



Basics of Cooking 3:

Soups, Stocks & Poaching



ROASTED BUTTERNUT SQUASH & SAGE BROWN BUTTER SOUP

Serves 4-6

Ingredients

1 medium	Butternut Squash, halved lengthwise, seeded
1 large	Sweet Potato, halved lengthwise
4+ cups	Chicken or Vegetable Stock
1 cup	Cream, room temperature (optional)
6	Sage Leaves, thinly sliced
1/3 cup	Butter
¼ cup	Parsley, minced
To Taste	Salt & Pepper

Equipment

- Chef's Knife
- Sheet tray
- Sauce pan
- Immersion blender

Directions

1. Preheat oven to 400°.
2. Place squash and sweet potato halves on a sheet tray. Place in oven for 30-45 minutes until cooked through and tender. Cool slightly and remove flesh from skins.
3. Heat butter in small sauce pan on medium heat until it starts to brown. Remove from heat, let cool for a few minutes. Add sage and set aside.
4. Add peeled squash, sweet potatoes, stock, cream (if using,) and brown butter to a large pot. Using an immersion blender, puree until smooth. Adjust seasoning with salt and pepper. If needed, reheat.



THAI COCONUT CHICKEN SOUP

Serves 8

Ingredients

2 Tbsp	Vegetable Oil
2 Tbsp	Galangal, ¼ " slice
1 ½ Tbsp	Lemongrass, bruised
2 small	Kaffir Lime Leaves
4 cups	Coconut Milk
6-7 cups	Chicken Stock
1/8 cup	Shallots, sliced thin
2 cups	Mushrooms, cut into bite size
1 lb	Boneless/Skinless Chicken, cut into ½" cubes
1 ½ cups	Thread Egg Noodles, broken in small pieces
To Taste	Thai Chilies, minced
1/8 cup	Green Onion, minced
1/8 cup	Cilantro, minced
3-4 Tbsp	Fish Sauce
To Taste	Lime Juice

Equipment

- Chef's knife
- Stockpot
- Wooden spoon
- Ladle

Directions

1. In a stockpot over high heat add: Stock, coconut milk, galangal, lemongrass, and lime leaves. Bring to a high simmer for 10-15 minutes (reduce liquid by 20-25%).
2. Stir in shallots, mushrooms, and a little fish sauce. Continue to simmer for 10-12 minutes, until veggies are tender. Add chicken and noodles. Continue to cook until both are just cooked through. Add chilies, green onion, and cilantro. Adjust seasoning with fish sauce and lime juice.
3. Remove galangal, lemongrass, and kaffir limes leaves. Serve hot.



WHITE BEAN & GREENS MINISTRONE WITH PESTO

Serves 6-10

Soup

2-3 Tbsp	Olive Oil
1 medium	Onion, diced
1-2 stalks	Celery, diced
1 medium	Carrot, small diced
2 cups	Canned Cannellini Beans, drained, rinsed
1 small bunch	Dinosaur Kale, rough chopped
2 cups	Fire Roasted Diced Tomatoes
8 cups	Vegetable or Chicken Stock
¾ cup	Arborio Rice
6-10 slices	Thick Crusty Bread
To Taste	Salt & Pepper

Equipment

- Chef's knife
- Stockpot
- Wooden spoon
- Food processor
- Bread knife

Pesto

½ bunch	Basil Leaves
2 cloves	Garlic, peeled, halved
3 Tbsp	Pine Nuts or Walnuts
3 Tbsp	Parmesan Cheese, grated
¼ cup	Olive Oil

Directions

1. Heat oil in stockpot on medium heat. Add onion, celery, and carrot. Sauté for 5-6 minutes until just tender.
2. Add rice, cook for another 2 minutes, and stir often.
3. Stir in half of the cannellini beans along with tomatoes, greens, and stock. Bring to a boil, reduce to a simmer, cover for 25-30 minutes until vegetables are tender and the rice is cooked through. Stir in remaining beans, simmer for another 3-5 minutes.
4. **Pesto:** While the soup is finishing, place the basil and the next 4 ingredients in a food processor. Puree until smooth. Season with salt and pepper. Serve a spoonful of basil mixture with each portion of soup along with a slice of crusty bread.



POACHED EGGS

Considerations

- Adding a couple teaspoons of vinegar (an acid) and/or salt to the poaching water helps to coagulate the egg proteins and aids in the cooking process.
- The water in the pan should be at least 4-6 inches deep. This will help ensure that the water can maintain a steadier temperature once the egg(s) is/are added, and that they don't rest on the hot surface of the bottom of the pan.
- Deeper water will help form a rounder shaped egg, while more shallow water will result in a flatter egg.
- Fresh eggs, with their nice firm texture, are best for poaching. Fresh eggs hold together in a tighter shape while cooking, more so than older eggs.

Directions

1. Bring water to a, low to medium, simmer in a saucepan or skillet. Add vinegar and/or salt (if using).
2. Crack egg into a small cup or large spoon and gently slide into water. Gently simmer until the white has coagulated and set (about 2 ½ to 4 minutes).
3. Remove with a slotted spoon.



OMELETS, SCRAMBLED, & FRIED EGGS

Serves 1 Each

Omelet

1 Tbsp
2-3 large
¼ - 1/3 cup

Butter (optional)
Eggs, beaten
Filling of Choice (optional)

Equipment

- Sauté pan, non-stick
- Spatula

1. Heat a small non-stick sauté pan over med-high to high heat. Melt in butter if using. Add egg mixture, stir gently to coat pan evenly with egg. Continue to cook until the eggs are almost set but still a little moist.
2. Tilt pan so that the front of the omelet slides up the front of the pan. Add in any fillings to the center of the omelet. Fold the back and front over the filling.
3. Remove from heat. Tilt omelet out onto serving plate so that the fold is on the bottom.

Scrambled

1 Tbsp
2-3 large
¼ - 1/3 cup

Butter (optional)
Eggs, beaten
Filling of Choice (optional)*

Equipment

- Sauté pan, non-stick
- Spatula

1. Heat small non-stick sauté pan over low to medium heat. Melt butter if using. Add egg mixture and stir occasionally until the eggs are just set but still a little moist (stirring too often will lead to very broken eggs). Remove from heat. Season and serve.

*If using any vegetable filling, sauté first before adding the eggs.

Fried

1 Tbsp
1 large

Butter (optional)
Eggs, cracked into a bowl

Equipment

- Sauté pan, non-stick

1. Heat a small non-stick sauté pan over low to medium heat. Gently pour in eggs so as not to break the yolks. Cook until desired doneness. Season with salt & pepper.

Sunny Side Up: White is coagulated but the yolk is still liquid.

Basted/County Style: When a sunny side up is just about finished cooking, add a few drops of water and cover until a thin white film of coagulated white covers the yolk.

Over Easy: Cook until the white is just about set. Flip and cook until the white is completely set but the yolk is still liquid.

Over Medium: Cook until the white is just about set. Flip and cook until the yolk is partially set.

Over Hard: Cook until the white is just about set. Flip and cook until the yolk is completely set.