

Carrot ginger soup with lime, cilantro crème fraiche & chili, lemongrass meatballs

By Orchard Hill Breadworks

Soup:

6 cups organic carrots chopped
2 - 3 medium yellow onions peeled and chopped
2 Tb butter
1 cup whole milk
1 12 oz can coconut milk
4 cups homemade chicken stock
2 Tb grated fresh ginger
1 tsp ground coriander
Salt and pepper to taste

Meatballs:

1# ground pork (or turkey / chicken)
1 tsp chili garlic paste
3 stems scallions, most of the green top removed
Stems from 1 bunch cilantro, ends removed, washed and diced
2 Tb lemongrass diced (packaged lemongrass works fine)
2 tsp fresh ginger fine chopped
1 ½ Tb brown sugar
1 tsp tamari (or fish sauce if you have it)
½ tsp salt
¼ tsp black pepper
1 - 2 Tb oil for cooking

Crème Fraiche Sauce:

8 oz crème fraiche
Juice from ½ lime
Fine diced leaves from bunch of cilantro
Pinch of salt

- Preheat oven to 375°. Sauté onions in butter over medium heat until they begin brown, stirring frequently. Add ginger, coriander, salt and pepper; lower heat and cover pan.
- Place carrots, cooked onions, both milks and 3 cups chicken stock in a large baking dish and loosely cover with foil (to prevent carrots from scorching but allow steam to escape). Place pan in the oven for 1 hour until carrots are softened (cooking the carrots this way allows liquid to cook off, concentrating the flavors).
- While the carrots cook, combine seasoning with meat and form into +/- 30 small balls.
- Cook in oiled sauté pan to minimize sticking.
- Once meatballs are cooked through, remove from the pan and keep warm.
- With the sauté pan still over medium heat, add remaining cup of stock and deglaze the pan. -Reduce stock until syrupy, leave in the pan and remove from heat.
- Whisk together all ingredients for lime cilantro crème fraiche in a bowl and return to fridge.
- Transfer soft carrot mixture to a blender with a slotted spoon. Process until very smooth.

- Combine remaining liquid from oven dish with the reduced stock in sauté pan and return to a boil. Adjust thickness of soup with this stock, by adding or reducing further if the carrot mixture is too thick. Consistency should be thin enough to pour from a spoon, but thick enough to hold a meatball from sinking.

To serve:

Ladle soup into bowls, place 4 – 6 meatballs in each bowl and place a few dollops of crème fraiche in each bowl. Serve with some hearty Orchard Hill Bread!

Cheddar Cheese Soup by the Front End

1/4 lb. smoked bacon, finely chopped
1 medium red onion, cut into 1/4 in. pieces
1/2 cup finely sliced celery
1/2 cup finely chopped carrots
3 Tb all-purpose flour
3 cups whole milk
2 cups chicken stock
12 oz. grated white cheddar
3 dashes Tabasco
1/2 tsp. Worcestershire sauce
1/2 cup Von Trapp Helles Lager, room temperature
salt and pepper to taste
1 TB thinly sliced chives

1. Cook the bacon in a large heavy-bottomed, non-reactive soup pot over medium heat until wilted, but not browned.
2. Add onions, celery, and carrots; cook until the onion is translucent and bacon has crisped.
3. Sprinkle in flour and stir constantly for 2 minutes. Stir in milk and stock, a little at a time, blending well to ensure there are no lumps. Bring to a boil, then cover and simmer for 15 minutes.
4. Remove from heat and whisk in cheese, Tabasco, Worcestershire and ale. Season with salt and pepper to taste.

Coconut Curried Chickpea Stew by the Community Kitchen

4 cups chickpeas
1/2 cup of your favorite curry powder
Pepper to taste
15 oz can coconut milk
6 cups vegetable broth
1/2 cup coconut oil
1 cup carrots, grated
1 cup onions, diced
1 cup celery, diced
2 cups brown basmati rice

- 1) Cook bulk chickpeas according to package directions, or use canned.
- 2) Cook rice according to package directions and set aside in a bowl.
- 3) In a frying pan, sauté onions and curry powder in coconut oil until translucent, then stir in celery and carrots and sauté for another 5 minutes.
- 4) Add vegetables to stock pot.
- 5) Add 1/2 cup of broth to sauté pan over medium heat and scrape up residue from vegetables. Simmer for 5 minutes and add to stock pot.
- 6) Add remaining broth, chickpeas and coconut milk and rice to stock pot and simmer for 1/2 hour.

Creamy Coconut Butternut Squash

by Produce Department

- 1 medium butternut squash, peeled & cubed
- 1 medium leek, sliced
- 2 Tb olive oil
- 3 cloves of garlic, minced
- 2 1/2 cups water
- 1 can coconut milk
- 1/2 tsp freshly ground black pepper
- 1 cinnamon stick
- 1 Tb ginger juice
- 4 plump Tb sweet miso paste
- Garnish with chopped parsley and/or goat cheese crumbles

- 1) Sauté leeks and garlic in oil until leeks soften and garlic is aromatic (1-2 minutes).
- 2) Add cubed and peeled butternut squash and continue to sauté for another minute, then add water and coconut milk and bring to a boil.
- 3) Reduce heat at once and add black pepper and cinnamon stick, let simmer for 20 minutes or until squash is soft.
- 4) Remove cinnamon stick and discard.
- 5) Allow soup to cool off before adding the miso paste and ginger juice.
- 6) Use a blender or stick-immersion blender to puree the soup.
- 7) Serve topped with chopped parsley and/or goat cheese crumbles.

GO PHO IT! Immune Boosting Super Broth

By Grocery Department

- Prep Time: 30 minutes
- Cook time: 2 hours
- 3 Tbsp beef or vegetable bouillon base
- 8 cups water
- 2 Tbsp coconut oil
- 1/4 cup brown rice vinegar
- 1/4 cup ume plum vinegar
- 1/4 cup coconut aminos
- 2-4 Tbsp hot pepper (chili) infused oil (to taste)
- 2 Tbsp toasted sesame oil (more to taste)

3 Tbsp fresh ginger, peeled and minced
6 cloves fresh garlic, peeled and chopped
1 yellow onion, chopped
1 stalk lemongrass, crushed with the side of a knife to release aromatic oils and cut into pieces
4 cups green cabbage, sliced thin
1-2 heads baby bok choy, sliced thin
2-3 oz dried and/or fresh shiitake mushrooms
8 oz cellophane bean thread or rice noodles
8 oz bamboo shoots and/or water chestnuts
Toppings (optional):
1-2 large carrots, julienned
1 jalapeño pepper, sliced thin
Fresh basil and/or cilantro, chopped
Lime Wedges

- 1) In a large pot, heat coconut oil over medium heat. Add onion, garlic, ginger, and lemongrass. Cook 4-5 minutes, or until onion is transparent.
 - 2) To the pot, add water, bouillon base, and shiitake mushrooms. Bring to a boil, then reduce heat and let simmer for 1 1/2 hours.
 - 3) Add hot pepper oil, bamboo shoots and/or water chestnuts. Allow to simmer for an additional 30 minutes. Meanwhile, soak noodles in warm water for 10 minutes.
 - 4) Add noodles to pot. Stir in cabbage and baby bok choy until wilted, then remove pot from heat.
 - 5) Add brown rice vinegar, ume plum vinegar, coconut aminos, and toasted sesame oil.
- Serve with desired toppings, and eat to your health!

Loaded Bacon Cheeseburger Soup

By Prepared Foods Department

- 2 Quarts Pork/Beef Stock
- 2 Pounds Ground Beef
- 2 Cups Bacon Bits
- 1/4 cup Minced Garlic
- 5 Tablespoons Unsalted Butter
- 1 Quart Heavy Cream
- 2 Cups Onions, Julienne
- 2 Cups Red Peppers, Diced or Julienne
- 2 Cups Green Peppers, Diced or Julienne
- 2 Cups Sharp Cheddar Cheese
- 1/2 cup Arrowroot Starch
- 1/2 cup Cold Water

Cajun Seasoning:

- 3 Tblspn Sweet Paprika
- 1 Tblspn Chili Powder
- 1 Tblspn Smoked Paprika
- 1 Tblspn Garlic Powder
- 1/2 Tblspn Kosher Salt
- 1/2 Tblspn Pepper

- 1 tspn Dried Basil
- 1 tspn Dried Oregano
- 1 tspn Dried Thyme
- Pinch of Onion Powder
- Pinch of Cayenne.

1) Put ground beef in stock pot turned to low/ medium heat. Wait until beef is about half cooked, stirring throughout, then add cajun mix and garlic. Continue stirring.

2) When beef is fully cooked, strain using a wire mesh over a bowl or a pan to reserve the fat. Reserve strained beef.

3) Using rendered fat, begin sauteeing the onions over medium high heat until caramelized and brown. Add julienne red and green peppers, cooking on medium low heat until tender. Reserve.

4) Add stock, butter and cream to stock pot. Bring to a simmer on medium heat, then add seasoned beef, bacon bits, caramelized onions and sauteed peppers. Mix well for several minutes and remove from heat.

5) Let soup cool for 5 minutes. Add cheddar slowly, mixing throughout. Add arrowroot starch and cold water to a container, mixing well. *Add slurry to soup slowly, mixing soup while adding, to reach desired consistency. Salt and pepper to taste.

*This process can be duplicated, however I warn not to use too much.

BERNIE'S BURGOO

By Meat Department

1/2 cup butter

1 finely chopped organic onion

1/2 cup chopped organic celery

1/2 cup sliced organic carrots

1/2 cup organic potato

3/4 cup all-purpose GF flour

6 cups organic chicken broth

2 cups cooked wild rice

1 North Country smoked duck breast, skin removed, shredded by hand

1 North Country smoked chicken breast, skin removed, shredded by hand

1 Koch smoked turkey breast, skin removed, shredded by hand

1 clamshell poultry blend

1/2 teaspoon salt

1/2 teaspoon mustard powder

1/2 teaspoon fresh organic parsley

1/2 teaspoon ground black pepper

3 tablespoons dry sherry

2 cups half-and-half

1) Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and sauté for 5 minutes.

2) Add the flour and stir well.

3) Gradually pour in the chicken broth, stirring constantly, until all has been added.

4) Bring just to a boil, reduce heat to low and let simmer.

5) Add the rice, poultry, salt, curry powder, mustard powder, parsley, ground black pepper, beans and sherry and allow to heat through.

6) Pour in the half-and-half and let simmer for 1 to 2 hours.

(Note: Do not boil or your roux will break!)

Saxy's Holy Mole!

By the Saxy Chef

10 oz chicken breast - diced
1 medium white onion - small dice
3 each garlic clove - minced
3 Tbs vegetable oil
2 Tbs chili powder
1 tsp ground cumin
1/2 tsp ground cinnamon
1/8 tsp ground clove
2 1/2 cups chicken broth
1 14.5oz can tomato puree
1/4 cup raisins
1 each chipotle pepper with adobo
1 Tbs peanut butter
1 Tbs orange juice
1 saxy chef Ancho Walnut Brownie
Cilantro and sour cream(optional) to garnish

- 1) Puree Chipotle with raisins and 1/2 cup broth.
- 2) Sauté chicken in oil until brown on 2 sides.
- 3) Add onion and dry spices, Sauté 1-2 minutes, 4) Add garlic & sauté less than 1 minute.
- 5) Add raisin puree, tomato and broth, then Simmer 15-20 minutes,
- 6) Add peanut butter and OJ.
- 7) Serve with diced brownie sprinkled on top, garnish with cilantro and sour cream.

Thai Sweet Potato Chowder

By Admin Department

2 lbs sweet potatoes, peeled and cut into 1/2 inch dice
1 large lemon grass, outer layer discarded, cut into 2- inch lengths
1 teaspoon Thai red curry paste
3 cups vegetable stock or water
1 14-ounce can coconut milk
1/4 teaspoon salt
4 ounces Thai-style or plain baked tofu, cut into 1/4 inch dice
2 tablespoons of arrowroot dissolved in
2 tablespoons of water
3 ounces snow peas, cut lengthwise into thin strips, about 1 cup

- 1) Combine sweet potatoes, lemon grass, red curry paste, stock, coconut milk, and salt in 4 quart pot. Stir as you bring to boil over medium-high heat. Cover, reduce heat to low, and simmer until sweet potatoes are tender, about 8 minutes. Turn off heat and discard lemon grass.

- 2) With slotted spoon, transfer 2 cups sweet potatoes to work bowl of food processor and puree until smooth. Stir pureed potatoes back into pot, along with baked tofu, and reheat over medium flame.
- 3) Add arrowroot mixture to pot, stirring constantly until thickened, 3 to 4 minutes. Turn off heat and stir in snow peas. Ladle into bowls and serve immediately.

Tuscan Bean and Sausage Soup

By Board of Directors

1 turkey kielbasa
1 medium onion
1 medium carrot
1 celery stalk
2 cloves garlic, minced
15 oz. can kidney beans, drained
15 oz. can great northern beans, drained
15 oz. can Italian-seasoned diced tomatoes
3 cups chicken broth
½ cup dry red wine (or water)
1 bunch kale
1 tsp dried basil

- 1) Dice onion, carrot and celery stalk, then cut kielbasa into rounds. Finely chop kale, or use frozen spinach if convenient.
- 2) Combine all ingredients and simmer until vegetables are very tender and flavors are well-combined.
- 3) Serve with some freshly grated cheese or a dollop of sour cream and a crusty loaf of bread.
- 4) This is a great soup for your slow-cooker!