

Soup Making

Soup making is an accessible art, whether you're crafting the dish with leftovers and seasonings or purchasing just the right ingredients for a particular recipe. A few tips:

- For a sure-thing shortcut when your recipe calls for broth, use a broth powder as your base. Chicken, beef, or vegetable-flavored broth powders provide instant soup starters. Just dissolve in water and soup's on!
- Serve hot soup in warmed bowls and cold soups in chilled bowls.
- Garnish soups with seasoned croutons, a dollop of sour cream or yogurt, nuts, tortillas, chives, parsley, or dumplings.
- Consider seasoning canned soups for a heartier, almost-homemade effect. Add spices like thyme, basil, and marjoram to plain tomato soup, for example. Or add Italian seasoning to a bland, canned minestrone.
- If you're serving soup as a main dish, prepare about 2 cups per person.
- Whenever possible, prepare soups ahead to allow the flavors to meld.
- To prevent curdling of cream soups, don't overheat. Too much salt or acid in the soup can also cause curdling.
- To reduce the fat in homemade soups, make the soup a day ahead of time, then chill in the refrigerator. The fat will rise to the top, where you can simply scrape it off and discard it.
- Cut vegetables uniformly for your soups; this will insure that they cook evenly.



Soups are a great place to experiment with spices.

There are no hard and fast rules about what seasonings to use in what soups, but if you're feeling the need for some direction, here's a good place to start:

- Bean soups—cumin, garlic, onions, parsley, sage, savory, thyme
- Beef soups—basil, bay leaf, chili pepper, cumin, garlic, ginger, marjoram, onions, oregano, parsley, rosemary, sage, savory, tarragon, thyme
- Chicken and turkey soups—allspice, basil, bay leaf, cinnamon, curry powder, dill, garlic, ginger, mace, marjoram, nutmeg, onions, paprika, parsley, rosemary, saffron, sage, savory, thyme
- Fish soups—basil, chives, curry powder, dill, garlic, ginger, marjoram, oregano, parsley, sage, savory, tarragon, thyme
- Fruit soups—anise, cinnamon, cloves, ginger, mace, mint, nutmeg, rosemary
- Mushroom soups—coriander, marjoram, oregano, tarragon, thyme
- Potato soups—caraway, chives, dill, marjoram, oregano, paprika, parsley, rosemary, tarragon, thyme
- Squash soups—allspice, basil, cinnamon, cloves, dill, marjoram, nutmeg, rosemary, savory
- Tomato soups—basil, bay leaf, chives, garlic, oregano, parsley, rosemary, savory, tarragon, thyme
- Vegetable soups—basil, caraway, cayenne, dill, garlic, marjoram, nutmeg, oregano, savory, tarragon

Of course, all-purpose and ethnic blends, like bouquet garni and Italian seasoning are always good bets, too.

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spice
savvy

Soup Season

Recipes for...

- » Grilled Gazpacho
- » Sop Soup
- » Thick as Pea Soup

... and more!

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Q&A

What's the difference between minestrone and mulligatawny, bisque and borscht?

Oftentimes we have a vague idea of what kind of soup we're ordering or making, but when it comes to the details we're not so sure. Here's a quick primer of the most common soup terms: Bisque is a thickened, seasoned cream soup made from puréed shellfish. Borscht is a Russian beet-vegetable soup that's served chilled. Chowder is a thickened soup or stew, usually containing seafood, potatoes and milk or cream. (New England clam chowder is made with potatoes and cream, while Manhattan clam chowder is tomato-based.) A consommé is a clear soup that's thickened with a white sauce. Goulash is a Hungarian beef soup seasoned with paprika and onion, while gumbo is a Creole soup thickened with okra pods. Minestrone is an Italian vegetable soup, miso soup is a Japanese soup of fermented soy and broth, mulligatawny is an Anglo-Indian curried soup, and vichyssoise is a cold French pureed soup made with potatoes, cream and leeks.

Can I freeze soup?

Yes, it's a great idea to make more than you'll need and freeze the rest. First chill the soup in the refrigerator, and then place in freezer. If it separates during freezing (which commonly happens to cream-based soups), whisk the soup when you defrost it. If chunks of vegetables don't look appealing after freezing, purée the soup before serving (add a bit of new liquid if necessary). Most soups are best when served within a month of freezing, though pureed soups will last for 3 months.

I've oversalted my soup! Now what?

Peel and thinly slice a raw potato, then place in the soup pot for about 15 minutes. Remove and toss the potato, which will have soaked up much of the salt. You may also want to add a bit more of your other (no-salt) seasonings, to enhance those flavors.

For more information on soups, visit www.frontiercoop.com

Soup... Always in Season!

A good soup warms the belly and the spirits. In fact, the first restaurants—located in Paris—were so called because they sold hearty soups to restaurer (restore) patrons. But we're not only talking a hot mug on a cold day. There's a soup for every occasion and every taste. Whether it's a light consommé served as the first course of a special meal, a refreshing fruit soup on a warm afternoon, or a hearty stew in the midst of a snowstorm, soup fits the bill. And when you make your own soup you can customize—chunky or smooth, spicy or mild, light on onions, heavy on garlic, hot or cold, and, of course, seasoned to perfection.

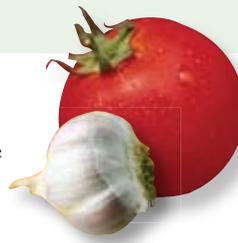
Grilled Gazpacho

Gazpacho is a cold Spanish soup, often the soup du jour in warm, tomato-harvesting weather. Grilling some of the vegetables adds depth to the soup.

4 large ripe tomatoes, coarsely chopped	3 tablespoons olive oil
½ medium green bell pepper, chopped	1 teaspoon garlic granules
½ medium red bell pepper, chopped	1 teaspoon basil
1 tablespoon olive oil, plus 2 tablespoons	1 teaspoon savory
1 small onion, chopped	½ teaspoon cayenne (optional)
1 small cucumber, peeled and chopped	1 teaspoon salt
1 tablespoon parsley	½ teaspoon coarse grind black pepper
1 cup tomato juice	1 avocado, peeled and sliced (for garnish)
¼ cup red wine vinegar	4 tablespoons sliced almonds (for garnish)

Combine tomatoes, bell peppers, and onion with 1 tablespoon of olive oil. Spread on cooking sheet. Broil until vegetables are lightly browned, stirring once. Remove and set aside.

Combine remaining oil plus all other ingredients except garnishes. Stir in grilled vegetables. Refrigerate for a few hours (or overnight). Top with avocado and almond slices when serving. Serves 4.



Sop Soup

The first soups were thick stews (sop) that were eaten soaked up with bread.

Use a French or Italian bread, or a seasoned rustic bread for this recipe, and experiment with different grated cheeses.

2 cups stale bread, cut into cubes	2 teaspoons basil
2 tablespoons olive oil, divided	2 teaspoons oregano
¼ teaspoon sea salt	1 large onion, sliced
⅛ teaspoon coarse grind black pepper	5 cups water
¼ teaspoon paprika	5 tablespoons chicken flavored broth powder
1 teaspoon garlic granules	½ cup freshly grated Parmesan or Romano cheese

Combine bread cubes and olive oil. Sprinkle with salt, pepper, paprika, garlic, basil and oregano. Sauté until lightly browned. Set aside.

Heat 1 tablespoon olive oil in a saucepan. Sauté onion slices until lightly browned. Combine chicken-flavored broth powder and water in a bowl, then add to onions. Warm over medium heat, stirring, until powder is dissolved and soup is hot. Add the bread cubes and gently heat for 10 minutes. Sprinkle with cheese just before serving. Serves 4.

Thick as Pea Soup

This is comfort food at its best. To serve leftovers, stir in a bit of vegetable broth until desired consistency (soup will thicken in the refrigerator).

1 ½ cups dry split peas, rinsed	⅛ teaspoon black pepper, fine grind
4 cups water	1 bay leaf
4 tablespoons vegetable broth powder	1 cup cooked, peeled, and coarsely chopped sweet potatoes
1 teaspoon marjoram	½ cup sour cream or plain yogurt
1 teaspoon thyme	
½ teaspoon salt	

Combine split peas, water, vegetable broth powder, and spices in a soup pot. Bring to boil. Reduce heat and simmer, covered, until peas are tender, about 60 to 90 minutes. (Stir occasionally, adding more liquid if necessary.) Gently stir in the sweet potatoes and remove the bay leaf. Heat until potatoes are warm. Serve each bowl topped with a dollop of sour cream or yogurt.

