

CULINARY ARTS I AND II

SOUPS &

BISCUITS



MINESTRONE SOUP

1 CUP DICED CARROTS (2-3 carrots; sliced lengthwise and then $\frac{1}{4}$ " slices)
1 CUP $\frac{1}{4}$ " BIAS-CUT CELERY
1 CUP SLICED ZUCCHINI (1/4" thick and then quartered)
1 CUP SLICED YELLOW SUMMER SQUASH (1/4" thick and then quartered)
1 CUP CHOPPED ONION
1 CUP DICED GREEN OR RED PEPPER (typically 1 pepper)
1 QUART DICED ROMA TOMATOES, OR CANNED TOMATOES (1-26 oz can and 1-14 oz can)
35-40 oz CHICKEN STOCK
15 OZ CAN RED KIDNEY BEANS, RINSED AND DRAINED
15 OZ CAN GREAT NORTHERN BEANS, RINSED AND DRAINED
15 OZ CAN GARBANZO BEANS, RINSED AND DRAINED
HERB PISTOU (see below)
1 CUP SMALL PASTA, SUCH AS SHELLS

In large sauce pan (3-4 qt), place tomatoes and stock. Bring to a boil; reduce heat and add all vegetables. Simmer until vegetables are fork-tender.

TO MAKE HERB PISTOU:

In blender, or in small bowl, make a paste by stirring:

1 T. DRIED BASIL
1 T. DRIED OREGANO
1 T. FENNEL SEED
1 t. DRIED THYME
3 CLOVES GARLIC, MINCED
1 t. PEPPER
1 t. KOSHER SALT
2-4 T. EXTRA VIRGIN OLIVE OIL

Blend the Herb Pistou into the soup. Add the beans. Mix thoroughly. Continue to simmer to allow the herbs to flavor the soup well.

In large kettle, bring cold water to a rapid boil. Add pasta; bring water back to boil and cook for 5 to 7 minutes or until pasta is just tender (Al Dente).

Drain pasta. Rinse with cool water and add to the soup. Heat through.

Makes 7-8 servings

Olive Garden® Zuppa Toscana

<http://www.tuscanrecipes.com/recipes/olive-garden-zuppa-toscana.html>

INGREDIENTS

- 1 lb ground Italian sausage
 - 1½ tsp crushed red peppers
 - 1 large diced white onion
 - 4 Tbsp bacon pieces
 - 2 tsp garlic puree
 - 10 cups water
 - 5 cubes of chicken bouillon
 - 1 cup heavy cream
 - 1 lb sliced Russet potatoes, or about 3 large potatoes
 - ¼ of a bunch of kale
1. Sauté Italian sausage and crushed red pepper in a large pot. Drain excess fat, refrigerate while you prepare other ingredients.
 2. In the same pan, sauté bacon, onions and garlic over low-medium heat for approximately 15 mins. or until the onions are soft.
 3. Add chicken bouillon and water to the pot and heat until it starts to boil.
 4. Add the sliced potatoes and cook until soft, about half an hour.
 5. Add the heavy cream and just cook until thoroughly heated.
 6. Stir in the sausage and the kale, let all heat through and serve.

Makes: 6-7 servings

BASIC POTATO SOUP

1 pound lean bacon, diced
1 medium onion, peeled and minced
2 cups potatoes, peeled and diced
2 cups chicken broth
1 teaspoon salt
1 cup celery, diced (¼")
1 cup carrots, diced (2-3 carrots; sliced lengthwise and then ¼" slices)
1 cup corn
2 cups milk
½ teaspoon black pepper
1 tablespoon minced fresh parsley, chives or dill

Sauté bacon until partially browned. Add onion and continue to cook until onions are translucent and bacon is browned. Remove to soup pot, using a slotted spoon to drain bacon. Add carrots and celery. Add potatoes, chicken broth, salt, pepper, and corn. Boil, and then simmer, until potatoes are tender. Shortly before serving, add milk and simmer uncovered about 5 minutes. Add herbs and serve.

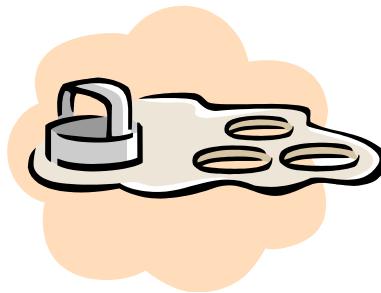
Makes 6-7 servings

Baking Powder Biscuits

Yield: 6-8

Ingredients

8 oz flour
1/4 t & 1 pinch salt
.5 oz sugar
1 T & 1 3/4 t baking powder
3.5 oz butter
6.5 oz milk



Directions

Preheat oven to 450° F.

In a large bowl, whisk together flour, salt, sugar, and baking powder in a bowl. Cut butter into 1" pieces and add to dry mixture. Rub 2 tablespoons of the butter into the flour with your fingertips until completely absorbed. Work the remaining butter into the flour until it is in even pieces about the size of a pea. Gently stir the milk into the flour mixture to make a loose dough.

Lightly dust a clean work surface with flour and turn the dough out onto it. Pat the dough into a 1/2-inch thick rectangle. Fold the dough in thirds like a business letter. For a flakier biscuit repeat the folding two more times. Pat the dough into a rectangle about 1-inch thick. Use a 2- to 3-inch round cutter to make 6 biscuits, and transfer them to a prepared baking sheet. If extra dough remains, press together the scraps of dough and cut more biscuits.

Bake for 15 minutes or until golden brown. Do not turn or rotate during the cooking process.

Baking Powder Biscuits-LARGE BATCH

Yield: 24 (2 5/8" biscuits)

Ingredients

2 lb flour
.25 oz salt (Approximately 3/4 t)
2 oz sugar
2.5 oz baking powder
14 oz butter
26 oz milk

Directions

Follow same instructions as above.