

Spicy Chicken and Rice Flu Chaser Soup

This soup can't substitute for a visit to a doctor, but it should help settle your stomach, clear your sinuses, and improve your mood. (For the surprising story of how I developed the recipe, see [page 56](#).) We go through gallons of it every winter, when people are desperate to alleviate the sniffles, coughs, and other symptoms of the viruses that make their annual rounds.

20 whole cloves garlic, peeled
1½ cups olive oil
1 whole chicken, about 5 pounds
1 large Spanish onion, peeled and diced
6 carrots, peeled and sliced
3 ribs celery, diced
12 cups chicken stock, plus additional if needed
¾ cup fresh lemon juice
1 tablespoon lemon zest
2 teaspoons dried mint leaves
1 teaspoon ground cinnamon
½ teaspoon cayenne pepper
2 bay leaves

2 tablespoons chopped fresh basil
3 cups cooked white or jasmine rice
Kosher salt, to taste

■ Preheat the oven to 375 degrees. Place the garlic cloves in a small, ovenproof casserole. Pour the olive oil over the garlic. Bake for 45 to 50 minutes, until the garlic is soft, brown, and caramelized. Strain the oil to use in other recipes. Mash the cloves and set aside.

■ In a stockpot place the chicken, onion, carrots, and celery. Pour the chicken stock over the chicken and bring to a boil over medium-high heat. Add the roasted garlic cloves, lemon juice, lemon zest, mint, cinnamon, cayenne pepper, and bay leaves. Reduce the heat to medium and simmer for 2½ hours, or until the chicken is very tender. Remove the chicken carefully and place on a plate to cool.

■ Remove the soup from the heat. If it looks too thick, add 1 to 2 cups of stock or water. When the chicken is cool enough to handle, remove the skin and bones, and add the meat back to the soup. Bring to a boil over medium-high heat. Taste, adding more lemon juice if you like. Add the basil, rice, and salt. Remove the bay leaves. Stir and serve.

Makes 8 to 10 servings

Greek Orzo, Lemon, and Chicken Soup

This is by far one of the most requested soups from our store. Some customers actually get angry when they do not see it on the menu. What makes this Greek classic so appealing is its intensely rich chicken broth, infused with lemon juice and zest. It is also enhanced with threads of cooked eggs, vibrant leaves of fresh spinach, and orzo. The soup is definitely a spirit lifter. I always like to see the response when I ladle out a sample for someone who admits to not feeling well. A smile—and an order for an entire bowl—usually follow. I also like to make this soup during Easter because it features eggs.

10 cups homemade chicken stock
 ¾ cup orzo
 4 eggs, lightly beaten with a fork
 Juice of 3 lemons
 Zest of 2 lemons
 1 cup coarsely chopped cooked chicken
 1 pound fresh spinach
 Kosher salt and freshly ground black pepper,
 to taste

■ In a stockpot bring the stock to a boil over high heat. Add the orzo and cook 5 minutes. While stirring constantly, drizzle in the eggs and continue stirring for at least 30 seconds, or until the eggs cook into threads.

■ Add the lemon juice, lemon zest, chicken, spinach, salt, and pepper. Return to a boil. Immediately remove from the heat and serve.

Makes 6 to 8 servings

Orzo is a type of pasta that looks like an overgrown grain of rice. It works well in soups because it adds starch without much bulk. It is a favorite in Italian and Greek soups, and has also made its way into Middle Eastern rice pilafs. Look for it in the pasta section of a supermarket, or at a specialty Italian or Middle Eastern market.

Sweet and Sour Cabbage Soup with Dill

As old-fashioned as it sounds, this soup is one of my favorites. I think of it as Jewish soul food. Brown sugar, raisins, and maple syrup help mellow the sharpness of the cabbage. The flavor seems to carry with it the grandmotherly wisdom that life is sometimes sweet and sometimes sour, but the combination balances out. This soup is especially popular among our senior customers, who remember when their mothers made it for them back in the Old Country.

2 tablespoons canola oil
2 cups diced onions
2 cups sliced carrots
1/2 cup diced celery
1 head cabbage, diced or sliced
3/4 cup golden raisins
3 1/2 quarts chicken or beef stock
2 cups (16 ounces) canned stewed tomatoes
2 cups V-8 juice
2 cups packed brown sugar
1/2 cup maple syrup
1/2 to 3/4 cup lemon juice
1 tablespoon caraway seeds

1/4 cup chopped fresh dill Kosher salt, to taste

■ Heat a stockpot for 2 minutes over medium-high heat. Add the canola oil, onions, carrots, and celery. Sauté for 5 minutes. Add the cabbage and sauté an additional 5 minutes. Add the raisins, stock, tomatoes, V-8 juice, brown sugar, maple syrup, lemon juice, and caraway seeds. Bring to a boil. Reduce the heat to medium and simmer for 1 1/2 hours. Remove from the heat. Add the dill and salt. Adjust the seasonings, adding more lemon juice or brown sugar, if necessary.

Makes 10 to 12 servings

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Vegetarian Mulligatawny Soup

Mulligatawny originated in India, where its name comes from the word for “pepper water.” That gives you a clue that the base is hot. The other key ingredient is lentils, which soak up all the other spices, giving the soup a tremendous depth of flavor. It’s interesting to see how many customers order this soup without really knowing much about it. What they do remember is the “Seinfeld” television episode about the “Soup Nazi,” who made delicious soup but intimidated his customers. When it first aired, mulligatawny (pronounced muhl-i-guh-taw-nee) became a really fashionable soup. It was amazing to see the effect of it at our business. Everyone came in talking about “Seinfeld” and asking for mulligatawny. We gladly served the soup, but drew the line at imitating the shop owner who yelled at everyone.

3 tablespoons olive oil

4 cloves garlic, minced

1 large Spanish onion, peeled and diced

2 ribs celery, diced

4 carrots, peeled and sliced

1 pound dried lentils

2 cups (16 ounces) canned whole tomatoes, cut into pieces

1 can (16 ounces) chickpeas, rinsed and drained

8 cups vegetable stock

2 cups tomato juice

3 teaspoons yellow curry powder

3 teaspoons ground cumin

2 teaspoons ground coriander

½ teaspoon cayenne pepper

1 can (16 ounces) coconut milk

2 tablespoons honey

1½ cups cooked basmati rice

½ bunch fresh cilantro, chopped

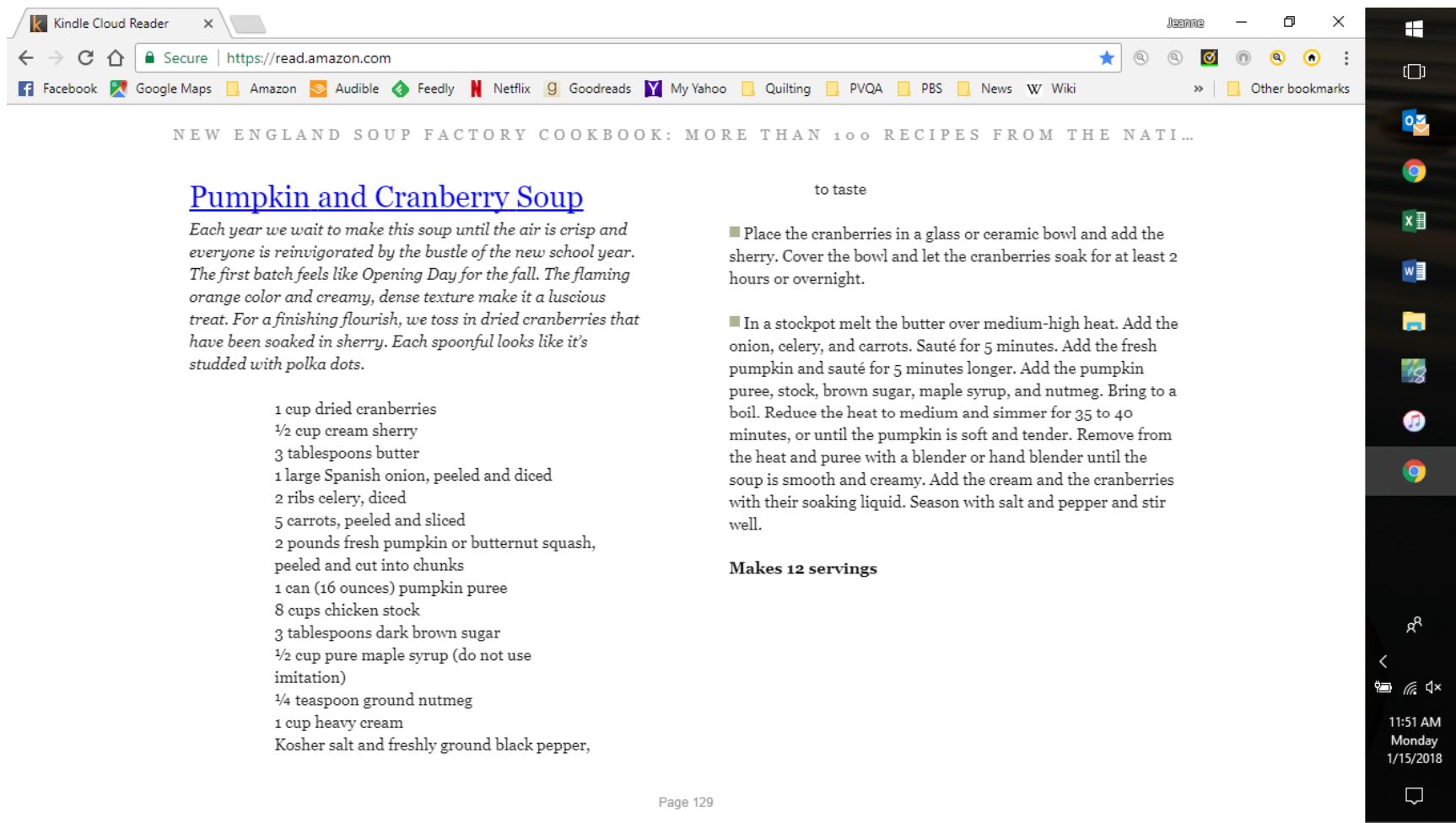
Kosher salt and freshly ground black pepper, to taste

■ Heat a stockpot over medium-high heat. Add the oil, garlic, onion, celery, and carrots. Sauté for 7 minutes. Add the lentils, tomatoes, chickpeas, stock, tomato juice, curry powder, cumin, coriander, and cayenne pepper. Bring to a boil. Reduce the heat to medium, cover the pot, and simmer for 40 to 45 minutes. Stir in the coconut milk, honey, rice, cilantro, salt, and pepper.

Makes 12 servings

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Pumpkin and Cranberry Soup

Each year we wait to make this soup until the air is crisp and everyone is reinvigorated by the bustle of the new school year. The first batch feels like Opening Day for the fall. The flaming orange color and creamy, dense texture make it a luscious treat. For a finishing flourish, we toss in dried cranberries that have been soaked in sherry. Each spoonful looks like it's studded with polka dots.

1 cup dried cranberries
1/2 cup cream sherry
3 tablespoons butter
1 large Spanish onion, peeled and diced
2 ribs celery, diced
5 carrots, peeled and sliced
2 pounds fresh pumpkin or butternut squash,
peeled and cut into chunks
1 can (16 ounces) pumpkin puree
8 cups chicken stock
3 tablespoons dark brown sugar
1/2 cup pure maple syrup (do not use
imitation)
1/4 teaspoon ground nutmeg
1 cup heavy cream
Kosher salt and freshly ground black pepper,

to taste

■ Place the cranberries in a glass or ceramic bowl and add the sherry. Cover the bowl and let the cranberries soak for at least 2 hours or overnight.

■ In a stockpot melt the butter over medium-high heat. Add the onion, celery, and carrots. Sauté for 5 minutes. Add the fresh pumpkin and sauté for 5 minutes longer. Add the pumpkin puree, stock, brown sugar, maple syrup, and nutmeg. Bring to a boil. Reduce the heat to medium and simmer for 35 to 40 minutes, or until the pumpkin is soft and tender. Remove from the heat and puree with a blender or hand blender until the soup is smooth and creamy. Add the cream and the cranberries with their soaking liquid. Season with salt and pepper and stir well.

Makes 12 servings

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Mushroom Lentil Soup

This soup is a hearty blend of brown lentils, vegetables, and a variety of mushrooms. I love the texture because each bite is wonderfully chewy. The scallions, parsley, and thyme finish it with a burst of green crunchiness. This is my dad's favorite soup. I always drop off a quart for him the day I make it. I usually check later to see how he and my mom liked it, but then I learn that my mom never even got one bite of it!

- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 Spanish onion, peeled and diced
- 2 ribs celery, diced
- 6 carrots, peeled and diced or sliced
- 2 portobello mushroom caps, diced
- ¼ pound shiitake mushrooms, sliced
- ¼ pound oyster mushrooms, sliced
- ½ pound dried lentils
- 1 cup dry sherry
- 8 cups beef stock
- 2 bay leaves
- 1 tablespoon chopped fresh thyme
- ¼ cup chopped fresh parsley
- 1 bunch scallions, sliced

1 tablespoon sherry vinegar
Kosher salt and freshly ground black pepper,
to taste

- Heat a stockpot over medium-high heat. Add the olive oil, garlic, onion, celery, and carrots. Sauté for 7 minutes. Add the portobello, shiitake, and oyster mushrooms. Sauté an additional 3 minutes. Add the lentils, sherry, stock, and bay leaves. Bring to a boil. Reduce the heat to medium and simmer for 1 1/4 hours.
- Remove from the heat and discard the bay leaves. Add the thyme, parsley, scallions, vinegar, salt, and pepper. Stir well.

Makes 8 servings

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This has become one of our classic cold-weather soups. I usually make the first batch of the season in October, but I start getting phone calls for it in late September, followed by e-mails to our website asking when we will have it. It's a sweet, rich soup that tastes best after the first frost. In terms of comfort food, this soup is right up there with mashed potatoes. It includes wonderful, old-fashioned ingredients like turnips and celeriac. People who think that they do not like these vegetables are surprised to fall in love with them when they taste this soup. It must be the smooth, creamy texture of all the ingredients blended together.

- 3 tablespoons butter
- 3 whole cloves garlic, peeled
- 1 large Spanish onion, peeled and diced
- 2 ribs celery, diced
- 4 carrots, peeled and sliced
- 4 parsnips, peeled and sliced
- 1 large turnip or rutabaga, peeled and cut into chunks
- 2 sweet potatoes, peeled and cut into chunks
- 1 bulb celeriac, peeled and cut into chunks
- 12 cups chicken or vegetable stock

1/2 teaspoon ground nutmeg
2 cups light cream
Kosher salt and freshly ground black pepper,
to taste

- In a stockpot melt the butter over medium-high heat. Add the garlic, onion, celery, carrots, and parsnips. Sauté for 5 to 8 minutes, stirring frequently. Add the turnip, sweet potatoes, celeriac, and stock. Bring to a boil. Reduce the heat to medium and simmer until the vegetables are soft and tender, about 40 minutes.
- Remove from heat and add the nutmeg. Puree the soup in the pot with a hand blender or working in batches in a regular blender until smooth. Add the cream. Season with salt and pepper. Stir to combine. If the soup seems too thick, adjust the texture with additional stock or water.

Makes 8 to 10 servings

Turnips and rutabagas are close root vegetable cousins and can be used interchangeably in this recipe. At one time, turnips were disdained as food for the poor because they were also commonly used as cattle fodder. Now, their firm texture and

Beef and Barley Soup

Beef

- ## Soup

- 1 can (8 ounces) tomato paste
8 cups beef stock or broth
2 bay leaves
5 dashes Worcestershire sauce
¼ cup chopped fresh parsley Kosher salt and
freshly ground black pepper, to taste

■ For the soup: Heat a stockpot over medium-high heat. Add the olive oil, garlic, onion, celery, and carrots. Sauté for 7 minutes, stirring frequently. Add the cooked beef, barley, wine, tomato paste, stock, and bay leaves. Bring to a boil. Reduce the heat to medium and simmer, stirring every 15 minutes, for 11¼ hours. Remove from heat and add the Worcestershire sauce, parsley, salt, and pepper. Remove and discard the bay leaves before serving.

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Wild Mushroom and Barley Soup

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1½ cups diced onions
- 1½ cups sliced or diced carrots
- ½ cup diced celery
- 3 large portobello mushrooms, diced
- 1 cup sliced shiitake mushrooms
- 1 cup sliced chanterelle mushrooms
- 1½ cups pearl barley
- 2½ quarts chicken or beef stock
- 2 cups Burgundy wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3 tablespoons tomato paste
- 1 cup enoki mushrooms
- 2 teaspoons balsamic vinegar

- Heat a stockpot over medium-high heat. Add the olive oil and garlic. Stir quickly, then add the onions, carrots, and celery. Sauté for 5 minutes. Add the portabellas, shiitakes, and chanterelles. Sauté for 5 minutes more. Add the barley, stock, Burgundy, oregano, basil, and tomato paste. Stir well to combine. Bring to a boil. Reduce the heat to medium and simmer 45 minutes to 1 hour.
- Remove from the heat. Stir in the enoki mushrooms and season with vinegar, salt, and pepper.

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Hearty and Rich Beef Stew

This recipe is a fixture on the New England Soup Factory from Columbus Day through Memorial Day. At home, beef stew makes a perfect Sunday meal. Start your preparations early, put it in the oven, and let it cook slowly until the flavor deepens and the meat is tender enough to fall apart. It's even better served over a bed of buttered wide noodles or pappardelle pasta tossed in a bit of fresh parsley.

2½ pounds stew beef, cut into bite-sized pieces
3 cups flour seasoned with salt and pepper, to taste
4 tablespoons olive oil
3 cloves garlic, minced
1 pound fresh baby carrots
1 pound fresh pearl onions, peeled or 1 pound frozen pearl onions
10 small red bliss potatoes, cut into quarters
3 cups beef stock or broth
2 cups (16 ounces) canned ground or crushed tomatoes
1 bottle (750 milliliters) Burgundy or another fruity red wine, divided
2 bay leaves

1 teaspoon dried basil
1 cup frozen peas Kosher salt and freshly ground black pepper, to taste

■ Preheat the oven to 325 degrees. Coat the stew beef with the seasoned flour. Heat the olive oil in a Dutch oven or braising pan over high heat. Add the meat, a few pieces at a time. Cook, turning several times with tongs, until the meat is crispy and brown on all sides. Repeat until all the meat is cooked. Set aside.

■ In the same pan, add the garlic, carrots, fresh onions if using, and potatoes. Sauté over medium-high heat for 5 minutes. Add the browned meat, stock, tomatoes, 2 cups of the red wine, bay leaves, and basil. Cover the pot, place in the oven, and bake for 1 hour. Remove from oven and add the remaining red wine. Bake, covered, for 3 hours more, or until the stew is fork tender. Remove from the oven. Remove and discard the bay leaves. Add the frozen peas and frozen onions, if using, and season with salt and pepper. Stir gently to combine.

Makes 8 servings

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Chili Con Carne

photo on [page 138](#)

I like my chili full-flavored and zesty, but you can control the heat by adding as much or as little chili powder and Tabasco sauce as you want. This chili is incredibly popular, especially during football season. People come and buy gallons at a time for their playoff and Super Bowl parties.

- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 2 Spanish onions, peeled and diced
- 1 red bell pepper, seeded and diced into 3/4-inch pieces
- 1 yellow bell pepper, seeded and diced into 3/4-inch pieces
- 2 pounds ground beef chuck
- 2 cans (16 ounces each) dark red kidney beans, drained and rinsed
- 4 cups (32 ounces) canned ground or crushed tomatoes
- 2 cups tomato juice
- 2 cups beef or chicken stock or broth
- 1 tablespoon chili powder

- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 tablespoon balsamic vinegar
- 6 to 8 dashes Tabasco sauce
- Kosher salt and freshly ground black pepper, to taste

■ Heat a stockpot over medium-high heat. Add the olive oil, garlic, onions, and bell peppers. Sauté for 7 minutes. Add the ground beef and cook, stirring frequently, until the meat is browned, about 10 minutes. Add the kidney beans, tomatoes, tomato juice, stock, chili powder, cumin, oregano, and basil. Bring to a boil. Reduce the heat to medium and simmer for 1 1/2 hours. Season with vinegar, Tabasco sauce, salt, and pepper.

Makes 6 to 8 servings

Nothing beats a bowl of chili topped with shredded cheddar cheese and sour cream, but you can also use chili to enhance other dishes. We serve it in nacho salads. During baseball season, we also use it as a topping for foot-long long hot dogs—a messy but fun treat.

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Vegetarian White Bean Chili

This thick, zesty chili is loaded with white beans and a colorful confetti of vegetables. As the tomato and stock-based liquid simmers, the beans and chunks of carrots and bell peppers absorb the fragrant mix of spices. You might think that this recipe would appeal only to vegetarians, but we sell plenty of it to meat eaters as well. It's like a big bowl of spicy beans. Who wouldn't love that? For an entrée, spoon each serving over freshly steamed white or brown rice.

1 pound dried great northern beans

1/2 pound dried chickpeas

4 tablespoons olive oil

5 cloves garlic, minced

1 large Spanish onion, peeled and diced

4 carrots, peeled and diced into 3/4-inch pieces

1 yellow bell pepper, seeded and diced into 3/4-inch pieces

1 orange or red bell pepper, seeded and diced into 3/4-inch pieces

3 cups (24 ounces) canned stewed or diced tomatoes

1 can (6 ounces) tomato paste

2 cups V-8 juice

1 cup white wine

8 cups vegetable stock or water

3 teaspoons ground chili powder

2 teaspoons ground cumin

2 teaspoons ground coriander

1 1/2 teaspoons dried oregano

1 1/2 teaspoons dried basil

2 to 3 bay leaves Kosher salt, to taste

1 jalapeño or 1/2 habanero pepper, minced

1 tablespoon freshly squeezed lime juice

1 cup corn kernels, fresh or frozen

1 bunch scallions, diced

1/4 cup chopped fresh cilantro Freshly ground black pepper, to taste

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■ Place the beans and chickpeas in a deep bowl. Add enough cold water to cover by two inches. Place the bowl in the refrigerator and soak the beans overnight. Drain before using.

■ Heat a stockpot over medium-high heat. Add the olive oil, garlic, onion, carrots, and bell peppers. Sauté for 7 minutes, stirring frequently. Add the drained beans and chickpeas, tomatoes, tomato paste, V-8 juice, wine, stock, chili powder, cumin, coriander, oregano, basil, bay leaves, and salt. Cover the pot and bring to a boil. Reduce the heat to medium and simmer for 1½ hours, or until the beans are tender and fully cooked.

■ Remove from the heat and discard bay leaves. Add the jalapeño pepper, lime juice, corn, scallions, cilantro, pepper, and additional salt, to taste.

Makes 12 servings

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Asparagus, Potato, and Herb Soup

Asparagus is to spring what apples are to fall. Both unmistakably signal the change in season, though the effect is somewhat diminished now that they have become more available year-round.

2½ pounds asparagus, washed and trimmed

3 tablespoons butter

3 whole cloves garlic, peeled

1 Spanish onion, peeled and diced

2 ribs celery, diced

1 bulb fennel, diced

6 medium Yukon Gold or red bliss potatoes, peeled and roughly chopped

6 cups vegetable or chicken stock

1 cup white wine

8 fresh basil leaves, chopped

6 sprigs fresh dill, chopped

¼ cup chopped fresh tarragon leaves

1 tablespoon dry mustard

2 cups light cream

Kosher salt and freshly ground black pepper,

to taste

2 hard-boiled eggs, sliced for garnish

■ Cut off the asparagus tips and set aside. Using a food processor fitted with the slicer blade, cut the asparagus stems into small slices. This will help break up the fibrous threads that could make the soup stringy. Don't try to use a knife—it won't be effective for this job.

■ Melt the butter in a stockpot over medium-high heat. Add the garlic, onion, celery, and fennel. Sauté for 7 minutes. Add the sliced asparagus and potatoes. Sauté for an additional 3 minutes. Add the stock and wine. Bring to a boil. Reduce the heat to medium and simmer until the potatoes are soft and tender, 30 to 35 minutes.

■ Remove from the heat. Add the basil, dill, tarragon, mustard, cream, salt, and pepper. Puree the soup in the pot using a hand blender or working in batches with a regular blender until smooth.

■ Bring a small pot of water to a boil. Add the reserved asparagus tips and cook for 2 minutes. Drain and add the tips to the soup.

Makes 8 to 10 servings

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✓ Minestrone Verde

The word verde means green in Italian, and green vegetables—with just a few beans for texture and protein—are the theme of this Italian-inspired minestrone soup. Use your imagination when making this soup, and snap up the green vegetables that look crisp and fresh—wherever you do your shopping.

- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1 large Spanish onion, peeled and diced
- 2 ribs celery, sliced
- 2 parsnips, peeled and sliced
- 4 carrots, preferably Sunshine, peeled and sliced
- 16 cups vegetable or chicken stock
- 2 bay leaves
- 2 teaspoons dried oregano
- ½ pound fresh green beans or Roma beans, tough ends removed
- 4 zucchini, diced into ½-inch chunks
- ½ pound okra, fresh or frozen, sliced
- ½ pound frozen fava or lima beans
- 1 can (16 ounces) white cannellini beans, drained and rinsed

- ½ pound fresh spinach leaves
- 1 cup frozen peas
- 1 tablespoon balsamic vinegar
- 1 bunch fresh basil leaves, chopped
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste

■ Heat a stockpot over medium-high heat. Add the olive oil, garlic, onion, celery, parsnips, and carrots. Sauté for 10 minutes. Add the stock, bay leaves, and oregano and bring to a boil. Reduce the heat to medium and simmer for 12 minutes. Add the green beans, zucchini, and okra. Simmer an additional 7 minutes. Add the fava beans, cannellini beans, spinach, and frozen peas and stir to wilt the spinach. Add the vinegar, basil, olive oil, salt, and pepper and simmer an additional 3 to 5 minutes. Remove and discard the bay leaves before serving.

Makes 16 servings

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Carrot and Ginger Soup

Those pre-washed, bite-sized carrots at the supermarket have made this vegetable a lot more convenient to grab for a snack. Still, the crunchy, raw sticks can't match the appeal of carrots in a soup. When cooked, carrots add texture, body—and a pretty, orange glow. They also contain lots of Vitamin A. In this recipe, honey enhances their natural sweetness. Fresh ginger root adds a contrasting note of heat and spice. The overall flavor profile is similar to pumpkin pie. When I serve it at home, I like to garnish the top with a few pieces of candied ginger, and drizzle it with a bit of honey.

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3 tablespoons butter
2 whole cloves garlic, peeled
1 large Spanish onion, peeled and diced
2 ribs celery, sliced
3 pounds carrots, peeled and sliced
3 tablespoons peeled and chopped fresh ginger
8 cups chicken or vegetable stock
1 teaspoon ground coriander
1 teaspoon ground ginger
1/2 cup honey
1 1/2 cups heavy cream

Kosher salt and freshly ground black pepper, to taste

■ In a large, heavy-bottomed stockpot over medium-high heat, melt the butter. Add the garlic, onion, celery, carrots, and gingerroot. Sauté for 10 minutes, stirring frequently. Pour the stock over the vegetables and bring to a boil. Lower the heat slightly and simmer until the carrots are soft and tender, 30 to 35 minutes.

■ Remove from the heat. Add the coriander, ground ginger, and honey. Puree the soup in the pot using a hand blender or working in batches with a regular blender until smooth. Add the heavy cream and season with salt and pepper. Stir until the ingredients are well combined.

Makes 8 to 10 servings

This soup fits in nicely with an Easter or Passover menu. For Easter, it goes well with rack of lamb, roast ham, or almost anything you could imagine serving for the holiday. For Passover, it works well with classic, oven-roasted chicken.

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Jeannie

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✓ Eggplant, Roasted Red Pepper, and Mint Soup

Roasted eggplant is probably most familiar to people as the key ingredient in the Middle Eastern spread, baba ghanoush. I knew that eggplant would make a great base for a soup if I could somehow get beyond its unappealing gray color. I found the solution by adding roasted red peppers and tomatoes. I also added mint to contrast with the concentrated, almost smoky flavors of the pepper and eggplant. The color turned into a beautiful, creamy coral, and the soup has become one of our most popular vegetarian selections.

For a Middle Eastern touch, serve the soup with Homemade Toasted Pita Chips (see Syrian Chickpea Soup on [page 106](#)).

- 3 whole, medium-sized eggplant
- 3 tablespoons butter
- 4 whole cloves garlic, peeled
- 1 large Spanish onion, peeled and diced
- 2 ribs celery, sliced
- 5 carrots, peeled and sliced
- 4 cups roasted red peppers
- 6 cups vegetable or chicken stock

- 2 cups tomato juice
- 2 cups light cream
- 1 bunch fresh mint leaves, washed
- 5 dashes Tabasco sauce
- 5 dashes Worcestershire sauce
- Kosher salt and freshly ground black pepper, to taste

■ Preheat the oven to 400 degrees. With a fork, prick each eggplant in several places. Place the eggplants in a roasting pan and bake for 30 to 35 minutes. Remove from the oven and let cool. With a small knife, slice each eggplant open lengthwise and remove the pulp. Set aside the pulp and discard the skins.

■ In a stockpot melt the butter over medium-high heat. Add the garlic, onion, celery, and carrots. Sauté for 10 minutes. Add the eggplant pulp, roasted red peppers, stock, and tomato juice. Bring to a boil. Reduce the heat to medium and simmer for 35 minutes. Remove from the heat and add the cream, mint leaves, Tabasco sauce, and Worcestershire sauce. Season with salt and pepper. Puree the soup in the pot using a hand blender or working in batches with a regular blender until very smooth. Place the pot back on the stove and simmer an additional 5 to 8 minutes.

Makes 10 to 12 servings

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Late Summer Raspberry-Nectarine Gazpacho

photo on [page 178](#)

This recipe tries to preserve the traits of a traditional gazpacho while adding the intoxicating fruit flavors of raspberries and nectarines. For a picnic on a hot summer day, I like to pack the thoroughly chilled soup into pint glass Mason jars and put them in my cooler. I am always so eager to eat that by 10 a.m., I start asking my husband, Paul, every ten minutes if it's almost time for lunch yet. Usually, by 11:30, he gives in and I get to twist open the lids. Ahh, euphoria!

4 cups red raspberries

6 nectarines, peeled and diced

1 bunch scallions, thinly sliced

1 yellow bell pepper, seeded and diced small

1 orange bell pepper, seeded and diced small

1 long English cucumber, diced small

2 ripe tomatoes, finely diced

3 cloves garlic, minced

¼ cup extra-virgin olive oil

2 tablespoons raspberry vinegar

6 cups V-8 Splash juice (or any fruity juice

blend)

Pulp from 1 passion fruit (optional)

6 cups tomato juice

1 cup fresh bread crumbs

Juice of 2 fresh limes

½ bunch fresh cilantro, chopped

½ teaspoon green Tabasco sauce

Kosher salt and freshly ground black pepper, to taste

■ In a very large and deep bowl, combine the raspberries, nectarines, scallions, yellow and orange peppers, cucumber, tomatoes, garlic, olive oil, vinegar, V-8 Splash, passion fruit if using, tomato juice, bread crumbs, lime juice, cilantro, Tabasco sauce, salt, and pepper and stir well.

■ Pour 1 quart of the soup into a blender. Puree until the texture is mostly smooth, but a few chunks remain. Return to the bowl and stir to incorporate. Cover the bowl and refrigerate for at least 3 to 4 hours before serving.

■ For a dramatic presentation, ladle the soup into chilled large red wine goblets. Top with fresh raspberries and a slice or two of freshly cut nectarine.

Makes 8 to 10 servings

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🟢 Mango and Lime Soup with Crème Fraîche

10 mangoes, peeled and cut into chunks
2 cups apricot nectar
¾ cup white wine
¼ cup packed brown sugar
Juice and zest of 2 limes
⅛ teaspoon salt
1 cup light cream
1 cup crème fraîche
Fresh mint leaves, for garnish

high heat. Lower the heat to medium and simmer for 20 minutes. Remove from the heat and add the lime juice, lime zest, and salt. Add the light cream and crème fraîche.

Makes 8 to 10 servings

Crème fraîche is a French-style thickened cream that with a slightly tangy flavor similar to sour cream. It can be found in good cheese shops or in the cheese section of the grocery store. It also works well in hot soups, as it does not break apart when heated.

👉 [Hungarian Bing Cherry Soup](#)

3 cans (16 ounces each) dark, sweet cherries,
drained, divided
2 cups apple juice
2 cups Burgundy wine
 $\frac{3}{4}$ cup packed light brown sugar
Juice of 1 lemon
 $\frac{1}{4}$ teaspoon ground ginger
 $\frac{1}{4}$ teaspoon ground cinnamon
1 teaspoon raspberry vinegar
1 teaspoon kosher salt
1 cup light cream
3 heaping tablespoons sour cream
2 tablespoons Kirsch liqueur

■ Remove from the heat and add the cream, sour cream, and Kirsch. Puree the soup in the pot using a hand blender or working in batches with a regular blender until smooth and creamy. Pour the soup into a large serving bowl and add the remaining 1 can cherries. Stir to combine. If serving cold, chill at least 5 to 6 hours before serving.

Our chocolate variation of this soup has become a dessert sensation. It started out as an experiment one day when my sous chef and baker, Steve Luca—a serious chocolate freak—sprinkled some cocoa powder into a small batch. Needless to say, the combination was a keeper. To make it, add ¼ cup of cocoa powder to the recipe right after the brown sugar. I can always count on my staff to come up with great ideas like this one.

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

V

Honey-Apricot Soup

photo on [page 178](#)

When my husband, Paul, and I were newly married, we rented part of a two-family home. The soil was the most fertile I had ever seen—maybe because our landlord's name was Basil. We planted and grew all of our own vegetables. A spectacular apricot tree supplied us with fresh fruit all summer. When we grew tired of eating plain apricots, I made this soup. It's both tart and sweet, with a hint of ginger and a refreshingly silky texture. I like to serve it on a hot day, when you need a burst of sweetness and energy.

3 pounds ripe apricots

3 cups apricot nectar

1 cup white wine

1 teaspoon ground ginger

Pinch of saffron threads

½ cup honey

½ cup packed dark brown sugar

¼ teaspoon salt

1 cup light cream

Honey, for garnish

■ Bring a 4-quart pot of water to boil over high heat. With a paring knife mark an X on the bottom of each apricot. Drop about four apricots at a time into the water and blanch for 30 seconds. Remove with a slotted spoon and immediately hold them under cold, running water. Gently remove the skins with your fingers. Cut in half and remove the pits. Slice 1 apricot, for garnish.

■ In a 4 to 6-quart pot over medium-high heat place the peeled apricot halves, apricot nectar, wine, ginger, and saffron. Bring to a boil. Reduce the heat to medium and simmer gently for 30 minutes.

■ Remove from the heat and add the honey, brown sugar, salt, and cream. Puree the soup in the pot using a hand blender or working in batches with a regular blender until smooth. Garnish each serving with an apricot slice and a drizzle of honey.

Makes 8 to 10 servings

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Jeannie

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System tray showing battery, Wi-Fi, and volume icons, along with the date and time: 12:09 PM Monday 1/15/2018.

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Wild Maine Blueberry Soup

When my sister, Janie, was first married, she and her husband, Robby, bought a home in Kittery Point, Maine. My favorite part of the house was the blueberry bushes that surrounded their yard. In mid-July, what a delight it was waking up for Sunday brunch and going outside to gather blueberries for pancakes. I wanted to capture that experience when I created this soup. It simmers fresh blueberries with fruit juice and wine, then purees them with sour cream and brown sugar. Maine blueberries are smaller and more tart than the cultivated kind, but either one will work in this recipe.

3 pints fresh blueberries, divided

4 cups cranberry-blueberry juice blend or plain cranberry juice

¾ cup white wine

Juice and zest of 1 orange

½ teaspoon ground cinnamon

½ cup packed dark brown sugar

1 pint sour cream

¼ teaspoon salt

■ In a 4 to 6-quart soup pot place 2½ pints of the blueberries. Add the juice blend, wine, orange juice and zest, cinnamon, and

brown sugar. Bring to a boil over medium-high heat. Reduce the heat to medium and simmer for 12 to 15 minutes.

■ Remove from the heat and puree the soup in the pot using a hand blender or working in batches with a regular blender until the ingredients are mixed. With the blender running, add the sour cream, 1 cup at a time, and puree until smooth. Season with the salt. Stir in the remaining ½ pint blueberries. Refrigerate for at least 4 hours before serving.

Makes 8 to 10 servings

The purple color of this soup is especially vivid, making it quite a hit with kids who also go for outlandishly-hued breakfast cereals and sports drinks. Show it off by serving it in glass bowls.

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Roasted Peach and Brown Sugar Soup

White peaches are some of my favorites, as each bite tastes like a great fruity wine. However, I use several different varieties of peaches for this soup so their flavors can blend. It tastes like a luscious peach cobbler.

12 cups water

12 ripe, assorted peaches

2 tablespoons melted butter

1¼ cups packed brown sugar

6 cups peach nectar

1 cup white wine

1 teaspoon ground ginger

¼ teaspoon kosher salt

1 teaspoon fruit-flavored vinegar (such as raspberry)

2 cups light cream

■ In a 4 to 6-quart pot bring the water to a boil. With a paring knife, mark an X across the bottom of each peach. Drop the peaches two at a time into the boiling water. Blanch for 1 minute and remove with a slotted spoon. Place under cold, running

water and remove the skins with your hands. Cut each peach in half and remove the pit. Continue until all the peaches are blanched, peeled, and pitted. Slice the peaches.

■ Preheat the oven to 425 degrees. Place the sliced peaches in a roasting pan. Add the butter and brown sugar and stir well to coat the peaches. Bake for 25 minutes.

■ In a stockpot over medium-high heat combine the roasted peaches, peach nectar, wine, ginger, salt, and vinegar. Bring to a boil. Reduce the heat to medium and simmer for 20 minutes.

■ Remove from the heat and puree the soup in the pot using a hand blender or working in batches with a regular blender until smooth. Stir in the cream. Place in a chilled bowl and refrigerate for at least 6 hours before serving.

Makes 8 to 10 servings

Since the flavor of this soup truly depends on ripe fruit, don't bother to make it unless peaches are in season.

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Roasted Vegetable Roll-Up in Whole Wheat Lavash

We are always trying to create new and interesting sandwiches for our vegetarian customers. Roasting really enhances the flavor of the vegetables in this one. When served warm, the mix of zucchini, summer squash, and bell peppers makes a nice change from lettuce and tomatoes. These sandwiches are great for lunch on the go, as they are easy to handle and eat.

1 large zucchini, diced into 1-inch chunks

1 large summer squash, diced into 1-inch chunks

1 red bell pepper, seeded and cut into large chunks

1 yellow bell pepper, seeded and cut into large chunks

1 red onion, peeled and cut into large chunks

2 carrots, peeled and sliced into 1-inch rounds

2 cloves garlic, minced

4 tablespoons olive oil

Kosher salt and freshly ground black pepper, to taste

Juice of 1 lemon

4 pieces whole wheat lavash

2 tablespoons chopped fresh basil

2 cups fresh spinach leaves

1/2 cup crumbled feta cheese, preferably French

■ Preheat the oven to 425 degrees. In a roasting pan place the zucchini, squash, red and yellow peppers, onion, carrots, garlic, and olive oil. Season with salt and pepper. Toss to coat the vegetables with the oil. Bake for 25 minutes, stirring occasionally. Remove from the oven and place the vegetables in a mixing bowl. Squeeze the lemon juice over the top and stir well.

■ Place the lavash on a cutting board. Cover each piece with a sprinkling of fresh basil and spinach leaves. Add the roasted vegetables and sprinkle with cheese. Season with salt and pepper. Starting at one end, roll up the sandwich onto itself like a jelly roll. Let rest for a minute, then slice each sandwich in half.

Makes 4 sandwiches

Lavash is a flat, round Armenian-style bread that looks a bit like pita bread without the pocket. Its shape makes it an ideal base for rolled sandwiches. It can be found at the grocery store or a Middle Eastern market.

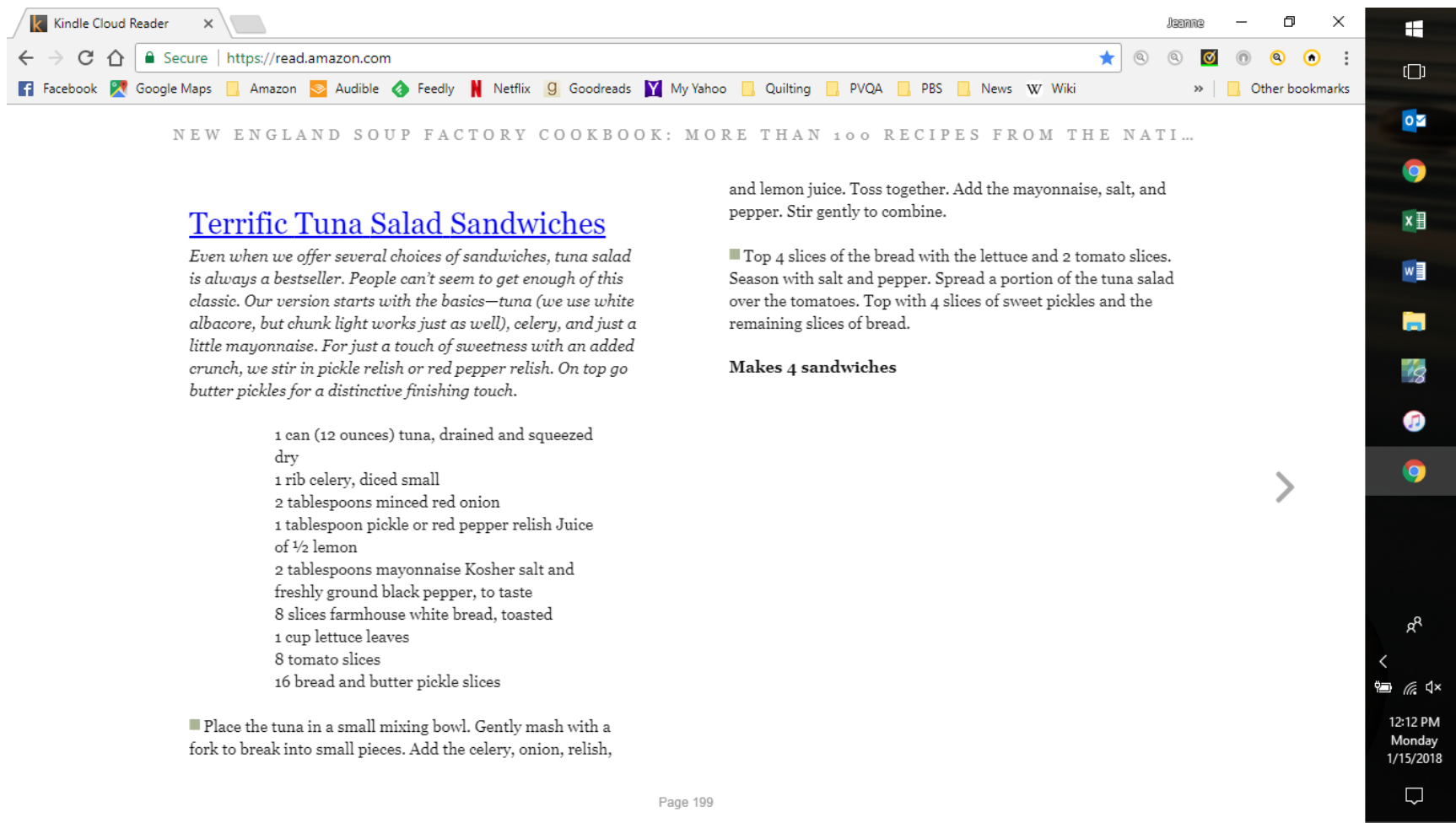
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Terrific Tuna Salad Sandwiches

Even when we offer several choices of sandwiches, tuna salad is always a bestseller. People can't seem to get enough of this classic. Our version starts with the basics—tuna (we use white albacore, but chunk light works just as well), celery, and just a little mayonnaise. For just a touch of sweetness with an added crunch, we stir in pickle relish or red pepper relish. On top go butter pickles for a distinctive finishing touch.

- 1 can (12 ounces) tuna, drained and squeezed dry
- 1 rib celery, diced small
- 2 tablespoons minced red onion
- 1 tablespoon pickle or red pepper relish Juice of ½ lemon
- 2 tablespoons mayonnaise Kosher salt and freshly ground black pepper, to taste
- 8 slices farmhouse white bread, toasted
- 1 cup lettuce leaves
- 8 tomato slices
- 16 bread and butter pickle slices

■ Place the tuna in a small mixing bowl. Gently mash with a fork to break into small pieces. Add the celery, onion, relish,

and lemon juice. Toss together. Add the mayonnaise, salt, and pepper. Stir gently to combine.

■ Top 4 slices of the bread with the lettuce and 2 tomato slices. Season with salt and pepper. Spread a portion of the tuna salad over the tomatoes. Top with 4 slices of sweet pickles and the remaining slices of bread.

Makes 4 sandwiches

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Roast Beef Sandwiches with Garlic-Herb Spread

These café-style sandwiches, a variation on roast beef and Boursin, are easy to make at home, and travel well in lunchboxes or picnic baskets. Just don't skimp on the ingredients. Find a good-quality baguette with some crust; the bad ones are so flimsy that they flop back and forth when you pick them up! Purchase tender roast beef from a deli and ask that it be thinly sliced.

Garlic-Herb Spread

- 8 tablespoons butter, at room temperature
- 1 pound cream cheese, at room temperature
- 1/2 cup sour cream
- 2 tablespoons chopped fresh parsley
- 2 cloves garlic, minced
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried thyme Juice of 1 lemon
- 2 1/2 teaspoons kosher salt
- 1 1/2 teaspoons freshly ground black pepper

Sandwiches

1 large, crusty French baguette

6 tablespoons garlic-herb spread (from recipe)

4 to 6 large romaine lettuce leaves, washed and dried

1 large tomato, sliced

3/4 pound sliced roast beef

6 to 8 cornichons, sliced

Kosher salt and freshly ground black pepper, to taste

■ For the garlic-herb spread: Place the butter and cream cheese in a mixing bowl. Using an electric mixer, beat on medium to high speed until fluffy and light. Add the sour cream, parsley, garlic, oregano, basil, cumin, thyme, lemon juice, salt, and pepper. Mix on low speed until well blended. Makes 1 1/2 pounds.

■ For the sandwiches: Slice the baguette in half lengthwise. Place each half cut-side up. Spread 3 tablespoons of the garlic-herb spread on each half. On one half layer the lettuce, tomato, roast beef, and cornichons. Season with salt and pepper. Place the other half of the baguette on top. Slice in half or into smaller pieces.

Makes 2 to 4 servings

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Griddled Black Forest Ham Sandwiches with Sharp Cheddar Cheese and Cranberry Mustard

These sandwiches are great for those cold and snowy days when you need a little more comfort than just hot soup. Toasted in a pan, they come out warm and crisp, filled with smoky ham and the sharp bite of cheddar cheese. I like to use Black Forest ham, a German variety, because it has a perfect balance of smoky, salty, and sweet flavors. Into the mustard, I mix cranberry sauce to add a tart, colorful New England twist. Dark brown pumpernickel bread matches the German theme of the ham. The sandwich goes really well with Cauliflower, Potato, and Cheese soup (see [page 48](#)).

Cranberry mustard

- 1/2 cup homemade honey mustard (see The Druk on [page 208](#))
- 1/2 cup cranberry sauce

Sandwiches

- 1/4 cup cranberry mustard (from recipe)
- 8 slices pumpernickel bread
- 1 1/2 pounds sliced Black Forest ham
- 8 slices sharp cheddar cheese

4 tablespoons butter

- **For the cranberry mustard:** In a small bowl stir together the honey mustard and cranberry sauce until well mixed.
- **For the sandwiches:** Spread the cranberry mustard on each slice of bread. Place the ham on 4 slices of the bread. Place 2 pieces of cheese on top of each slice of ham. Top with the remaining 4 slices of bread. Melt the butter in a large cast iron skillet or heavy sauté pan. Add the sandwiches and pan-fry for 2 minutes on each side. Remove from the pan. Cut each sandwich into four triangles and serve warm.

Makes 4 sandwiches

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Pulled Chicken with Caraway Coleslaw on Onion Rolls

You can really get down and dirty with this sandwich. It's so very delicious that I never recommend sharing it. Many times I have witnessed a customer hiding in a corner to gobble up this sandwich, hoping not to be recognized while enjoying a messy feast. Big, soft onion rolls hold everything together, but there is always something yummy slipping out. For the maximum amount of crunch and zing, make the coleslaw the same day you assemble the sandwiches.

Caraway Coleslaw

- 2 cups shredded white cabbage
- 1 cup shredded purple cabbage
- 1/2 cup shredded carrots
- 1 scallion, finely, sliced
- 2 heaping tablespoons mayonnaise
- 3 teaspoons whole caraway seeds
- 2 teaspoons apple cider vinegar
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper, to taste

Sandwiches

- 1 pound cooked chicken pieces
- 4 large fresh onion rolls
- 6 to 8 tablespoons homemade Russian dressing (from Turkey Avocado Club recipe on [page 201](#))
- 4 leaves green leaf lettuce
- 8 slices juicy tomatoes
- 2 cups caraway coleslaw (from recipe)
- 8 crunchy, sweet pickle slices

■ **For the caraway coleslaw:** Place the white and purple cabbages, carrots, and scallion in a mixing bowl. In a separate bowl whisk together the mayonnaise, caraway seeds, vinegar, sugar, salt, and pepper. Continue whisking until the sugar is dissolved. Pour over the cabbage mixture and toss well.

■ **For the sandwiches:** Remove the chicken from the bones, discarding the skin and bones. Shred the chicken. Slice each onion roll in half and spread generously with the Russian dressing. On the bottom half of each roll layer 1 lettuce leaf and 2 tomato slices. Pile the pulled chicken on top of the tomatoes. Add a heaping serving of the coleslaw on top of the chicken and top with the pickle slices.

Makes 4 sandwiches

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NEW ENGLAND SOUP FACTORY COOKBOOK: MORE THAN 100 RECIPES FROM THE NATI...

Turkey Avocado Club Sandwiches

This sandwich has deli roots with an added touch of California. It's tall and fat, and filled with layers of colorful lettuce, tomato, bacon, and onion. It's even better when you can find a local bakery that makes fresh marble rye bread with seeds. The homemade Russian dressing adds just the right tangy accent. This was one of the first sandwiches we ever served in the store, and it has become quite popular, to say the least.

Homemade Russian Dressing

- 1 cup mayonnaise
- ¼ cup ketchup or chili sauce
- 1 tablespoon pickle relish
- 4 dashes Worcestershire sauce
- ¼ teaspoon salt Freshly ground black pepper, to taste

Sandwiches

- 8 slices marble rye bread
- 6 to 8 tablespoons of homemade Russian dressing (from recipe)
- 4 to 6 pieces leafy green lettuce
- 8 slices tomato
- 4 slices red onion

- 1 pound roasted turkey breast, sliced thin
- 8 slices crisp-cooked bacon
- 16 slices ripe avocado
- Kosher salt and freshly ground black pepper, to taste

■ **For the homemade Russian dressing:** In a small bowl whisk together the mayonnaise, ketchup, relish, Worcestershire sauce, salt, and pepper. Continue whisking until well blended. Refrigerate until ready to use.

■ **For the sandwiches:** Spread the Russian dressing on each slice of bread. On 4 slices of the bread layer the lettuce, tomato, onion, turkey, 2 bacon slices, 4 avocado slices, salt, and pepper. Place the remaining 4 slices of bread on top and secure each sandwich with a toothpick. Slice in half or quarters.

Makes 4 sandwiches

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✓ Israeli Chopped Salad

I have been making this crunchy, refreshing salad since Micki Glucksman moved from Israel to my street in the 1970s. As we were growing up together, I used to love to eat at her house because her mom always made Israeli food, including this salad. It's filled with color and flavor from the bell peppers, tomatoes, scallions, and red onions. The freshly-squeezed lemon juice and fresh mint give it a clean finish. Serve it plain or as a stuffing for pita bread. It also goes well with Homemade Toasted Pita Chips (see Syrian Chickpea Soup recipe on [page 106](#)).

2 cucumbers, seeded and diced

2 yellow bell peppers, seeded and diced small

2 red bell peppers, seeded and diced small

1 red onion, peeled and diced small

1 pound grape tomatoes, cut in half lengthwise

1 bunch scallions, sliced thin

1 can (16 ounces) chickpeas, drained and rinsed

2 tablespoons chopped fresh mint leaves

2 tablespoons chopped fresh flat-leaf parsley

2 cloves garlic, minced

1/2 cup top quality extra-virgin olive oil

2 tablespoons fresh lemon juice

1 tablespoon red wine vinegar

Kosher salt and freshly ground black pepper, to taste

3 whole wheat pita breads

■ In a mixing bowl combine the cucumbers, yellow and red peppers, onion, tomatoes, scallions, chickpeas, mint, parsley, and garlic. In a separate small bowl whisk together the olive oil, lemon juice, and vinegar. Drizzle over the vegetables. Season with salt and pepper and toss well. Let sit 30 minutes before serving so the flavors blend.

■ Pass pita bread at the table for guests to stuff their own sandwiches, or toasted pita chips to serve on the side.

Makes 6 to 8 servings

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