

Soup Crecy

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23rd printing – 1970s), pp. 38-39

Contributed by Diane Wolford Sheppard

1 pound carrots, sliced
3 tablespoons butter
4 large potatoes, peeled and quartered
1 tablespoon salt
6 cups water
1 lump sugar
1 tablespoon finely chopped parsley
4 slices French bread, diced and fried in butter

In kettle or large saucepan, combine carrots and a tablespoon of butter. Cover and cook over low flame if 20 minutes. Add potatoes, salt, water, and sugar. Bring to boil. Cover and simmer for 45 minutes. Strain, reserving liquid. Mash vegetables. Stir cooking liquid into mashed vegetables and return to pan. Bring to boil and simmer for 15 minutes. Off fire, add remaining butter cut into small pieces, stirring until butter is melted and well blended. Sprinkle with parsley. Serve hot with fried diced bread.

Serves 4.

Apple Onion Soup with Toasted Cheese Croutons

Pillsbury Country American Cooking (Harlan, Iowa: The Pillsbury Co., 1988)

Soup:

3 tablespoon margarine or butter
8 cups (2 large) halved and sliced white onions
3 cups water
1 cup apple juice
½ cup white wine
½ teaspoon grated orange peel
1 10 ½-ounce cans condensed beef broth
1 medium apple, peeled and grated

Croutons:

¼ cup margarine or butter, softened
2 tablespoons grated Parmesan cheese
2 tablespoons finely chopped parsley
1 garlic clove, minced
6 one-inch thick slices French bread

In Dutch oven, sauté onions in 3 tablespoons margarine 10 minutes or until tender. Add remaining soup ingredients. Bring to a boil. Reduce heat; cover and simmer 30 minutes.

Heat oven to 350° F. In small bowl, combine ¼ cup margarine, Parmesan cheese, parsley, and garlic. Spread on one side of French bread slices; place on ungreased cookie sheet. Bake at 350° F for 8 minutes or until lightly browned. Garnish each serving with 1 crouton.

6 (1 ½ cup) servings.

French Onion Soup

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 81

Contributed by Diane Wolford Sheppard

⅓ cup butter
5 large onions, thinly sliced
½ teaspoon pepper
1 cup grated Swiss cheese
3 cans beef consommé, diluted
OR
3 bouillon, cubes and water
4-6 slices French bread

1. Melt butter, add onions and stir well.
 2. Cover and simmer for 20 minutes, just till edges of onions are browned lightly.
 3. Add consommé or bouillon cubes dissolved in 6 cups of hot water.
 4. Cover and simmer half an hour. Taste for seasoning.
 5. Serve with thick slices of French bread which have been generously sprinkled with grated cheese.
 6. Place slices in a very hot oven or under the broiler until cheese is soft and toast is brown. Place slice in the bottom of each plate and pour soup over it.
- 4 – 6 servings.

French Onion Soup

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23rd printing – 1970s), p. 34

Contributed by Diane Wolford Sheppard

3 medium-size onions, thinly sliced
2 tablespoons butter
1 tablespoon butter
2 cups consommé
4 cups water
¼ cup boiled milk
¼ cup grated Swiss cheese
6 dried slices French bread
Salt and pepper to taste
2 tablespoons melted butter

In heavy skillet, cook onions in heated butter until slightly browned. Sprinkle with flour and cook over low flame until golden, never allowing them to become dark brown. Add consommé and water. Bring to boil, stirring constantly with wooden spoon, then simmer gently for 10 minutes uncovered. Add milk. Pour into ovenproof casserole or individual bowls. Place slices of bread on top. Sprinkle generously with cheese. Add pepper. Sprinkle with melted butter. Brown quickly under broiler flame.

Serves 4 to 6.

French Onion Soup

Better Homes and Gardens New Cook Book (New York: Meredith Press, 1970, third printing), p. 294

Contributed by Diane Wolford Sheppard

4 large onions, thinly sliced
¼ cup butter or margarine
3 10 ½-ounce cans condensed beef broth
1 teaspoon Worcestershire
½ teaspoon salt
Dash pepper
2 French or hard rolls, sliced and toasted
Grated Parmesan cheese

Cook onions in butter till lightly browned, about 20 minutes. Add broth and Worcestershire. Bring to boiling. Season with salt and pepper. Sprinkle toast with cheese; place under broiler till cheese is lightly browned. Pour soup in bowls and float toast slices atop.

4 to 6 servings.

French-Canadian Pea Soup

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 14

1 pound dried peas
1 tablespoon coarse salt
1 to 2 pounds salt pork (fat and lean)
1 large onion, minced
1 tablespoon butter
1 teaspoon summer savory

1. Wash and sort peas
2. Soak peas overnight in enough cold water to cover. The next morning measure the water in which peas have soaked and add enough to make 4 quarts.
3. Add salt to peas and water.
4. Sauté onion in butter and add to peas.
5. Add savory.
6. Add pork in one piece.
7. Bring to a boil, cover, and simmer over low heat for 2 to 3 hours, or till peas are tender. Remove pork when it is tender (after 1 ½ hours), cool on a plate, wrap in foil and store in freezer or refrigerator.
8. When peas are tender remove about 2 cups of the peas, blend or press through sieve and return to soup pot. This removes the watery look from the soup and gives it a richer texture. Leave remainder of peas whole.
9. The piece of pork makes an excellent main course and is best served very cold. It should be sliced very thin and eaten with hot bread and pickles, the French-Canadian way.

Canadian Pea Soup

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), pp. 63-64.

Contributed by Diane Wolford Sheppard

1 pound whole dried yellow peas
3 quarts cold water
½ pound salt pork
½ cup diced carrots and turnips
1 chopped white onion
Salt to taste
Freshly ground black pepper

1. Pick over and wash the peas. Soak twelve hours in water with ½ teaspoon baking soda.
2. Rinse the peas well and place in pot with the cold water and salt pork. Bring to a boil, skim, and add the vegetables. Let simmer four hours; add salt and pepper to taste. A little finely chopped herbs or parsley may be added. Serve unstrained. 4 servings

Pea Soup

Sally Eustice, *History from the Hearth – A Colonial Michilimackinac Cookbook* (Mackinac Island, Michigan: Mackinac State Historic Parks, 1997), p. 37

Contributed by Diane Wolford Sheppard

Sally Eustice titles the recipe “Pease Soup” and notes that “Pease” is the plural spelling of “pea,” but the silent “e” was dropped over time.

1 pound dried, split peas
3 quarts water
2 large onions
1 cup chopped carrot
1 slice ham, cut in bite sized pieces
Herbs and seasonings (thyme, salt, pepper)

Combine all ingredients in a large kettle and bring to a boil. Reduce heat to very low and simmer gently. Remove the lid, after an hour, so the liquid will reduce somewhat. Stir occasionally to keep from sticking. There is nothing worse than trying to scrub out a cast-iron with burnt pea soup! Soup may be thinned with water or broth if it gets too thick. When it will support a spoon, straight up, your soup is done.

Pumpkin Soup

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23rd printing – 1970s), p. 39

Contributed by Diane Wolford Sheppard

2 cups pumpkin, trimmed and diced
2 cups water
1 teaspoon salt
4 cups milk
1 ½ tablespoons, granulated sugar
6 slices French bread, dried in warm oven (but not toasted)
2 tablespoons butter, cut into small pieces

In kettle or large saucepan, combine pumpkin, water, and salt. Bring to boil. Cover and simmer for 15 minutes. Strain, reserving liquid. Mash pumpkin. Stir in cooking liquid. Return to pan. Add milk, sugar, and bread cut into small pieces. Bring to boil. Cover and simmer for 10 minutes. Off fire, add butter, stirring until butter is melted and well blended. Serve hot.

Serves 4

Quick Seafood Bisque

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 79

Contributed by Diane Wolford Sheppard

1 ½ quarts water
4 medium potatoes, peeled and quartered
2 medium onions, coarsely chopped
½ bay leaf
½ teaspoon thyme
¼ teaspoon finely minced garlic
1 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 cup chopped sea scallops, shrimp, lobster, or crabmeat
2 egg yolks
½ cup heavy cream
Paprika

1. Bring two cups of the water to a boil. Add the potatoes, onions, bay leaf, thyme, garlic, salt, and pepper and simmer until the vegetables are barely tender about 15 minutes, adding the selected seafood during the last five minutes of cooking.
2. Remove the bay leaf and put the mixture through a fine sieve, or purée in an electric blender.
3. Return the puréed mixture to the saucepan and add the remaining water. Bring to a boil and correct the seasonings.
4. Turn off the heat and stir in the egg yolks blended with the cream. Serve hot or chill. Garnish each serving with paprika.

8 servings

Shrimp Bisque

Fernande Garvin, *The Art of French Cooking* (New York, Bantam Books, 23rd printing – 1970s), p. 38

Contributed by Diane Wolford Sheppard

½ pound shrimps, shelled and de-veined
1 tablespoon butter
¼ cup brandy
2 cups water
1 cup dry white wine
1 teaspoon salt
¼ teaspoon pepper
Pinch of Thyme
1 hard-cooked egg
2 tablespoons tomato paste
½ teaspoon paprika

Heat butter in large, heavy saucepan. Add shrimps and cook over brisk flame for 5 minutes. Add brandy. Ignite. Add water, wine, salt, pepper, and thyme. Bring to boil. Cover and simmer for 15 minutes. Remove shrimps and set aside.

Mash together shrimps, hard-boiled egg, and ½ cup of cooking liquid. Add tomato paste and paprika. Stir in remaining cooking liquid and return to pan. Correct seasoning.

Heat. Serve hot.
Serves 4

Shrimp Bisque

The Good Housekeeping Illustrated Cookbook (New York: Hearst Books, 1989, revised edition), p. 130

Contributed by Diane Wolford Sheppard

3 tablespoons olive oil
1 ½ pounds medium shrimp, shelled, and deveined. Reserve shells
¼ cup butter
1 large onion, diced
1 carrot, chopped
1 celery stalk, chopped
2 ½ cups water
1 cup dry white wine
¼ cup regular long-grain rice
1 bay leaf
½ teaspoon salt
¼ teaspoon cayenne
3 chicken-flavor bouillon cubes
1 16-ounce can tomatoes
2 cups heavy cream

1. In 4-quart Dutch oven over medium-high heat, in hot olive oil, cook shrimp shells until pink, stirring constantly with slotted spoon. Discard shells, leaving flavored oil in Dutch oven.
2. Add shrimp to oil and cook, over medium-high heat, stirring frequently, until shrimp turn pink, about 3 minutes; spoon into bowl.
3. Reduce heat to medium; add butter, onion, carrot, and celery; cook stirring occasionally, until tender.
4. Stir in next 7 ingredients and heat to boiling. Reduce heat to low; cover and simmer 15 minutes or until rice is tender. Remove Dutch oven from heat.
5. Discard bay leaf. Drain juice of potatoes into rice mixture. Remove seed from tomatoes; stir tomatoes into rice mixture and add cooked shrimp.
6. In covered blender container at high speed, blend one half of mixture at a time until smooth.
7. Return shrimp to Dutch oven, stir in cream. Over medium heat, heat just to boiling.

10 servings or 8 ½ cups.

Vichyssoise

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 79

Contributed by Diane Wolford Sheppard

1 cup onions, chopped (optional)
2 leeks, chopped (the white part only)
¼ cup melted butter
2 cups raw potatoes, diced
1 quart chicken stock or more
Salt (to taste)
¼ teaspoon white pepper
1 cup light cream
2 teaspoons chives, chopped

1. Sauté onions and leeks in butter until they are soft and yellow (about 20 minutes). Do not brown them.
2. Add potatoes and pour in the chicken stock.
3. Add salt to taste (depending on how salty the stock is) and white pepper.
4. Cook for about 20 to 30 minutes, or until potatoes are soft. Put through a fine sieve, food mill, or food processor while hot.
5. Return soup to stove after sieving it, heat to boiling, remove from the fire and add cream. Heat again but do not boil.
6. Pour into a hot tureen and sprinkle chives on top.
7. For cold vichyssoise, chill soup thoroughly before adding the cream (Makes about 2 quarts).

Vichyssoise a la Ritz

Craig Claiborne, *The New York Times Cook Book* (New York: Harper and Row, 1961), p. 83

Contributed by Diane Wolford Sheppard

4 leeks, white part, sliced
1 medium onion, sliced
¼ cup sweet butter
5 medium potatoes, thinly sliced
1 quart chicken broth
1 tablespoon or less salt
3 cups milk
2 cups heavy cream
Chopped chives

1. In a deep kettle, brown the leeks and onion very lightly in the butter. Add the potatoes, broth, and salt and boil thirty-five minutes, or until very tender. Crush and rub through a fine sieve or purée in an electric blender.
2. Return the sieved mixture to the kettle, add the milk and one cup of the cream and bring to a boil. Cook and rub again through a fine sieve. Chill.
3. Add the remaining cream. Chill thoroughly and serve garnished with chives.

8 or more servings.

Wild Rice Soup

Betty Crocker Bisquick – New for Fall (Minneapolis: General Mills, 2000), p. 60

2 tablespoons margarine or butter
2 medium stalks celery, sliced (1 cup)
1 medium carrot, coarsely shredded (1 cup)
1 medium onion, chopped (1/2 cup)
1 small green pepper, chopped (1/2 cup)
¼ cup Original or Reduced Fat Bisquick
½ teaspoon salt
¼ teaspoon pepper
1 cup water
1 can (10 ½ ounces) condensed chicken broth
1 ½ cups cooked wild rice
1 cup half-and-half
1/3 cup slivered almonds, toasted*
¼ cup chopped fresh parsley

1. Melt margarine in 3-quart saucepan over medium-high heat. Cook celery, carrot, onion, and bell pepper in margarine about 4 minutes, stirring occasionally, until tender.
2. Stir in Bisquick, salt, and pepper. Stir in water, broth, and wild rice. Heat to boiling, stirring frequently; reduce heat to low. Cover and simmer 15 minutes, stirring occasionally.
3. Stir in half-and-half, almonds, and parsley. 5 servings.

*Success Hint: to toast almonds, cook in ungreased heavy skillet over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown.

Wild Rice and Mushroom Soup

Elizabeth Baird, *Best Recipes of the Maritime Provinces – The Best Tasting Recipes from Home Cooks and Leading Chefs* (Halifax: Formac Publishing Company Limited, 2012), p. 35

3 cups chicken stock
⅓ cup raw wild rice, rinsed and drained
½ cup thinly sliced green onions
1 cup blend cream
2 tablespoons all-purpose flour
1 teaspoon chopped fresh thyme or ¼ teaspoon dried pepper to taste
½ cup thinly sliced mushrooms
2 tablespoons pure maple syrup

In a large saucepan, combine stock and rice. Bring to a boil, reduce heat at simmer, covered, for 40 minutes. Stir in onions and cook an additional 5 to 10 minutes until rice is tender. In a small bowl, whisk together cream, flour, thyme, and pepper. Stir into soup mixture and add mushrooms. Cook, stirring frequently until soup is thickened and bubbly. Stir in syrup and heat through. Serve in warm bowls.

Serves 4