

Cooking Thyme with Stacie

SHARING THE JOY OF  COOKING & HOSPITALITY

Fall Soups
9.29.21
5 – 6:30pm EST

- Menu -

Southwest Pumpkin Soup
Greek Orzo and Chicken Soup
Mixed Greens Fall Salad with Mustard Vinaigrette

To access the video please cut and paste the link in to your browser

www.cookingthymewithstacie.com/video-class-purchase/fsgp92921

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Shopping List

Dairy

- 2 TB unsalted butter
- 1 cup milk
- Sour cream for garnish
- 3 large eggs

Pantry

- 9 ½ cups chicken broth (I use Better than Bouillon)
- 1 (15 oz) can pumpkin
- ¼ cup plus 3 TB olive oil
- ½ cup orzo pasta
- 2 TB white wine vinegar
- ½ tsp honey
- ½ tsp Dijon mustard

Produce

- 1 large yellow onion
- 3 cups chopped sweet onion (Vidalia)
- 1 jalapeño pepper
- 2 garlic cloves
- 1 large baking potato
- ¼ cup chopped fresh cilantro, plus more for garnish
- 1 lime
- ¼ cup plus 2 TB fresh squeezed lemon juice (3 – 4 depending on their size)
- ¼ cup fresh dill, chopped, plus more for garnish
- Bag of mixed green salad

Protein

- 2 boneless skinless chicken breasts, each cut in half

Spices

- Kosher salt
- Black pepper
- ½ tsp chili powder
- ½ tsp ground cumin
- 1 bay leaf

Equipment

Electric

- Immersion blender or blender

Pots and pans

- 2 large pots for soup

Utensils

- Can opener
- Chef's knife
- Cutting board
- Ladle
- Measuring cups and spoons
- Whisk

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- Bring chicken to room temperature
- Rinse the herbs
- Juice the lemons
- Slice 1 lemon for garnish
- Chop the onions

Southwest Pumpkin Soup

Makes 10 cups

Ingredients

2 TB Butter

1 large onion, chopped (about 2 cups)

1 jalapeño pepper, seeded and chopped fine

2 garlic cloves, minced

5 cups chicken broth (I use Better than Bouillon)

1 large Russet baking potato, peeled and chopped (about 2 cups)

1 ¼ tsp salt

½ tsp chili powder

½ tsp ground cumin

1 (15 oz) can pumpkin

¼ cup chopped fresh cilantro

1 cup milk

3 TB fresh lime juice

Garnish (sour cream, fresh cilantro)

Melt butter in a Dutch oven over medium heat. Add onion, jalapeño pepper and garlic; sauté 15 minutes. Add chicken broth and next 4 ingredients; cook, stirring often, 30 minutes or until potato is tender. Remove from heat and cool slightly.

Process potato mixture, pumpkin, and cilantro in batches, in a blender or with hand held immersion blender, until smooth. Stop to occasionally scrape down the sides.

Return to Dutch oven; stir in milk and simmer 10 minutes until heated through. Stir in lime juice and garnish if desired.

** If you choose to freeze this soup for later, please do not add the milk. When ready to eat, thaw overnight in the refrigerator, reheat on the stove top and when warm add the milk.

Greek Lemon, Orzo and Chicken Soup

“Avgolemono”

Serves 6 for first course or 4 for a main course

3 TB olive oil
3 cups chopped sweet onion
3 cloves garlic, minced
4 ½ cups chicken broth
1 bay leaf
2 boneless skinless chicken breasts, each cut in half
½ cup orzo pasta
¼ cup fresh squeezed lemon juice
1 TSP Kosher salt
¼ TSP freshly ground pepper
3 large eggs
¼ cup fresh dill, chopped plus more for garnish

In a large Dutch oven heat the olive oil over medium-low heat. Add the chopped onions and cook until translucent, about 7 minutes. Next add the minced garlic and cook for an additional minute. Carefully pour in the chicken broth. Stir in the bay leaf, salt, pepper. Place the chicken breasts in the broth and bring to a rolling boil. Lower heat to low and cover. Simmer for 20 minutes until the chicken is cooked through. Remove the chicken from the pot and shred it with two forks into bite-sized pieces.

Return the chicken to the broth and add the orzo pasta. Cover the pot and simmer for 11 minutes. Test the orzo for doneness. In a separate bowl beat the three eggs and lemon juice until well combined. Remove the bay leaf from the soup.

While whisking the eggs, pour in two ladles of the heated broth. This tempers the eggs and prevents them from “scrambling”. Add the egg mixture to the large pot of soup while continually whisking. The soup will start to thicken immediately. Add the fresh dill and stir. Cook until heated through, about 5 -7 minutes. Garnish with additional dill and sliced lemon.

*If you plan to freeze this, I recommend that you cook the orzo separately. Freeze without the pasta because it soaks up too much broth. You can add it later.

**This can be gluten-free if you swap the pasta for rice.

Mustard Vinaigrette

2 TB white wine vinegar
2 TB lemon juice
½ tsp honey
½ tsp Dijon mustard
½ tsp salt
¼ tsp ground pepper
¼ cup extra virgin olive oil

Whisk together all ingredients except the olive oil. Then slowly pour the oil in while whisking the mixture.

Serve at room temperature.