

SOUP



WINTER'S COMFORT FOOD

By Kelley Cleary Coffeen Photography by Marty Shortum Studio

Soups, chowders, bisques and broths define American cuisine. Various flavors and favorites tend to make their way to the table this time of year. Rich, creamy chowders and bisques, like our Lobster and Corn Chowder, originated from the coastal dwellers of historic fishing villages along the New England coast. Authentic Mexican soups and broths have been served up throughout Mexican history, such as the traditional Caldo de Albondigas, which will spice up your everyday menu. On a lighter note, fresh herbs and citrus-laced soups are the essence of comforting flavors from around the western United States, much like our Lemon Mushroom and Basil Soup.

During these crisp months, enjoy and indulge in an array of comforting and satisfying soups and chowders. Fresh seafood, fresh chile and spices, rich meats and sweet produce give you the opportunity to create your own flavor combinations, defining your own favorite soups and American cuisine.

Lobster and Corn Chowder

Serves 6 to 8

This chowder is a blend of fresh seafood, new potatoes and sweet corn. The cream-based broth is rich and satisfying.

- 3 to 4 medium-sized lobster tails
- 5 ears of corn, with the kernels shaved off the cob
(or 2 (10 ¾) cans of corn)
- ½ lb. bacon, diced
- ½ bunch thyme, leaves picked off, stems reserved
- 1 tsp black peppercorns
- 4 bay leaves
- 1 whole onion, peeled
- 3 cups onion, largely diced
- 2 ribs of celery, chopped
- 4 tablespoons butter
- 8 small red (new) potatoes, cut into ⅓ slices
- 1 ½ cups heavy cream

Boil lobster in 5 quarts of strongly salted water in a large pot for 5 minutes, then cool and remove the meat from the shells. Cut the meat into bite-sized pieces and refrigerate. Pour out the water from the pot, and refill pot with 3 quarts of fresh water and add the shells and corn. Add 1 tablespoon of the bacon, thyme stems, peppercorns bay leaves and whole onion and bring to a boil. Simmer 1 hour. Strain the stock. Cook the remaining bacon in a soup pot until crisp. Add diced onions, celery, thyme leaves and butter; cook until soft, but not browned. Add the corn, potatoes and stock. Simmer until potatoes are cooked through about 20 minutes. Remove from heat add the cream and lobster meat. Season with salt and pepper.



Caldo de Albondigas

Serves 6 to 8

This hearty and meaty soup is a southwestern favorite, flavored with zesty green chile, tomato and beef.

- 2 large yellow onions, diced
- 3 tablespoons vegetable oil
- 1 (14 ounce) can of tomatoes
- ½ cup of chopped green chile, peeled seeded
- 1 quart of water
- 3 teaspoons beef bouillon
- ¼ teaspoon cumin
- 3 corn tortillas
- 1 pound lean ground beef
- 1 egg, whipped
- 2 cloves of garlic
- Fresh cilantro leaves for garnish

In a large pot, sauté onions in the oil over a medium low heat. Add tomatoes, green chile, water, bouillon, cumin, and salt and pepper to taste. Cook for 30 minutes, adding water slowly. Simmer the soup on medium low heat. On a cutting board, cut the tortillas into fine slivers and mince. Work the cut tortillas into the ground beef in a large bowl. Add the egg, garlic, salt and pepper. Shape into tiny meatballs. Drop into the pot of soup. Continue to cook on medium low. When the meatballs float to the top, the soup is ready to serve.

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Bridget Barris, D.D.S.



Lemon, Mushroom and Basil Soup

Serves 6 to 8

This soup is lightly flavored with the zest of fresh lemon and basil. Two types of grain add texture to this warm, comforting broth.

- 1 ¼ cups minced onion
- 1 lb. fresh mushrooms, sliced
- 1 cup chopped celery
- 1 cup shredded carrots
- 4-5 cloves of garlic
- ¼ cup of butter
- 6 cups water
- 3 (10 ¾ oz.) cans condensed chicken broth
- 1 (10 ¾ oz.) can condensed cream of chicken soup
- 1 teaspoon pepper
- 2 to 3 teaspoons of fresh lemon juice
- ½ cup uncooked wild rice
- ¼ cup uncooked white rice
- Parmesan cheese
- 1 lemon, sliced
- 1 cup chopped fresh basil (and extra leaves for garnish)

Sauté onions, mushrooms, celery, carrots, garlic, and butter in a large pot over medium low heat, until onion is soft. Stir in the water, condensed soups, basil, pepper, lemon juice, and rice. Bring soup up to a boil. Boil for at least 8 to 10 minutes until rice is al dente. Reduce heat, cover and simmer for 30 to 40 minutes. Top with grated Parmesan cheese, a slice of fresh lemon and a basil leaf.

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