

CAULIFLOWER SOUP

1- CAULIFLOWER, (WHOLE)

1- QUART, WATER

2- BEEF BOUILLON

DASH OF SALT, PEPPER, CELERY SALT AND ONION POWDER.

3- TB, BUTTER

2- TS, SIFTED FLOUR

3- TS, PAPRIKA

FRESH PARSLEY

STEP 1

1- FRESH CAULIFLOWER TO 1- QUART OF WATER. BRING TO A BOIL AND ADD 2- BEEF BULLIONS. ADD PEPPER, SALT, CELERY SALT, AND ONION POWDER.

STEP 2

WHEN CAULIFLOWER IS SOFT, MASH W/POTATO MASHER, OR EGG BEATER.

STEP 3

MEANWHILE, IN A SMALL PAN ADD 2- TO 3- TB OF MELTED BUTTER.

ADD 2- TS OF SIFTED FLOUR, (SLOWLY SO IT DOES NOT BALL UP), AND 3- TS PAPRIKA.

STIR UNTIL LIGHT BROWN. (CAUTION, IT BURNS EASY) POUR CONTENTS INTO SOUP.

GARNISH WITH PARSLEY BEFORE SERVING!

PREP TIME: 0:10

COOK TIME: 2:00

CHICKEN SOUP

USE A WHOLE SMALL CHICKEN, WITH CARCASES, OR 2- WINGS OR ONE BREAST.

IF MAKING SOUP WITH 2- WINGS OR ONE- BREAST IN PREASSURE COOKER, COOK FOR ONLY 15 TO 20- MIN. WITH INGREDIENTS..

IF COOKING A WHOLE BIRD OVER BURNER, DO NOT ADD ANY INGREDIENTS JUST BOIL BIRD FOR AN HOUR FIRST.

WHOLE CHICKEN / OVER BURNER

½+ POT OF WATER AFTER CHICKEN HAS BEEN COOKED AND SIVED

2- CARROTS, SLICED OR CUT IN HALVES

2- SMALL POTATOES- OPTIONAL

1- LARGE ONION

3- GARLIC, OR 2 TS, MINCED GARLIC

1- CELERY STALK

¼- LB, FRESH STRING BEANS

1- BAY LEAF

1- PKG, SAFRON

FIST OF FINE NOODLES

1 TS SAGE

½ TS THYME

1 TB PARSELY

3 CHICKEN BOULLION

GARLIC POWDER

SALT

SAUTEE GARLIC, CELERY AND ONIONS, 55 MIN BEFORE THE (CHICKEN HAS BOILED= (1HR)

SHREDD SOME WHITE MEAT INTO THE BROTH AND ADD THE SAUTEE VEGETABLES.

IF USING THE PREASURE COOKER, SAUTEE RIGHT AWAY ON LOW.

AFTER PREASSURE COOKING IT FOR 15- TO 30- MIN.

MAKE SURE PRESSURE COOKER STEAM HAS BEEN RELEASED BEFORE OPENING IT.

ADD SAFRON, PARSLEY, SQUASH, NOODLES, 6- PEPPER CORN, THYME, 4- CHICKEN BULLION.

WHEN COOKED STOVE TOP,

REMOVE AND SET ASIDE CHICKEN. SEEVE CHICKEN STOCK AND SET ASIDE.

SHREDD CHICKEN, ADD IT TO CHICKEN STOCK. NOW ADD ALL INGREDIENTS, SAFRON, PARSLEY, SQUASH, NOODLES, 6- PEPPER CORN, THYME, 4- CHICKEN BULLION. COOK FOR ANOTHER 30-MINUTES.

CLAM CHOWDER

1 CUP SOUVORNEY WINE
12 CLAMS
6 GARLIC CLOVES (CHOPPED)
½ ONION (CHOPPED)
1 CELERY STALK (CHOPPED)
1 BAY LEAF
1 SPRIG THYME
2 TURKEY BACON STRIPS
1 CUP HEAVY CREAM

STEP 1

COOK TURKEY STRIP. DISCARD MEAT, OR SAVE A SMALL AMOUNT CHOPPED TO ADD TO CHOWDER.

STEP 2

KEEP TURKEY FAT, SAUTEE ONIONS, GARLIC, CELERY, THYME AND A BAY LEAF.

MOMS CHICKEN SOUP

6- QUARTS OF WATER
3- CHICKEN LEGS W/THIGHS
1- MEDIUM, ONION (QUARTED)
½- GREEN PEPPER
1- CLOVE GARLIC OR (1 TSP), MINCED
10- OZ., OR LESS OF FROZEN MIXED VEG. = STRING BEANS,
CORN, PEAS, CARROTS, CELERY AND LIMA BEANS.
3- SMALL POTATOES
1/3- BUTTERNUT SQUASH
FIST THIN NOODLES
SASON W/SAFRON

PLACE IN POT, CHICKEN, ONION AND PEPPER TILL TENDER, 30-MINUTES.

THEN ADD GARLIC, VEG, POTATOES, SQUASH, NOODLES, SAFRON, PARSLEY AND BASIL, 10- MORE MINUTES OR TILL TENDER.

PREP TIME: 0:30

COOK TIME: 0:40

FAVADA

DISH FROM SPAIN & CUBA. COULD BE A HEARTY DINNER WITH SALAD SERVED ON THE SIDE.

6- CANS OF LARGE BUTTER BEANS (FAVADAS) I used 2- cans
6- OZ CHORIZO (PORK MEAT)
6- OZ BACON = 3 SLICES OF BACON
3- CUP CHICKEN STOCK = (26 ounces)
2- TB OLIVE OIL
½- ONION
3 CLOVES
½- YELLOW PEPPER OR SWEET PIMIENTOS
POTATO CUBES
¼- C TOMATO SAUCE OR PASTE
1 PKG SAFFRON

CUT CHORIZO OR SPICY SAUSAGE, IN PIECES / SAVE 5- PIECES TO MUSH.

Cook 2- slices of bacon - remove - let cool - crumble

In the bacon fat, FRY ONION AND PEPPER OR PIMIENTO. 2- MIN.

ADD 2- CANS OF BEANS WITH THEIR STOCK.
ADD POTATOES AND SAFRON, STIR.

KEEP CHICKEN STOCK OVER BEANS, (BEANS SHOULD REMAIN COVERED)

ONCE HOT, LOWER HEAT TO MED-LOW
ADD CHORIZO AND CRUMBLED BACON, STIR CAREFULLY.

YOU CAN JUST THROW THE ½- ONION AND ½- PEPPER THEN REMOVE BEFORE SERVING.

THIS RECIPE SHOULD CONTAIN THE FOLLOWING IF ABLE TO FIND;

CHORIZO; MADE OF PORK MEAT, WITHOUT ANY BY-PRODUCTS AND HAS A LOT LESS FAT.

ONION MORCILLA; SPANISH MADE BLOOD SAUSAGE. IT IS SALTY AND RICH IN FLAVOR, IF NOT USED ADD SALT INSTEAD. THE OTHER MORCILLA HAS RICE IN IT.

YOU CAN ORDER THE SAFRON, SPANISH MORCILLA AND THE CHORIZO (MADE IN CALIFORNIA)

PREP TIME: 0:40

COOK TIME: 1:00

LIVER BALL SOUP CECILES SPECIALTY

USE A BLENDER -- SLOW COOKING -- COOK TIME: 0:30

STEP 1

START A BROTH. BEEF, CHICKEN OR BOUILLIA BASE. MUST BE HOT AND HAVE GOOD BODY BEFORE ADDING LIVER..

STEP 2

1- EGG

1- CUP CHICKEN LIVERS

1- CLOVE GARLIC

ITALIAN STYLE BREAD CRUMBS, JUST UNTIL THICK.

SALT & PEPPER

LIQUIFY & POUR IN BOWL

STEP 3

ADD BREAD CRUMBS, TO SLIGHTLY THICKEN BUT STILL RUNNY,
SIT 0:15 TO 0:20 TO SOLIDIFY.

STEP 4

MAKE TSP SIZE BALLS & PLACE IN HOT BROTH.

COVER AND COOK SLOW FOR 0:30

PEA SOUP

COOK A HAM BOILED DINNER EARLIER IN THE WEEK AND USE THE REMAINS OF THE HAM FOR THE PEA SOUP.

SAVE THE BROTH.

MAKE SURE TO SIFT AND DISCARD THE INGREDIENTS USED FOR THE BOILED HAM DINNER, LIKE THE ONIONS, CARROTS, POTATOES, AND CABBAGE ETC.

PLACE BROTH. COVERED IN FRIDGE.

CLEAN HAM BONE. LEAVE BONE IN POT SOME SHREDDED HAM PIECES, ADD 2- BAY LEAFS OREGANO AND PEPPER. COOK UNTIL HAM FALLS OFF THE BONE. ONE HOUR.

2- CHICKEN BULLION

4- CARROTS

2- BAY LEAFS

OREGANO

HAM BONE (LEFT FROM BOILED HAM DINNER)

½- CUP, HAM

2- POTATO

1- TB, CARRAWAY SEEDS

DASH GRND PEPPER, GARLIC, PARSLEY

½- TB, CELERY SEED

3- TO 4- CUPS, FRESH SPLIT PEA

"BROTH FROM BOILED HAM DINNER"

STEP 1

CLEAN HAM BONE. LEAVE BONE IN POT SOME SHREDDED HAM PIECES, ADD 2- BAY LEAFS OREGANO AND PEPPER.

MAKE SURE WATER COVERS THE HAM BONE.

SIMMER UNTIL HAM FALLS OFF THE BONE.
COOK ON MED TO MEDIUM LOW HEAT.

COOK FOR 1:00

LET IT COOL, OVER NIGHT IN FRIDGE.

STEP 2

TAKE OUT OF FRIDGE. SKIM FAT OFF WITH COLANDER.

STEP 3

SHREDD ½- CUP HAM OR MORE.

ADD, FRESH CARROTS AND TWO NEW POTATOES.

1- TB CARRAWAY SEEDS, DASH PEPPER, GARLIC POWDER,
PARSLEY, ½- TB CELERY SEEDS, 3 TO 4- CUPS FRESH SPLIT PEAS
AND ADD IT TO THE 16- OZ POT= (HALF POT OF BROTH.)

COOK FOR ANOTHER HOUR.

USING A BLENDER, BLEND TO SMOOTH ALL INGRIEDIENTS IN
POT.

PREP TIME: 0:10

COOK TIME: 2:00

Portuguese Fisherman's Stew Recipe

Ingredients:

3 Onions, sliced
1/2 ts Garlic, minced
2 tb Margarine
16 oz White Beans, drained
2 qt Water
2 Bay Leaves
16 oz Chicken Stock
16 oz Stewed Tomatoes
1 1/2 ts Thyme
1 lb White Fish
1/4 c Lemon juice
1/2 c Water

Directions:

In a large soup pot, cook onions and garlic in margarine until onions are transparent, about 5 minutes. Add beans, 2 quarts water, bay leaves, chicken stock, tomatoes and thyme. Bring to a boil; reduce heat and simmer 30 minutes.

In a separate skillet, simmer fish in lemon juice and 1/2 cup water until fish flakes easily with a fork, 5-10 minutes.

Drain lemon water; add fish to stew and heat thoroughly before serving.

Yield: 6 servings

SCALLOP BISQUE

5- LB SNAPPER OR FLOUNDER (BONES/TRIMINGS)
2- CARROTS, PEELED AND HALVED
2- ONIONS, HALVED
3- STALKS CELERY, HALVED
2- CUPS, DRY WHITE WINE
2- BAY LEAVES
1- STALK LEMON GRASS, COARSELY CHOPPED
SALT
2- TB EXTRA VIRGIN OIL
1- LB, LARGE SEA SCALLOPS
1- CUP, HEAVY CREAM
1- TB CHOPPED CHIVES

STEP 1

MAKE A STOCK BY COMBINING FISH PARTS, CARROTS, CELERY, WINE, BAY LEAVES, LEMON GRASS, AND SALT TO TASTE WITH 8- CUPS WATER IN A LARGE STOCKPOT. BRING TO A SIMMER, SKIM FOAM, AND COOK FOR 40- MIN. STRAIN. RETURN STOCK TO POT AND SIMMER UNTIL REDUCED BY HALF.

STEP 2

HEAT OLIVE OIL IN A LARGE SKILLET UNTIL VERY HOT BUT NOT SMOKING. SEAR SCALLOPS ABOUT 1- MIN. ON EACH SIDE. SET ASIDE.

STEP 3

STRAIN STOCK INTO A HEAVY SAUCEPAN. ADD CREAM. SIMMER UNTIL SLIGHTLY THICKENED, ABOUT 15- MIN.. ADD SCALLOPS. ADJUST SEASONING. GARNISH WITH CHIVES.

PREP TIME: 0:30

COOK TIME: 1:00

TOMATO SOUP

46- OZ. CHICKEN BROTH (SODIUM FREE--SWANSON)

6- OZ. TOMATO JUICE (SACRAMENTO)

PINCH OF, (FRESH IF POSIBLE OF THE FOLLOWING);

THYME

SWEET BASIL

BLACK GROUND PEPPER

REGULAR PAPRIKA

GARLIC POWDER

MRS. DASH-GARLIC & HERB

McCormick's' CALIFORNIA STYLE MINCED ONION WITH GREEN ONION

1- CUP FROZEN, RANCHO FIESTA STYLE VEGETABLES, HAS = (RED, WHITE AND GARBANZO BEANS, BROCCOLI, CARROTS, ETC.

RINSE VEGGIES TO GET ICE CRYSTAL OFF.

COOK 0:40 TO 1:00- HOUR ON MED TO MED LOW HEAT.
(SIMMER, DO NOT BOIL!)

"FAST MAKING, GREAT TASTING PLEASES BOTH VEGETARIAN OR MEAT LOVERS."

BELOW IS OTHER IDEAS FOR ADDING OR SUBSTITUDING!

SUBTITUDE FROZEN RANCHO FIESTA VEGETABLES WITH SAME AMOUNT OF YOUR FAVORITE, BEANS, PASTA, RICE OR A COMBINATION EQUALING ONE CUP (AND)- (OR) ADD A ½- CUP OF COOKED AND SHREDED HAM OR PORK, ETC.

PREP TIME: 0:20 - COOK TIME: 0:40

VEGETABLE SOUP

½- BUTTERNUT SQUASH
½- LB, FRESH STRING BEANS
1- CAN, CREAM CORN
4- POTATOES, HALVES
4- CARROTS, HALVES
1- MED ONION, HALVES
1- TB, MINCED GARLIC
½- GREEN OR RED PEPPER
2- CELERY STALKS
1- CHICKEN WING
1- CHICKEN BOUILLION

STEP 1

FILL PREASSURE COOKER W/WATER BELOW HANDLE.
ADD ALL INGREDIENTS. AFTER 20- MINUTES DISCARD THE
CHICKEN WING, ADD ONE CHICKEN BOUILLION.

STEP 2

BLEND IN ANY LEFT OVER WATER.

EITHER BLEND TO A THICK SOUP,
OR SERVE AS A BROTH WITH VEGETABLES!

IF SERVING AS A BROTH, CUT UP VEGETABLES
AFTER REMOVING THEM FROM PREASSURE COOKER.

PREP TIME: 0:30

COOK TIME: 0:20 IN A PRESSURE COOKER

COOK TIME: :45 STOVE TOP

VEGETABLE SOUP 2

SQUASH CAN BE COOKED EARLIER IN THE DAY OR NIGHT BEFORE. TASTE GREAT.

LET IT COOL AND REFRIDGERATE OR FREEZE!!

4- TO 6- ASPARAGUS

1- MEDIUM FENNEL AND LEAVES CUT UP (TASTE LIKE ANISE)

8- CARROTS (SLICED)

10-GOLDEN PEARL ONIONS (PEELED DO NOT SLICE)

1-LEEK - (CHOPPED)

½- CUP OF FAVADA BEANS (DRIED / WASH BEANS FIRST)

2- CHICKEN BOULLIONS

1- CHICKEN BROTH (COLLEGE - SODIUM AND FAT FREE)

2- SLICES OF RED PEPPER (CHOPPED)

1- WHOLE BUTTER NUT SQUASH (PEELED AND CUBED)

1-GARLIC CLOVES (CHOPPED)

BRING TO A BOIL. REDUCE HEAT. COOK FOR 2 ½- HOURS OR LONGER IN SIMMER.

ADD WATER IF NEEDED. OUR LARGE STAINLESS STEEL POT SHOULD REMAIN A BIT LESS THAN ½- FULL OR ½- FULL MAX.

Shitake Chicken Soup

Ginger

Dried Shitake mushroom

Chicken

Reconstitute Shitake in water at least 30 minutes. Slice ginger into 1/4" discs, skin removed. Use chicken quarters for best results. Boil enough water to cover all the chicken. Add Shitake, ginger and chicken. Turn heat down to slow boil for 20 minutes. Salt & msg to taste. Add black pepper if desired. If rice cooker is available, transfer to rice cooker and stew for another 20 minutes; if not, boil for 35 minutes total.

Serve with steamed rice or enjoy by it self.

Portuguese Kale Soup *caldo verde*

Considered by many to be Portugal's national dish, *caldo verde* is found everywhere—in the dining rooms of Lisbon's most luxurious hotels to the humblest of country homes. It's a versatile dish: Serve it as a one-course meal at lunch or as a light supper in the evening. What's crucial when preparing it is that the kale is cut into extremely fine and slice; that's what creates the soup's distinctive character.

1/4-cup olive oil
1 large Spanish onion, diced
2 cloves garlic, thinly sliced
10 ounces *chouriço*, diced
6 medium potatoes, peeled and diced
8 cups cold water
1-pound kale or collard greens, cut into very fine Julienne

Salt and pepper to taste

Method

1. In a large pot, heat the olive oil over medium heat. Add the onions and cook until they are translucent. Add the garlic and half the *chouriço* and cook for 2 minutes. Add the potatoes, cover everything with the water, bring to a boil and lower the heat, simmering until the potatoes are almost done, about 15 minutes.
2. When the soup is cool enough to handle, purée it in the food processor and return to the pot. Add the greens, bring everything back to a boil and simmer for 2 minutes. Season with salt and pepper, ladle into bowls and garnish with the remaining cubes of *chouriço*.