta, 171
Tortellini & Escarole Soup, 27
Tortellini in Broth, 167
Vegetable Soup with Annellini, 136
Vegetable-Tortellini Soup, 101
Zucchini Soup with Pasta & Mint, 141
Peach & Riesling Soup, 185
Pears
Butternut Squash Soup with Pears & Rosemary, 229
Spanish-Style Pear, Pumpkin & Bean Soup, 36
Peas
Artichoke, Spring Pea & Mint Soup, 75
Creamy Pea Soup with Citrus Oil & Chives, 64
Pea & Arborio Rice Purée, 77
Pea & Mint Purée with Lemon, 111
Pea Shoot & Pasta Soup, 117
Ramen Noodle Soup with Sugar Snap Peas, 114
Snap Pea & Succotash Soup with Parsley-Mint Pistou, 190
Sweet Pea Dumplings in Gingery Green Onion Broth, 174
Venetian Rice & Pea Soup, 84
Peppers. *See also* Chile peppers
Acquacotta, 180
Chilled Red Pepper & Fennel Soup with Indian Spices, 172
Chilled Yellow Pepper Soup with Chives, 149
Gazpacho, 159
Roasted Red Pepper Purée with Spicy Corn Salsa, 141
Roasted Red Pepper Soup with Goat Cheese & Harissa, 162
Roasted Red Pepper & Tomato Soup, 221
Smoky Red Pepper Soup, 181
Yellow Gazpacho with Lemon-Basil Ricotta, 186
Pork. *See also* Ham; Pork sausages
Garlicky Greens, Roast Pork & White Bean Soup, 268
Garlicky Pork & Chile Soup, 185
Green Chile Stew, 210
Napa Cabbage Soup with Pork & Bean Sprouts, 71
Pork Pho, 198
Pork & Poblano Chili, 253
Pork & Roasted Tomatillo Stew, 244
Pork Stew with Prunes & Sweet Potatoes, 75
Posole, 13
Rice Soup with Pork Dumplings, 294
Roast Pork & Udon Noodle Soup, 24
Soba Noodle Soup, 157
Spicy Meatball Soup, 205
Wedding Soup, 288
Wonton Soup, 109
Pork sausages
Chorizo & Chicken Stew with Avocado Crema, 219
Fennel Broth with Chard & Chorizo, 77
Kielbasa & Sauerkraut Soup, 102
Lentil & Andouille Soup, 100
Linguiça & Potato Stew with Two Paprikas, 292
Orecchiette, Sausage & Broccolini in Broth, 262
Pastina & Kale Soup with Andouille, 213
Red Bean & Andouille Soup, 112
Sausage & Kale Soup, 53
Spicy Sausage & Broccoli Rabe Soup, 11
Spicy Seafood & Sausage Gumbo, 209
Three-Bean Soup with Linguiça, 76
White Bean, Broccolini & Bratwurst Soup, 238
Wild Rice & Red Chard Soup with Andouille, 246
Potatoes. *See also* Sweet potatoes
Chilled Potato & Leek Soup, 78
Green Garlic and New Potato Soup, 58
Irish Lamb Stew, 70
Leek & Potato Soup with Blue Cheese, 29
Leek & Potato Soup with Fried Prosciutto, 215
Potato–Celery Root Soup, 277
Potato-Leek Purée with Smoked Salmon & Dill, 106
Potato-Rosemary Soup, 256
Steak & Potato Soup with Fried Shallots, 28
Three-Potato Chowder with Corn, Cilantro & Lime, 147
Poultry. *See* Chicken; Duck; Turkey
Pumpkin
Pumpkin-Ginger Soup, 237
Pumpkin-Gruyère Soup, 255
Pumpkin Soup with Spicy Pumpkin Seeds, 267
Roasted Pumpkin Soup with Chinese Five Spice, 220
Spanish-Style Pear, Pumpkin & Bean Soup, 36

Q, R, S

Quinoa
Artichoke & Quinoa Soup with Green Garlic, 90
Mushroom-Quinoa Soup, 109
Quinoa in Lemon Broth with Greens & Parmesan, 136
Rice. *See also* Wild rice
Avgolemono, 15
Celery & Rice Soup with Parsley, 252
Lemony Asparagus & Rice Soup with Parmesan, 65
Pea & Arborio Rice Purée, 77
Rice Soup with Pork Dumplings, 294
Turkey & Jasmine Rice Soup with Lemongrass, 268
Venetian Rice & Pea Soup, 84
Rutabaga & Carrot Soup, 285
Salmon
Five-Spice Broth with Salmon & Onion Dumplings, 76
Potato-Leek Purée with Smoked Salmon & Dill, 106
Soba Noodles & Seared Salmon in Ginger–Green Onion Broth, 138
Sausages. *See* Lamb sausages; Pork sausages
Scallops
Cioppino, 18
Dashi with Scallops, Watercress & Soba Noodles, 87
Saffron Fregola with Seafood, 231
Scallops & Pancetta in Saffron Broth, 216
Shallots
Roasted Garlic & Shallot Velouté with Crispy Pancetta, 238
Roasted Shallot & Crab Bisque, 279
Shellfish. *See also* Clams; Crabmeat; Lobster; Mussels; Scallops; Shrimp
Calamari Stew, 161
Celery, Leek & Oyster Bisque, 45
Oyster Stew with Rosemary, 282
Spicy Coconut Curry Seafood Soup, 114
Shrimp
Avocado Soup with Shrimp & Salsa, 150
Cajun Shrimp Soup, 184
Chilled Cucumber-Buttermilk Soup with Dilled Shrimp, 186
Cioppino, 18
Gingery Broth with Prawns & Green Onions, 126
Lemongrass Soup with Shrimp & Chile, 41
Mediterranean Fish Stew, 156
Miso Soup with Shrimp & Pea Shoots, 69
Saffron Fregola with Seafood, 231
Seafood Stew with Saffron, Serrano Ham & Almonds, 48
Shrimp, Mushroom & Sorrel Soup, 60
Shrimp Bisque, 270
Shrimp & Spinach Noodle Soup, 90
Spicy Coconut Broth with Udon Noodles & Shrimp, 137
Spicy Coconut Curry Seafood Soup, 114
Spicy Seafood & Sausage Gumbo, 209
Thai Hot & Sour Soup, 93
Tomato Broth with Shrimp, Feta & Oregano, 54
Tom Yum with Shrimp, 166

Sorrel Purée with Torn Croutons, 85
Spinach
Cream of Spinach Soup, 239
Creamy Spinach-Leek Soup, 125
Parmesan Broth with Lemon, Chicken & Spinach, 66
Poached Chicken Soup with Spinach, 180
Spinach Soup with Sumac & Feta, 102
Spinach & Vermicelli Soup with Fried Egg, 126
Udon Noodle Soup with Chicken & Spinach, 88
Split peas
Split Pea Soup, 276
Yellow Split Pea Soup with Ham, 52
Squash. *See also* Pumpkin; Zucchini
Acorn Squash Soup with Toasted Walnut Butter, 232
Apple, Leek & Butternut Squash Soup, 250
Butternut Squash Soup with Pears & Rosemary, 229
Chilled Summer Squash Soup, 132
Moroccan-Spiced Vegetarian Chili, 108
Orzo, Delicata Squash & Chicken Soup with Sage, 279
Penne & Squash Soup with Sage Croutons, 261
Roasted Butternut Squash Soup, 205
Spiced Broth with Roasted Acorn Squash & Kale, 269
Squash Soup with Sage Brown Butter, 240
Thai Squash & Coconut Milk Soup, 51
Squid
Calamari Stew, 161
Spicy Coconut Curry Seafood Soup, 114
Strawberries
Spiced Berry Soup, 195
Strawberry-Lemon Soup, 125
Strawberry-Rhubarb Soup with Prosecco, 144
Sweet potatoes
Kale & Sweet Potato Soup with Lamb Sausage, 262
Peanut-Ginger Sweet Potato Soup, 246
Pork Stew with Prunes & Sweet Potatoes, 75
Steak & Potato Soup with Fried Shallots, 28
Sweet Potato–Chipotle Soup, 216
Sweet Potato–Corn Chowder with Avocado, 237
Sweet Potato Soup with Cheddar & Caviar Croutons, 281
Three-Potato Chowder with Corn, Cilantro & Lime, 147

T

Tofu
Eggplant & Tofu Curry Soup, 220
Miso Soup with Tofu & Long Beans, 197
Noodle Soup with Lemongrass & Tofu, 173
Tomatillos
Chicken-Tomatillo Soup with Chipotle Chiles, 256
Pork & Roasted Tomatillo Stew, 244
Tomatoes
Acquacotta, 180
Angel Hair in Chicken Broth with Tomatoes & Basil, 197
Chickpea & Roasted Tomato Soup with Fried Rosemary, 78
Chunky Heirloom Tomato & Basil Soup, 165
Cream of Tomato Soup, 18
Gazpacho, 159
Lump Crab in Tomato-Rosemary Broth, 135
Mussels in Tomato & Cream Broth, 21
Old-Fashioned Tomato & Rice Soup, 30
Roasted Red Pepper & Tomato Soup, 221
Roasted Tomato Soup with Citrus Crème Fraîche, 196
Roasted Tomato Soup with Serrano Ham & Burrata, 133
Summer Panzanella Soup with Tiny Pasta, 171
Sun-Dried Tomato Soup with Crab, 42
Tomato, Zucchini & Fresh Corn Soup, 192
Tomato Bisque, 264
Tomato-Bread Soup with Basil Oil, 204
Tomato Broth with Shrimp, Feta & Oregano, 54
Tomato-Fennel Broth with Clams, 263
Tomato Soup with Smoked Paprika & Bacon, 274
Tomato Soup with White Wine & Shallots, 181
Yellow Gazpacho with Lemon-Basil Ricotta, 186
Trout, Smoked, Chowder, 30
Turkey
Turkey & Jasmine Rice Soup with Lemongrass, 268
Turkey Meatball Soup with Arugula, 111
Turkey Mulligatawny, 286
Turkey-Noodle Soup with Spinach, 270
Turkey Soup with Chipotle & Lime, 29
Turkey Stew with Figs & Madeira, 280
Turkey & White Bean Chili, 210
Vietnamese Turkey Meatballs in Broth with Red Onion & Herbs, 174
Turnips
Beef Stew with Turnips & Greens, 234
Turnip, Apple & Potato Soup, 229

V

Veal Stew with Tarragon, 89
Vegetables. *See also* specific vegetables
Minestrone with Pesto, 214
Provençal Minestrone, 150
Ribollita, 207
Roasted Root Vegetable & Barley Stew, 37
Roasted Summer Vegetable Soup with Pesto, 195
Roasted Vegetable Stew with Couscous, 233
Root Vegetable Chili with Orange & Cilantro, 291
Spring Vegetable Soup, 82
Stone Soup, 46
Vegetable Barley Soup, 208
Vegetable-Lentil Soup with Sherry, 30
Vegetables in Coconut-Lime Broth, 239
Vegetable Soup with Annellini, 136
Vegetable-Tortellini Soup, 101

W

Watercress Soup, 119
White beans
Bean & Elbow Pasta Soup with Basil Pesto, 118
Chicken Chili with Piquillo Peppers, 15
Escarole & White Bean Soup with Rosemary, 293
Garlicky Greens, Roast Pork & White Bean Soup, 268
Ham, Bean & Escarole Soup, 54
Kale & White Bean Soup, 17
Pasta & Bean Soup with Fontina, 37
Ribollita, 207
Turkey & White Bean Chili, 210
Tuscan Farro Soup with White Beans, Tomatoes & Basil, 202
White Bean, Broccolini & Bratwurst Soup, 238
White Bean & Ham Soup with Corn Bread Croutons, 261
Wild rice
Chicken & Wild Rice Soup with Ginger, 70
Mustard Greens & Wild Rice Soup with Gruyère, 258
Wild Rice & Red Chard Soup with Andouille, 246
Wild Rice Soup with Bacon, 61
Wonton Soup, 109

Z

Zucchini
Cold Zucchini & Avocado Soup, 120
Corn & Zucchini Soup with Crumbled Bacon, 161
Lima Bean, Pea & Zucchini Purée with Pesto, 135
Romano Bean, Zucchini & Parmesan Soup, 198
Simple Zucchini Soup, 154
Tomato, Zucchini & Fresh Corn Soup, 192
Zucchini Soup with Pasta & Mint, 141

SOUPS BY TYPE

ASIAN-STYLE SOUPS

Baby Bok Choy & Beef Noodle Soup, 66
Beef Pho, 47
Burmese Chicken Curry Soup, 167
Chicken-Lemongrass Soup, 99
Chicken & Wild Rice Soup with Ginger, 70
Crab & Asparagus Egg Flower Soup, 123
Crab Rangoons in Chile-Lime Broth, 288
Dashi with Scallops, Watercress & Soba Noodles, 87
Eggplant & Tofu Curry Soup, 220
Five-Spice Broth with Salmon & Onion Dumplings, 76
Five-Spice Chicken Noodle Soup, 112
Ginger Chicken Soup, 293
Gingery Beef Broth with Soba Noodles & Bok Choy, 22
Gingery Broth with Prawns & Green Onions, 126
Lemongrass Soup with Shrimp & Chile, 41
Miso Soup, 245
Miso Soup with Shrimp & Pea Shoots, 69
Miso with Black Cod & Green Onions, 162
Napa Cabbage Soup with Pork & Bean Sprouts, 71
Noodle Soup with Lemongrass & Tofu, 173
Poached Chicken Soup with Spinach, 180
Pork Pho, 198
Ramen Noodle Soup with Sugar Snap Peas, 114
Ramen Noodles with Edamame & Mushrooms, 148
Rice Soup with Pork Dumplings, 294
Roasted Pumpkin Soup with Chinese Five Spice, 220
Roast Pork & Udon Noodle Soup, 24
Shiitake Dumplings in Kaffir Lime Broth, 219
Shrimp & Spinach Noodle Soup, 90
Soba Noodle Soup, 157
Soba Noodles & Seared Salmon in Ginger-Green Onion Broth, 138
Spicy Coconut Broth with Udon Noodles & Shrimp, 137
Spicy Coconut Curry Seafood Soup, 114
Sweet Pea Dumplings in Gingery Green Onion Broth, 174
Thai Hot & Sour Soup, 93
Thai Squash & Coconut Milk Soup, 51
Tom Yum with Shrimp, 166
Udon Noodle Soup with Chicken & Spinach, 88
Vietnamese Turkey Meatballs in Broth with Red Onion & Herbs, 174
Wonton Soup, 109

CHILI

Black Bean Chili, 100
Chicken Chili with Piquillo Peppers, 15
Chili con Carne, 34
Moroccan-Spiced Vegetarian Chili, 108
Pork & Poblano Chili, 253
Root Vegetable Chili with Orange & Cilantro, 291
Turkey & White Bean Chili, 210
Vegetarian Chili, 13

CHILLED SOUPS

Avocado Soup with Lime Juice & Rum, 190
Avocado Soup with Shrimp & Salsa, 150
Chilled Beet & Cucumber Soup, 294
Chilled Carrot Soup with Ginger & Orange Zest, 106
Chilled Cucumber-Buttermilk Soup with Dilled Shrimp, 186
Chilled Cucumber-Yogurt Soup with Lemon & Mint, 154
Chilled Curried Corn Soup, 183
Chilled Potato & Leek Soup, 78
Chilled Red Pepper & Fennel Soup with Indian Spices, 172
Chilled Sour Cherry Soup with Tarragon, 120
Chilled Summer Squash Soup, 132
Chilled Yellow Pepper Soup with Chives, 149
Cold Almond Soup with Grapes, 133
Cold Zucchini & Avocado Soup, 120
Cool Honeydew-Mint Soup, 143
Crab & Avocado Soup, 173
Cucumber-Dill Soup, 132
Cucumber & Green Grape Gazpacho, 160
Curried Carrot Purée, 117
Fennel Vichyssoise, 124
Gazpacho, 159
Iced Melon Soup with Champagne & Ginger, 191
Leek & Asparagus Vichyssoise, 113
Melon & Prosciutto Soup with Mascarpone Cheese, 149
Peach & Riesling Soup, 185
Roasted Beet Purée with Feta, 142
Roasted Nectarine Soup with Mint, 173
Sour Cherry-Riesling Soup, 137
Spiced Berry Soup, 195
Strawberry-Lemon Soup, 125
Strawberry-Rhubarb Soup with Prosecco, 144
Two Melon Soups, 168
Watercress Soup, 119

CHOWDER

Chicken Chowder, 228
Lobster & Sweet Corn Chowder, 208
Manhattan Clam Chowder, 95
Mussel Chowder, 165
New England Clam Chowder, 41
Smoked Trout Chowder, 30
Sweet Corn Chowder with Bacon, 130
Sweet Potato-Corn Chowder with Avocado, 237
Three-Potato Chowder with Corn, Cilantro & Lime, 147

FRUIT SOUPS

Chilled Sour Cherry Soup with Tarragon, 120
Cold Almond Soup with Grapes, 133
Cool Honeydew-Mint Soup, 143
Cucumber & Green Grape Gazpacho, 160
Iced Melon Soup with Champagne & Ginger, 191
Melon & Prosciutto Soup with Mascarpone Cheese, 149
Peach & Riesling Soup, 185
Roasted Nectarine Soup with Mint, 173
Sour Cherry-Riesling Soup, 137
Spiced Berry Soup, 195
Strawberry-Lemon Soup, 125
Strawberry-Rhubarb Soup with Prosecco, 144
Two Melon Soups, 168

GRAIN-BASED SOUPS & STEWS

Artichoke & Quinoa Soup with Green Garlic, 90
Avgolemono, 15
Barley-Leek Soup with Mini Chicken Meatballs, 21
Beef & Mushroom Soup with Farro, 69
Celery & Rice Soup with Parsley, 252
Chicken & Wild Rice Soup with Ginger, 70
Chickpea, Porcini & Farro Soup, 39
Cranberry Bean & Barley Soup, 27
Lemony Asparagus & Rice Soup with Parmesan, 65
Mushroom-Quinoa Soup, 109
Mustard Greens & Wild Rice Soup with Gruyère, 258
Old-Fashioned Tomato & Rice Soup, 30
Pea & Arborio Rice Purée, 77
Quinoa in Lemon Broth with Greens & Parmesan, 136
Rice Soup with Pork Dumplings, 294
Roasted Root Vegetable & Barley Stew, 37
Savory Barley Soup with Wild Mushrooms & Thyme, 250
Turkey & Jasmine Rice Soup with Lemongrass, 268
Tuscan Farro Soup with White Beans, Tomatoes & Basil, 202
Vegetable Barley Soup, 208
Venetian Rice & Pea Soup, 84
Wild Rice & Red Chard Soup with Andouille, 246
Wild Rice Soup with Bacon, 61

PASTA, COUSCOUS & NOODLES

Baby Bok Choy & Beef Noodle Soup, 66
Bean & Elbow Pasta Soup with Basil Pesto, 118
Beef Pho, 47
Burmese Chicken Curry Soup, 167
Cheese & Arugula Ravioli Soup, 144
Chicken & Farfalle Vegetable Soup, 215
Classic Chicken Noodle Soup, 16
Cranberry Bean & Pappardelle Soup, 63
Dashi with Scallops, Watercress & Soba Noodles, 87

Fava Bean & Farfalle Soup, 95
Fideo & Chicken Soup with Queso Fresco, 183
Five-Spice Chicken Noodle Soup, 112
Gingery Beef Broth with Soba Noodles & Bok Choy, 22
Israeli Couscous Soup with Curry, Chicken & Spinach, 119
Italian-Style Clam Soup with Pasta, 281
Lentil Soup with Pasta & Sage, 53
Moroccan Lamb Meatball & Couscous Soup, 72
Noodle Soup with Lemongrass & Tofu, 173
Orecchiette, Sausage & Broccolini in Broth, 262
Orecchiette in Aromatic Broth, 36
Orzo, Delicata Squash & Chicken Soup with Sage, 279
Pasta & Bean Soup with Fontina, 37
Pasta in Broth with Chives, 71
Pastina & Kale Soup with Andouille, 213
Pea Shoot & Pasta Soup, 117
Penne & Squash Soup with Sage Croutons, 261
Pork Pho, 198
Provençal Minestrone, 150
Ramen Noodle Soup with Sugar Snap Peas, 114
Ramen Noodles with Edamame & Mushrooms, 148
Roasted Vegetable Stew with Couscous, 233
Roast Pork & Udon Noodle Soup, 24
Roman Chickpea Soup, 138
Saffron Fregola with Seafood, 231
Shrimp & Spinach Noodle Soup, 90
Soba Noodle Soup, 157
Soba Noodles & Seared Salmon in Ginger–Green Onion Broth, 138
Spicy Coconut Broth with Udon Noodles & Shrimp, 137
Spinach & Vermicelli Soup with Fried Egg, 126
Summer Panzanella Soup with Tiny Pasta, 171
Tortellini & Escarole Soup, 27
Tortellini in Broth, 167
Turkey-Noodle Soup with Spinach, 270
Udon Noodle Soup with Chicken & Spinach, 88
Vegetable Soup with Annellini, 136
Vegetable-Tortellini Soup, 101
Zucchini Soup with Pasta & Mint, 141

PURÉED SOUPS

Acorn Squash Soup with Toasted Walnut Butter, 232
Apple, Leek & Butternut Squash Soup, 250
Artichoke Soup with Camembert Crostini, 118
Artichoke Soup with Morel Butter, 60
Artichoke & Toasted Bread Soup with Sage, 245
Asparagus-Chervil Purée with Lemon Mascarpone, 88
Asparagus Soup with Poached Eggs & Crispy Prosciutto, 93
Avocado Soup with Lime Juice & Rum, 190
Avocado Soup with Shrimp & Salsa, 150
Broccoli & Cheddar Soup, 23
Broccoli-Leek Soup, 61
Broccoli Soup with Parmesan-Lemon Frico, 291
Butternut Squash Soup with Pears & Rosemary, 229
Carrot & Asian Pear Purée, 245
Carrot & Coconut Purée with Curried Almonds, 96
Carrot-Ginger Soup, 226
Carrot Soup with Bacon & Chestnut Cream, 269
Cauliflower & Roasted Garlic Purée, 12
Cauliflower Soup with Cheddar & Blue Cheese, 233
Cauliflower Soup with Chervil, 63
Celery Root Purée with Caramelized Apples, 255
Cheddar & Hard Cider Soup with Fried Shallots, 226
Chestnut–Celery Root Soup with Bacon & Sage Croutons, 253
Chestnut Soup, 276
Chilled Carrot Soup with Ginger & Orange Zest, 106
Chilled Cucumber-Buttermilk Soup with Dilled Shrimp, 186
Chilled Cucumber-Yogurt Soup with Lemon & Mint, 154
Chilled Curried Corn Soup, 183
Chilled Red Pepper & Fennel Soup with Indian Spices, 172
Chilled Summer Squash Soup, 132
Chilled Yellow Pepper Soup with Chives, 149
Chipotle Corn Purée with Bay Shrimp & Avocado Salsa, 168
Cold Almond Soup with Grapes, 133
Cold Zucchini & Avocado Soup, 120
Cool Honeydew-Mint Soup, 143
Corn & Zucchini Soup with Crumbled Bacon, 161
Crab & Avocado Soup, 173
Cream of Asparagus Soup, 58
Cream of Broccoli Soup, 96
Cream of Fennel-Leek Purée with Toasted Almonds, 207
Cream of Onion Soup, 274
Cream of Parsnip Soup, 243
Cream of Spinach Soup, 239
Cream of Sunchoke Soup with Porcini Mushrooms, 267
Creamy Black Bean Purée with Cheese Straws, 244
Creamy Cauliflower Soup with Crispy Prosciutto, 45
Creamy Pea Soup with Citrus Oil & Chives, 64
Creamy Poblano Chile Soup, 143
Creamy Spinach-Leek Soup, 125
Cucumber-Dill Soup, 132
Cucumber & Green Grape Gazpacho, 160
Curried Carrot Purée, 117
Curried Cream of Celery Soup, 293
Curried Leek & Apple Soup, 228
Fava Bean Soup, 89
Fennel-Celery Bisque, 28
Fresh Green Bean Soup, 184
Golden Beet Soup with Dilled Goat Cheese, 130
Green Garlic and New Potato Soup, 58
Iced Melon Soup with Champagne & Ginger, 191
Jerusalem Artichoke Soup with Hazelnut-Orange Butter, 277
Kumquat-Carrot Purée with Toasted Fennel Seeds, 24
Leek & Asparagus Vichyssoise, 113
Leek & Potato Soup with Blue Cheese, 29
Leek Soup with Pancetta & Bread Crumbs, 85
Lemony Red Lentil Soup with Fried Shallots, 264
Lentil Soup with Sorrel, 197
Lima Bean, Pea & Zucchini Purée with Pesto, 135
Lobster Bisque, 292
Melon & Prosciutto Soup with Mascarpone Cheese, 149
Mushroom & Madeira Soup with Brie Cheese, 108
Pea & Arborio Rice Purée, 77
Peach & Riesling Soup, 185
Pea & Mint Purée with Lemon, 111
Peanut-Ginger Sweet Potato Soup, 246
Potato-Leek Purée with Smoked Salmon & Dill, 106
Pumpkin-Ginger Soup, 237
Pumpkin Soup with Spicy Pumpkin Seeds, 267
Ratatouille Soup, 178
Roasted Beet Purée with Feta, 142
Roasted Butternut Squash Soup, 205
Roasted Cauliflower & Parmesan Soup, 231
Roasted Chile & Corn Soup with Farmer's Cheese, 172
Roasted Eggplant Soup with Mint, 157
Roasted Garlic & Shallot Velouté with Crispy Pancetta, 238
Roasted Nectarine Soup with Mint, 173
Roasted Parsnip & Apple Purée with Gruyère Toasts, 222
Roasted Pumpkin Soup with Chinese Five Spice, 220
Roasted Red Pepper Purée with Spicy Corn Salsa, 141
Roasted Red Pepper Soup with Goat Cheese & Harissa, 162
Roasted Red Pepper & Tomato Soup, 221
Roasted Shallot & Crab Bisque, 279
Roasted Summer Vegetable Soup with Pesto, 195
Roasted Tomato Soup with Citrus Crème Fraîche, 196
Roasted Tomato Soup with Serrano Ham & Burrata, 133
Rutabaga & Carrot Soup, 285
Silken Lima Bean Soup with Ham Croûtes, 160
Simple Asparagus Soup, 125
Smoky Red Pepper Soup, 181
Sorrel Purée with Torn Croutons, 85
Sour Cherry–Riesling Soup, 137
Spiced Berry Soup, 195
Spicy Poblano Soup with Tortilla Strips, 191
Squash Soup with Sage Brown Butter, 240
Strawberry-Lemon Soup, 125
Strawberry-Rhubarb Soup with Prosecco, 144
Sun-Dried Tomato Soup with Crab, 42

Sweet Potato–Chipotle Soup, 216
Three-Mushroom Purée with Sherry, 94
Tomato Bisque, 264
Tomato Soup with Smoked Paprika & Bacon, 274
Tomato Soup with White Wine & Shallots, 181
Turnip, Apple & Potato Soup, 229
Two Melon Soups, 168
Watercress Soup, 119

STEWS

Balsamic Beef Stew, 94
Beef Stew with Orange Zest & Red Wine, 52
Beef Stew with Turnips & Greens, 234
Black-Eyed Pea Stew, 77
Bouillabaisse, 192
Brazilian Fish Stew, 147
Calamari Stew, 161
Chicken Stew with Buttermilk-Chive Dumplings, 42
Chicken Stew with Olives & Almonds, 40
Chorizo & Chicken Stew with Avocado Crema, 219
Cioppino, 18
Classic Beef & Red Wine Stew, 286
Curried Cauliflower & Chicken Stew, 257
Curried Chickpea Stew, 142
Five-Spice Beef Stew, 12
Goulash, 263
Green Chile Sterw, 210
Indian-Spiced Chickpea Stew, 240
Irish Lamb Stew, 70
Italian Beef Stew, 222
Lamb & Dried Apricot Stew, 82
Linguiça & Potato Stew with Two Paprikas, 292
Mediterranean Fish Stew, 156
Moroccan Lamb Stew, 17
Oyster Stew with Rosemary, 282
Pork & Roasted Tomatillo Stew, 244
Pork Stew with Prunes & Sweet Potatoes, 75
Roasted Root Vegetable & Barley Stew, 37
Roasted Vegetable Stew with Couscous, 233
Short Rib Stew with Paprika Sour Cream, 285
Spicy Seafood & Sausage Gumbo, 209
Turkey Stew with Figs & Madeira, 280
Veal Stew with Tarragon, 89
Weeknight Hungarian Beef Stew, 280

TOPPINGS & GARNISHES

Aioli, 220
Avocado Crema, 219
Basil Oil, 204
Basil Pesto, 118
Bay Shrimp & Avocado Salsa, 168
Blue Cheese Toasts, 123
Bruschetta, 135
Camembert Crostini, 118
Caramelized Apples, 255
Cheese Straws, 244
Chestnut Cream, 269
Citrus Crème Fraîche, 196
Citrus Oil, 64
Corn Bread Croutons, 261
Fried Garlic Chips, 124
Fried Rosemary, 78
Fried Shallots, 28
GarlicCroutons, 61
Goat Cheese Croûtes, 178
Gruyère Toasts, 222
Hazelnut-Orange Butter, 277
Lemon-Basil Ricotta, 186
Lemon Mascarpone, 88
Meyer-Lemon Crème Fraîche, 51
Paprika Sour Cream, 285
Parmesan-Lemon Frico, 291
Parsley-Mint Pistou, 190
Pistou, 150
Rouille, 192
Sage Brown Butter, 240
Sage Croutons, 261
Salsa, 150
Spicy Corn Salsa, 141
Spicy Pumpkin Seeds, 267
Sun-Dried Tomato Pesto, 195
Toasted Walnut Butter, 232
Tortilla Strips, 191

VEGETARIAN SOUPS & STEWS

Acquacotta, 180
Asparagus-Chervil Purée with Lemon Mascarpone, 88
Black Bean Chili, 100
Black Bean Soup with Meyer Lemon Crème Fraîche, 51
Butternut Squash Soup with Pears & Rosemary, 229
Carrot & Asian Pear Purée, 245
Cauliflower Soup with Chervil, 63
Celery Root Purée with Caramelized Apples, 255
Charred Eggplant Soup with Cumin & Greek Yogurt, 189
Chickpea, Porcini & Farro Soup, 39
Chilled Carrot Soup with Ginger & Orange Zest, 106
Chilled Sour Cherry Soup with Tarragon, 120
Cold Almond Soup with Grapes, 133
Cold Zucchini & Avocado Soup, 120
Cool Honeydew-Mint Soup, 143
Cream of Onion Soup, 274
Cream of Spinach Soup, 239
Cream of Sunchoke Soup with Porcini Mushrooms, 267
Cream of Tomato Soup, 18
Creamy Pea Soup with Citrus Oil & Chives, 64
Creamy Spinach-Leek Soup, 125
Cuban Black Bean Soup, 148
Cucumber-Dill Soup, 132
Cucumber & Green Grape Gazpacho, 160
Curried Chickpea Stew, 142
Curried Cream of Celery Soup, 293
Curried Leek & Apple Soup, 228
Curried Yellow Lentil Soup, 234
Eggplant & Tofu Curry Soup, 220
Fava Bean Soup, 89
Fennel Vichyssoise, 124
Fresh Green Bean Soup, 184
Garlic-Sage Soup with Poached Eggs & Croutons, 204
Indian-Spiced Chickpea Stew, 240
Lemony Red Lentil Soup with Fried Shallots, 264
Lentil Soup with Sorrel, 197
Minestrone with Pesto, 214
Miso Soup, 245
Moroccan-Spiced Vegetarian Chili, 108
Mushroom-Quinoa Soup, 109
Pea & Arborio Rice Purée, 77
Peach & Riesling Soup, 185
Peanut-Ginger Sweet Potato Soup, 246
Quinoa in Lemon Broth with Greens & Parmesan, 136
Ribollita, 207
Roasted Beet Purée with Feta, 142
Roasted Eggplant Soup with Mint, 157
Roasted Nectarine Soup with Mint, 173
Roasted Red Pepper & Tomato Soup, 221
Roasted Root Vegetable & Barley Stew, 37
Roasted Vegetable Stew with Couscous, 233
Root Vegetable Chili with Orange & Cilantro, 291
Rutabaga & Carrot Soup, 285
Sorrel Purée with Torn Croutons, 85
Sour Cherry–Riesling Soup, 137
Spiced Berry Soup, 195
Spicy Broccolini & Cranberry Bean Soup, 214
Squash Soup with Sage Brown Butter, 240
Strawberry-Rhubarb Soup with Prosecco, 144
Sweet Potato–Corn Chowder with Avocado, 237
Three-Mushroom Purée with Sherry, 94
Tomato Bisque, 264
Tomato-Bread Soup with Basil Oil, 204
Tomato Soup with White Wine & Shallots, 181
Turnip, Apple & Potato Soup, 229
Two Melon Soups, 168
Vegetable Barley Soup, 208
Vegetable-Lentil Soup with Sherry, 30
Vegetables in Coconut-Lime Broth, 239
Vegetarian Chili, 13
Watermelon Gazpacho with Goat Cheese Croûtes, 178

weldonowen

415 Jackson Street, Suite 200, San Francisco, CA 94111
www.wopublishing.com

SOUP OF THE DAY
Conceived and produced by Weldon Owen, Inc.
In collaboration with Williams-Sonoma, Inc.
3250 Van Ness Avenue, San Francisco, CA 94109

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Color separated in Hong Kong by Mission Productions
Printed and bound in China by Toppan-Leefung Printing Limited

First printed in 2011
10 9 8 7 6 5 4 3 2 1

Library of Congress Control Number: 2011925884

ISBN 13: 978-1-61628-167-0
ISBN 10: 1-61628-167-7

Weldon Owen is a division of
BONNIER

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ACKNOWLEDGMENTS

Weldon Owen wishes to thank the following people for their generous support in producing this book: Donita Boles, David Bornfriend, Joe Budd, Sarah Putman Clegg, Judith Dunham, David Evans, Alexa Hyman, Kim Laidlaw, Carolyn Miller, Julie Nelson, Jennifer Newens, Elizabeth Parson, Hannah Rahill, Tracy White Taylor, Jason Wheeler, and Sharron Wood.