

## PENINSULA SCHOOL CRAFT FAIR 2015: *SOUP*

### DELIVERY TIME & DATE

No later than 10:30am on Sunday, December 6<sup>th</sup>

### DELIVERY LOCATION

Upper School Kitchen (northwest corner of the school, follow the direction signs)

### DETAILS

- Please bring your soup in a labeled pot with both the type of soup and your name.
- There will be tables in front of the kitchen for each type of soup (and tape and pens for labeling).
- Cleaned pots will be available for pick up at day's end in front of the Upper School Kitchen. Pots not picked up on Sunday can be found at Lost and Found in the Big Building starting Monday.
- **It is preferred that the soup be made the morning of the event and delivered hot.** In the interest of food safety, if you make your soup in advance, please refrigerate and deliver it cold.
- You can choose to donate the soup ingredients or be reimbursed for them. For reimbursement, please leave your receipts in the Craft Fair mailbox in the Office.
- Because there are many tasks required to produce the Craft Fair, soup making is in addition to Standard Work Jobs. Please also sign up for a Standard Work Job and your understanding is appreciated!

Thank you very much for volunteering to make a delicious soup; your contribution will keep everyone warm and well fed at the Fair! Don't hesitate to get in touch if you have any questions, concerns or problems.

Kasia Hopewell (hopewells@gmail.com or 650-598-2826)

## **Chicken and Noodle Soup with Vegetables**

### **Soup Stock**

A five pound chicken or chicken parts (legs and thighs)

3 quarts (12 cups) of water

1 onion (peeled and cut in half)

1 stalk of celery (cut in half)

1 carrot (peeled and cut in half)

salt

10 peppercorns

### **Soup**

1/2 cup finely chopped onion

1/2 cup finely diced carrot

1/2 cup finely diced celery (or another other vegetable)

4 ounces of egg noodles

1 cup frozen peas

### **Make the Soup Stock (can be made a day or two ahead)**

Place the whole chicken, or chicken parts, in a heavy 6 quart soup kettle with the water, onion, carrot, celery (large pieces, not the finely chopped ones), 1 Tablespoon of salt and the peppercorns. Bring to a boil and skim off any scum that forms. Reduce heat, partially cover and simmer for 2 hours. Remove the chicken and reserve. Skim the excess fat from the broth and then remove the vegetables and peppercorns and discard. (If you make the soup a day ahead and refrigerate it overnight, you can skim the cold fat off the soup the next day and continue the recipe)

### **Finish the Soup**

Once the chicken has cooled, discard the skin and bones and cut the meat in small dice. Bring the stock to a boil and add the chicken meat and diced vegetables. Cook just until the vegetables become tender. Add the noodles and peas and boil for 5 to 9 minutes or until they are cooked. Check for seasoning.

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## **Creamy Butternut Squash Soup with Apples**

### **Ingredients**

3 cups vegetable stock

1 tablespoon olive oil

1 medium yellow onion, sliced thin (about 2 cups)

Salt and pepper

4 pounds butternut squash, peeled, seeded and cut into large cubes (about 6 cups)

2 tablespoons butter

1 McIntosh or other flavorful, not too tart apple, peeled, cored and chopped

### **Directions**

Heat the olive oil in a soup pot and add the onion, 1/2 tsp of salt and a pinch of pepper. Saute over medium heat until the onions slightly brown, about 15 minutes, adding a little stock and using a wooden spoon to scrape them as they stick to the pan.

Add the squash, apple and 1 tsp of salt to the onions. Add just enough stock to barely cover the squash (about 2 cups); the squash breaks down quickly and adds its own liquid as it cooks. Cover the pot and cook over medium heat for 20 to 30 minutes, until the squash is very soft. Puree the soup in a blender or food processor, and thin it with stock to reach the desired consistency. Return the pureed soup to the pot, cover and cook over low heat for 30 minutes. Add the remaining butter and stir until incorporated. Season the soup with salt and pepper to taste.

Makes approximately 8 to 9 cups.

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## **Vegetarian Lentil with Lemon Soup**

### **Ingredients**

3 cups red lentils, sorted and washed

4, 14 oz cans vegetable broth

6 cups water

2 medium potatoes, peeled and diced

4 carrots sliced into rounds

3 bunches green Swiss chard, washed and drained, separate white stems from green leaves and chop into bite-size pieces

2 medium onions, finely chopped

1/3 cup of olive oil

6 garlic cloves, minced

2 tsp (or more, to taste) ground cumin

6 tablespoons lemon juice

Salt and pepper to taste

### **Directions**

In a large stockpot (12 quart capacity), simmer lentils, water and vegetable stock (covered) about 15 minutes. Add potatoes, carrots, and Swiss chard and simmer for about 40 minutes, or until the mixture looks cooked. Lentils should be very soft and start to fall apart.

In a skillet, sauté onion in the olive oil for 15 to 20 minutes. Add garlic to the onions for the last 5 minutes of cooking. Add this sauté mix to the lentils in the stockpot.

Add cumin, lemon juice and salt/pepper to taste. Stir.

Makes approximately 10 quarts of soup.

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## White Bean, Fennel and Sausage Soup

### Ingredients

2 teaspoons olive oil

1 lb sweet Italian Sausage, skinned and broken into small pieces

2 medium fennel bulbs (about 1 lb), coarsely chopped

2 medium onions, sliced

3 garlic cloves, minced

1/2 cup coarsely chopped flat leaf parsley or fresh basil, firmly packed

6 cups chicken stock

1, 28 oz. can Italian peeled tomatoes and their juice

2 cups cooked white beans, such as cannellini or Great Northern, rinsed if canned

1 cup cooked elbow macaroni

Salt and pepper to taste

16 slices of French or Italian bread (1/3 inch thick), well toasted and rubbed with garlic

Parmesan-Reggiano cheese to taste

### Directions

In a large soup or stockpot, heat the oil. Stir in the sausage and cook over high heat until well browned, about 5 minutes. Drain the fat. Lower the heat to moderate and add the fennel, onion, garlic and parsley. Cook until the vegetables are just crisp-tender, 10 to 15 minutes.

Add the chick stock and tomatoes with their juice to the sausage mixture. Break the tomatoes up with a spoon and bring to a boil over high heat. Lower the heat to medium/low and simmer until all the vegetables are tender, about 30 minutes.

*Note: these steps may be completed the day before serving; cool and refrigerate.*

When you are ready to serve (or deliver) the soup:

Stir in the beans and macaroni and heat through. Season to taste with salt and pepper.

Just before serving at the Craft Fair, spoon the soup into a bowl and place 1 piece of toast in the center of each bowl. Top with Parmesan cheese. (Please deliver the bread and cheese in separate containers with the soup.)