

HEIRLOOM Soup Recipes

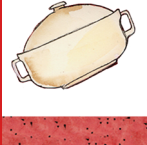


savoring yesterday's traditions today

HEIRLOOMTM meals

with *Carole Murka*





Nana's Lentil Soup

Nana Murko

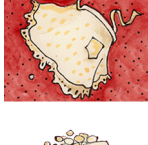
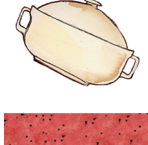
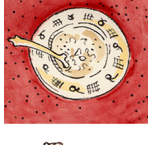
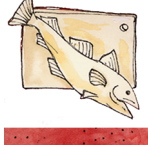
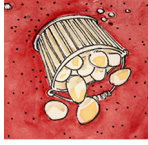
Lentil soup seemed to be an easy and often served soup growing up. Nana always doctored it up with what she had on hand - be it dried salami, pancetta etc. and it was always served with Pecorino Romano cheese. Simple, fast, healthy and delicious.

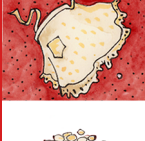
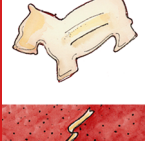
Ingredients

2 cups lentils, washed and drained
2 1/2 quarts water
1/4 cup dried salami, salt pork, pancetta (or not - tastes better with!!)
3/4 cup chopped carrots
3/4 cups chopped onions
1 clove minced garlic
1 bay leaf
Salt, pepper, parsley - to taste
Grated Pecorino Romano to taste

Instructions

Place water and lentils in soup pot over medium heat. In another pan, saute dried salami, carrots, onions and garlic for about 10 minutes. Add to lentils with a bay leaf and bring to a boil. Reduce heat and simmer for 45-60 minutes until lentils are tender. Serve with grated Pecorino Romano and ENJOY!





Curried Lentil Soup - my adult yearnings

Carole Murko

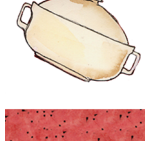
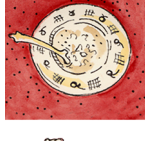
While I loved Nana's lentils, I discovered the world of exotic flavors when I went to college and beyond and grew to adore curry. I became addicted to a curried lentil soup at the Sultan's Kitchen in Boston and have tried to mimic its taste. Here's what I have come up with. I jazz it up with sweet potatoes and swiss chard to pack a complete anti-oxidant punch - and if you love curry - this is addicting soup!

Ingredients

2 Tbsp olive oil
2 large onion chopped
4-5 minced garlic cloves
1 1/2 tsp garam masala
1 1/2 tsp curry powder
2 jalapeno peppers, seeded and minced
8-10 cups chicken broth
4 cups, sweet potatoes, peeled and cubed
1 1/2 cups french lentils
1 bay leaf
2 cups of sliced swiss chard
1/2 cup minced fresh cilantro
Salt and pepper to taste

Instructions

In a large soup pot, heat the oil, then add the onions and saute until translucent - 5 minutes or so. Next, add garlic, garam masala, curry powder and jalapenos. Cook until aromatic - about 1 minute. Add 8 cups of chicken broth, lentils and sweet potatoes. Bring to a high heat and boil, and then reduce to a simmer and cover for about 25 minutes. If you like a soupier consistency, this is when you might want to add more broth. Add the swiss chard, and season with salt and pepper and continue to cook for another 20-30 minutes. Once cooked, finish with minced cilantro and serve to your heart's content and ENJOY!!





Italian Wedding Soup - according to Carole

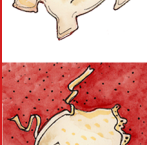
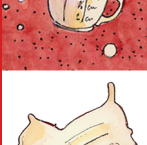
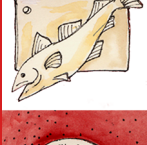
Carole Murko

It's that time of year again when the cooler weather triggers that yearning for foods that warm our souls. I had a craving for "Italian Wedding Soup." Maybe because I had just met with my friend Andre Pupek who is getting married to an Italian ... or maybe because it's true comfort food. Whatever the reason, I have reinterpreted it to suit the ingredients I had on hand and to satisfy some food allergies and sensitivities. This soup is traditionally made with beef meatballs, chicken stock, vegetables and tubettini.

In my house growing up, Italian Wedding soup was called Meatball Soup. It wasn't until I went to an Italian restaurant with my parents as a teenager that I learned it was actually called Italian Wedding Soup. I imagined that it got its name because it was served as a first course at many Italian weddings. What I learned recently at a lecture on cultural cookbooks is Italian Wedding Soup is a misnomer. In Italian, it is called "minestra maritata"- meaning married soup. However, it is referring to the ingredients – the marriage between the meat and the vegetables in the soup.

My family's first comment after taking their first slurp, "Did you put sugar in it?" To which I responded, "No, silly, it's the parsnips!" I made it with turkey meatballs because I have eliminated beef due to some stomach issues and there's no pasta in it because Jim has Celiac's Disease. See how easy it is to adapt a treasured family recipe to suit your dietary needs! The soup was delicious, if I do say so myself!! And it tastes even better the next day.





Italian Wedding Soup - according to Carole

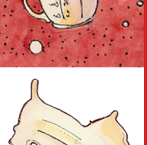
Carole Murko

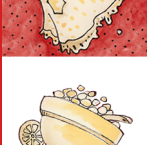
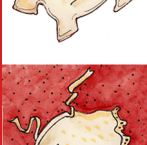
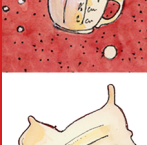
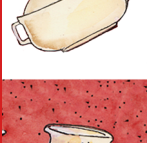
Soup Ingredients

2 Tbsp Olive Oil
4-5 carrots, peeled and coarsely chopped
4-5 celery stalks, peeled and coarsely chopped
5-6 parsnips, peeled and coarsely chopped
2 onions, chopped
2 garlic cloves, minced
½ cup white wine
2 ½ quarts chicken stock
6 cups Kale, chopped
1/2 cup minced fresh cilantro
Salt and pepper to taste

Soup Instructions

In a soup pot, heat the olive oil over medium heat. Add the onions, carrots, parsnips, and celery and sauté for 5- 10 minutes until onions are soft and veggies are a little golden. Add the white wine and cook for a few minutes and then add the chicken stock. Bring to a boil and then simmer over medium heat. Add the Kale. While that's simmering, make your meatballs.





Italian Wedding Soup - according to Carole

Carole Murko

Meatball Ingredients

2 lbs ground turkey

2 Tbsp fresh parsley, minced

1 Tbsp fresh oregano, minced

1 egg

½ cup Pecorino Romano

½ cup Gluten free bread crumbs (or regular bread crumbs if you can eat them!)

Garlic powder to taste

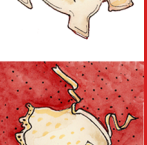
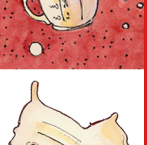
Sea Salt to taste

Pepper to taste

Olive oil

Meatball Instructions

Mix all ingredients together. Form into small or medium meatballs. Coat bottom of skillet with olive oil and cook over medium/high heat. Add meatballs, turning occasionally to golden brown on all sides and cooked through. Plop into soup. Serve and enjoy!





French Onion Soup

Carole Murko

Inspired by Elizabeth Bard's *Lunch in Paris*, I am now addicted to onion soup and its simplicity. Her tip was to caramelize the onions in the oven and it works magically and effortlessly while filling the house with a heavenly aroma. I added more onions and I make my beef stock with beef bones but store-bought broth works wonders.

Experiment with cheeses. Many people don't like gruyere. Swiss cheese works and cheddar adds a smooth mellow flavor. Don't leave out the sherry - it is the secret ingredient that makes the soup extra special!! For gluten intolerants - leave out the bread - the cheese still melts and adds the desired effect.

Ingredients

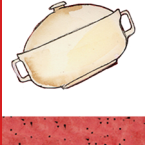
10-12 medium-large onions
2 Tbsp unsalted butter
2 Tbsp olive oil
2 bay leaves
1 Tbsp dried thyme or a few fresh sprigs
1/2 cup sherry
8-10 cups beef broth
Gruyere Cheese
A few slices of bread (optional if you are gluten intolerant or watching your carb intake)

Instructions

Preheat oven to 350 degrees.
In a dutch oven, put your onions, butter, olive oil, bay leaves and thyme. Bake covered for about an hour. Remove from oven and stir. The onions should be nice browned but not 100% caramelized yet. Put back in oven for another 30-60 minutes until caramelized. On top of the stove on medium heat, add the sherry to deglaze the pan, then add the beef broth and cook for another 20 minutes or so.

You are now ready to make the individual servings. In oven proof soup bowls, add the soup, a crusty piece of bread and a generous amount of grated gruyere to cove the entire top. Place under broiler and remove when cheese is melted and golden.





Chicken Soup Contest - Similar But Different

I love making chicken soup and when I make it, it is indeed a concoction. So, I endeavored to run a contest and received and cooked up 17 "recipes." These three are the finalist based on the story, recipe and taste. Nothing beats chicken soup on a raw wintry or early spring day. What suits your fancy?

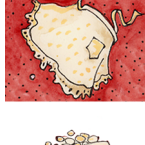
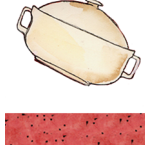
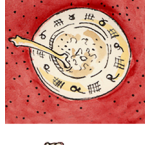
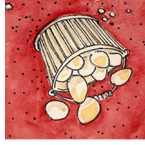
FRIDAY NIGHT CHICKEN SOUP

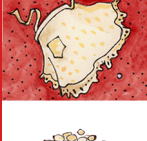
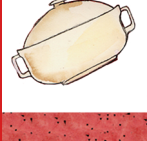
Judith Lerner

Ingredients

1 whole Empire or organic chicken
good handful whole curly parsley on stalks, well washed, remove before serving
a few whole stalks dill weed, well washed, remove before serving
2 or 3 apples, whole, remove before serving
3 bay leaves, remove before serving
3 carrots, peeled and sliced
3 small parsnips, peeled and sliced (optional)
1/2 to 1 cup peeled, diced turnip or rutabaga (optional)
3 large celery stalks with leaves, sliced
1 pound onions, sliced
2 or to taste whole, unpeeled garlic cloves
1 large leek including the green parts, well cleaned, sliced
1 small parsnip, peeled and sliced
1 teaspoon sea salt or 2 teaspoons Kosher salt
no black pepper
pinch of cayenne
water to cover well

garnish finely minced fresh curly parsley and dillweed
garnish: lukshen/noodles, farfel/chopped noodles or mandlen/baked soup nuts, preferably homemade





Instructions

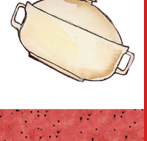
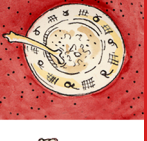
Prepare soup a day ahead. Soup will be best if all ingredients are organic.

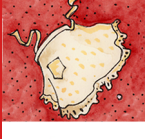
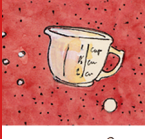
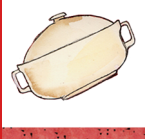
Tie parsley and dill stalks together in a bunch. Bring all ingredients except garnishes gently to a boil. This produces better flavors and textures than bringing rapidly to a boil. Cover. Lower heat to simmer. Cook slowly two or three hours to develop rich flavor. Skim foam if you like; I do not do this.

Chill overnight. Remove most but not all of the congealed fat. A few drops of fat between the garnishes in each soup bowl is traditional. Gently reheat. Remove apple skins – the apple pulp will have melted into the soup – , bay leaves, parsley & dill before serving.

Serve in wide, flat bowls garnished as desired.

Serves 6 to 8.





MEME'S CHICKEN SOUP WITH AN ASIAN FLAIR

Carol Way

Ingredients

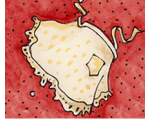
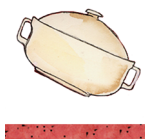
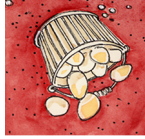
- 1 large sweet onion
- 3 or 4 carrots
- 3 or 4 stalks of celery
- 4 chicken breast halves on the bone
- 2 tbsp olive oil and a little extra for chicken breasts
- 6 quarts of chicken stock
- Salt, pepper
- 1/2 to 2 teaspoons Sriracha hot chili sauce
- 1 tbsp chopped parsley
- 2 tbsp scallions, thinly sliced
- 1 small package of rice noodles (4 to 6 ounces)

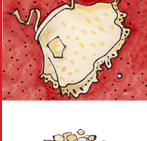
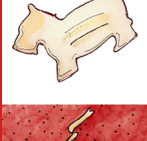
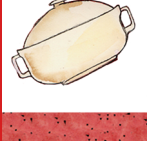
Instructions

Rub chicken breasts with olive oil and then sprinkle with salt and pepper. Bake in a 350 degree oven for 60 minutes or until chicken is tender and skin is brown. Cool and dice.

Finely dice onion, carrots and celery. In a large, cast iron dutch oven, sauté the vegetables in olive oil. Add 1 tbsp salt and 1 1/2 teaspoons black pepper. Simmer for 15 minutes until vegetables are soft and flavors are melded. Add the chicken stock and the diced chicken. Cook for about 30 minutes.

Cook rice noodles in boiling water until tender. Drain. Add noodles, parsley, scallions, and diced chicken to the pot. Add 1/2 teaspoon of the sriracha and taste. This is extremely spicy so add as little or as much as you like, depending on your tolerance for spicy food. Serve in deep bowls. Have chop sticks and porcelain spoons available.





Greek Egg Lemon Soup- Avgolemono

Francine Soropoulos Kyriakos

Ingredients

1 whole organic chicken
Enough water to completely cover the chicken
3-4 stalks celery, cut into quarters
1-2 onions
Juice of 3 lemons
3 eggs
2 cups of cooked rice
salt and pepper to taste

Instructions

Clean and place chicken in soup pot and cover with water.

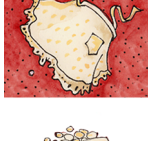
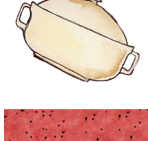
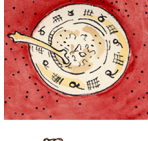
Add celery and onion. Heat over medium heat to a boil and then simmer for about an hour until chicken is cooked. While chicken is cooking, occasionally skim off the scum. Once the chicken is cooked, remove from water and let cool.

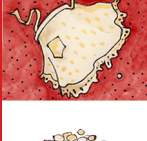
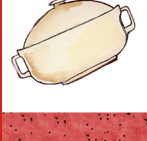
Meanwhile, separate your egg whites from yolks. Whip the egg whites until soft peaks form, then blend in the egg yolks and juice of 3 lemons. Then add about a cup of the warm chicken broth to the egg and lemon mixture to acclimate.

Remove chicken meat from bones.

Add egg whites and lemon mix to chicken broth, along with the rice and the chicken meat.

Add salt and pepper to taste and Enjoy!!





Cream of Broccoli Soup

Carole Murko

Here's the recipe for Cream of Broccoli Soup - out of my Mom's archives of recipes with a note on top that says, "excellent." Oh, and Julia Child would be proud—I use butter and heavy cream.

Ingredients

9 tablespoons butter
1 1/2 cups leeks, minced
1 1/2 cups carrots, minced
2 garlic cloves, minced
6 cups chicken or vegetable broth
1 1/2 heads broccoli, cut into small florets
1 1/2 cups heavy cream
1 1/2 pinches cayenne pepper or to taste
1 1/2 teaspoon celery seed
salt and pepper to taste

Instructions

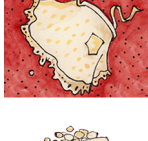
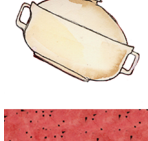
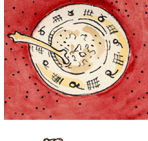
In a pot, melt butter over medium heat. Add leeks, carrots, garlic. Cook until tender but be sure not to brown (about 5 minutes).

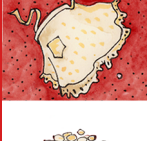
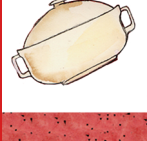
Add the broth and bring to a simmer. Add the broccoli. Cook 8-10 minutes until the broccoli is tender.

Pour the soup into a processor (may need to do in batches) and process until veggies are finely chopped but not pureed. Pour soup back into pot. Stir in cream, celery seed and salt and pepper. Reheat before serving, or freeze in batches as you await another cool day!!

Enjoy!

Serves 8-10.





Portugese Kale Soup

Carole Murko

Back in June, Teresa shared her tales of spending her early youth in the Azores and how this recipe was the primary go-to dish in their family, then and now. This soup is delicious, hearty and packed with anti-oxidants. What I remember distinctly from her interview was sea salt and garlic are used in almost every one of Teresa's recipes. Surely the old way of eating has much to teach us. So happy to have this authentic recipe because Kale is a great winter green and rivals spinach with its nutrient content. The soup also calls for cabbage - I had purple cabbage on hand but a savoy would work nicely as well. I also substituted cannellini beans for kidney beans and used organic homemade chorizo instead of linguica. Work with what you have - you may discover a better recipe!

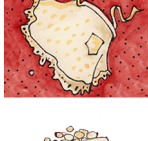
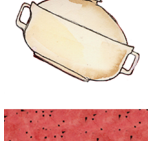
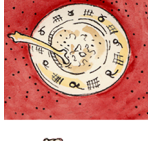
Ingredients

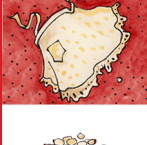
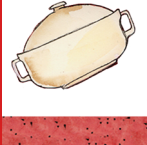
2 quarts of water
1 quart of vegetable broth
1 medium onion (finely chopped)
4 garlic cloves (finely chopped)
Sea salt to taste
2-16 oz of red kidney beans
8 cups of chopped kale leaves washed and rinsed without stems
4 cups of chopped cabbage washed and rinsed
6 medium potatoes peeled washed and cubed
½-cup olive oil
8 oz of Gaspar's Linguica cut into ½-inch rounds

Instructions

In a 4-quart pan, bring the water and broth to a boil. Add onion, garlic and sea salt to taste and simmer for 10 minutes. Add the 2 cans of red kidney beans and simmer for 3 minutes. Add the kale, cabbage, potatoes, linguica and olive oil and simmer on low until cabbage and kale are tender/cooked. Let sit for ½ hour before serving.

Best served with Portuguese corn bread (recipe to come after I've made it!!)





Pumpkin Soup

Carole Murko

This is the simplest and most delicious soup. Thank you, Gordon Hyatt, for giving me the recipe. Jim said he loved the flavors. And pumpkin is really healthy!

Ingredients

One sugar pumpkin, cut in half, seeded
1 medium onion, chopped
2 garlic cloves, chopped
2 apples, peeled and chopped
1 potato, peeled and chopped
1 Tbsp olive oil
1 Tbsp butter
4 cups Chicken broth
Cumin, to taste

Instructions

In a 400 degree oven, roast pumpkin by placing flesh-down with about 1 inch water and cover with tin foil for about 30 minutes.

Saute onion and butter in a soup pot.

Add potatoes, apples, garlic and saute.

Add 4 cups chicken broth.

Add cooked pumpkin.

Puree in a cuisinart or blender.

Add cumin to taste.

