



SOUPS ON!



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Personal Chef**

It is nesting time again. The kids are back to school, vacations are over and some normalcy is trying to come back into our lives. The crisp fall air and shortened days give way to the comfort food zone. And nothing says comfort more like a hot bowl of soup, chili, chowder or a hearty stew. All of these choices start with a good stock. You can purchase stocks in cans and cardboard containers to make it easier, but if you have time, it is a labor of love that will reward you. The great thing is that stocks freeze so well and can be ready to combine with some leftover for a quick soup. Keep a bag of frozen vegetables and leftover rotisserie chicken on hand to add to some chicken stock to make wonderful chicken soup for the time when we ultimately get that winter cold or flu. There are just

a few steps to go through to get a rich homemade stock with so many uses.

This brings us to an important question...what is the difference between stock and broth? To put it simply, broth is what you get after you make stock. Stock is made from bones together with aromatic vegetables and herbs, simmered for hours, strained, chilled, de-fated, the end result being broth. This can be done with beef bones as well as chicken bones. The broth can then be used for soups, stews and sauces. There are some important points to remember when making a good stock, but rigid recipes are not necessary.

First, use a tall narrow pot to slow evaporation. Stockpots hold a lot of bones and the other ingredients with limited surface area so that you do not have to constantly replace evaporated water. Wash the bones well removing any blood vessels or other impurities. You can use a left over roasted chicken, left over turkey carcass or uncooked chicken parts as well. The vegetable ingredients can be as many of the following as you like; carrots, onions, leeks, celery, and turnips. Using ripe or overripe vegetables can add even more flavor. These ingredients are called mirepiox. If you wish to cut your cooking time, cut up your bones and vegetables into smaller pieces. Place the bones in

CHEF'S RECIPES

Pumpkin Bisque

(6-8 servings) CIA Book of Soups

2 tbs.
2 garlic cloves, chopped
1 celery stalk, diced
1 small onion, diced
1 leek, white part only, diced

1 pound pumpkin flesh, diced
2 quarts chicken broth
2 tbs. white wine
½ teas. grated ginger
½ teas. ground nutmeg

Heat butter in soup pot, add garlic, celery, onion and leek, stirring until translucent; add pumpkin and both; bring to simmer and cook until vegetables are tender. In a small saucepot heat wine and add ginger then remove from heat, cover and let steep for 10 mins. Strain the wine from the ginger and reserve. Strain the solids from the soup, reserve the liquid. Purée the solids, adding a little of the liquid to make it smooth. Combine purée to rest of liquid, add wine reserve, and simmer. Salt to taste and add nutmeg before serving.

cold water and allow to come to a simmer. Use cold water to extract the best flavor. After simmering for about 2 hours, add your mirepiox and herbs.

There are two terms that refer to the use of herbs in stock. Bouquet Garni and Sachet d' Epices. If you see this is in a recipe, they actually contain the same basic herbs in each, which are thyme, parsley stems, bay leaf and cracked peppercorns. Some other herbs you can add to the basics are rosemary, fennel seeds, cloves, and garlic. These are especially good in vegetable stocks, and juniper berries are good in beef stocks. Sometimes these herbs are wrapped in cheesecloth and tied but you can also put them in just as they are.

While the simmering process is taking place, bubbles may break the surface occasionally, which is okay, but try not to let it boil rapidly. Boiling the stock releases the fat from the bones and it will mix with the water and make it cloudy. Also, do not stir

the stock, this will only stir the fat around and also make it cloudy. Instead you want the fat to come to the top after it chills so it can be removed. There will also be a grayish foam that comes to the surface while simmering, which you can remove with a skimmer. Skim these impurities frequently for a clearer finished product. Continue to simmer, uncovered, for an additional 2 hours, adding more hot water if necessary to keep vegetables covered.

After your stock is finished, strain it through a fine mesh strainer and cool completely and quickly. Cooling stock can be done in a couple of ways and it is very important to prevent bacterial growth. Do not put the stockpot, when hot, in the refrigerator because it will heat up the other food. It is better to divide the stock into two containers, preferably not plastic. Then place containers in an ice bath, like a deep roasting pan filled with ice and water. Once chilled, then cover

and refrigerate. After a few hours of chilling you will be able to skim the fat off the top of the stock. At this point you can repackage into plastic containers and freeze. You may also notice the stock has congealed a little, which is the sign of a rich stock. This stock can be diluted in a ratio of 2 cups of stock to 1 cup of water. Stock will keep up to 5 days in the refrigerator or up to 3 months in the freezer. If you notice bubbles in a refrigerated stock, it may have gone bad. If you are not sure, take a small amount, boil it and taste it to see if it is sour or overly pungent. Remember to boil your stock before using it for soups or sauces.

The foundation of a beef stock begins with browning or roasting the meat bones and vegetables before adding to the water, then follow the basic stock formula with a few exceptions. Tomato paste can be spread over the meat and vegetables during roasting if you prefer a darker stock, but this is optional. When you see caramelization of the meat and vegetables you are ready to place it into the stockpot of water. Deglaze the roasting pan or fry pan with red wine and pour off into the stockpot along with the herbs, then start to simmer.

Vegetable stock can be made in two ways. Select your vegetables, cutting and cleaning them well. Place in a pot of cold water and start simmering. Add herbs

Chef's Tips

To cool a hot dish more rapidly, place it in a pan of salted cold water.

When making a stew with meat, if more liquid is needed add cold water not hot, since it will toughen the meat.

The liquids reserved from cooking vegetables make great additions to soup.

To make soup the main meal, add pasta, rice or barley.

Add a tablespoon of molasses for flavor to a beef stew.

If your soup is too salty, add a raw potato, then remove before serving.

Do not cook pasta or other starch in the soup; it will absorb all of the liquid, and make clear soup cloudy.

Note: Whenever we get a cold we know how well chicken soup seems to help. In fact, there is chicken soup recipe called "Jewish Penicillin" on www.cooks.com that is guaranteed to cure all ills.

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after 30 minutes, then cook for an additional 1 hour. When finished, strain, cool and store in an airtight container. Some recipes call for salt and pepper, but this may not be a good idea because you may forget you have seasoned the stock when you later use it in another dish which is already seasoned. This also gives you more control if you are on a

salt restricted diet, since many packaged stocks have a very high sodium content.

You can also sauté or sweat the same vegetables in olive oil until lightly brown then add the herbs and cold water simmer covered for 1 hour. Strain in the same way and freeze. The cooling process when making vegetable stock is not as important as when you use a protein such as poultry or meat bones. Some vegetables to use are: onions,

carrots, celery, leeks, parsnips, tomatoes, green cabbage and turnips. Choose any or all of these, using twice as many onions as other vegetables.

Now you are ready to make soup!

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CHEF'S RECIPES

Mahogany Beef Stew with Red Wine and Hoisin Sauce

(6 servings) Adapted from Bon Appétit!

| | |
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| 4 tablespoons olive oil | 1 14.5-ounce can diced tomatoes with Italian herbs, undrained |
| 3 1/2 pounds boneless beef chuck roast, trimmed, cut into 2 1/2-inch pieces | 1/2 cup hoisin sauce |
| 3 1/2 cups chopped onions | 2 bay leaves |
| 2 cups Cabernet Sauvignon | 1 pound slender carrots, peeled, cut diagonally into 1-inch lengths |
| 1 cup beef broth | 2 tablespoons chopped fresh parsley |
| 1 cup flour | |

Heat 2 tablespoons oil in heavy large pot over high heat. Toss meat with flour, salt and pepper. Add meat to pot; sauté until brown on all sides, about 10 minutes. Remove meat to platter, and reduce heat to medium; add 2 tablespoons oil to pot, sauté onions and 1 cup of wine, stirring to loosen browned bits on bottom of pot; Mix meat into onions. Add beef broth, tomatoes with juices, hoisin sauce, and bay leaves. Bring to boil. Reduce heat to low, cover pot and simmer 45 minutes, stirring occasionally. Then add carrots and remaining cup wine. Cover; simmer 30 additional minutes, stirring occasionally. Uncover, increase heat to medium boil until sauce is slightly thickened, about 15 minutes longer. Discard bay leaves. Season stew with salt and pepper. Sprinkle with parsley; serve.

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