

MYERBERG CENTER – COOKING WITH CHEF ALBA
SCRUMPTIOUS SOUPS YOU CAN EAT WITH A FORK! JANUARY 27, 2021
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Zuppa di Patate Dolci e Lenticchie (Sweet potato and lentils)

2-3 tablespoons extra virgin olive oil
1 small sweet onion, minced
2 small sweet potatoes or 1 large, peeled and cut into small dices
1 apple, cored, peeled, and grated
1 cup small lentils
1 teaspoon grated ginger
½ teaspoon ground coriander
5 cups of vegetable broth, heated

1. In a soup pan add the oil and onion cook until just golden on medium-low heat.
2. Add the sweet potatoes and apple and cook for 5-8 minute. Add the ginger and coriander and mix well.
3. Add the lentils and cook 1-2 minutes. Add the heated broth bring to a boil, then simmer to low heat until the lentils are cooked thru. Taste for seasoning and adjust with salt and pepper as needed.
4. At this point you can serve as is, or with a stick blender, blend to rustic or smooth.

What to prep ahead:

- Have all ingredients measured, and on a tray
- Mince the onion
- Rinse the lentils
- Have soup pan ready to cook

Fentutta Aglio e Olio

6-8 slices of French bread, toasted
2-3 tablespoons extra virgin olive oil
1 large clove of garlic, peeled
Salt and pepper

1. On a grill pan, brush the slices with olive oil and toast on medium-high. When crispy transfer to a plate and rub with garlic clove. Drizzle extra virgin olive oil and season with salt and pepper.
2. If you don't have a grill pan, you can toast the slices in the oven at 450F preheated oven, or on a frying pan on medium heat.

What to prep ahead:

- Have all ingredients measured, and on a tray
- Slice the bread
- Peel the garlic

Zuppa di Ceci e Cavolo Nero (Chickpeas and Tuscan Kale)

2 tablespoons extra virgin olive oil
1 small shallot, minced
1 can organic chickpeas, drained
1 bunch Tuscan Kale (dark green leaves only, discard stalks)
Salt and pepper
5 cups vegetable or Chicken stock, heated

1. In a soup pan, add the oil and shallot and cook until just golden on medium-low heat.
2. Tear the leaves from the kale and add to the soup pan. Cook a few minutes until just tender.
3. Add the stock and the chickpeas and cook 10-15 minutes. Taste for seasoning and adjust with salt and pepper as needed.
4. When ready serve in soup bowls with a drizzle of olive oil and black pepper.

What to prep ahead:

- Have all ingredients measured, and on a tray
- Mince the shallot
- Have soup pan ready to cook
- Rinse and break up the kale leaves from the stalks

La Pappa al Pomodoro (Tuscan Italian Tomato Soup)

8 ounces day old French or Italian bread, cubed

2 cups peeled chopped tomatoes (San Marzano)

3 cloves of garlic, thinly slices

5 cups vegetable stock, *heated*

3 tablespoons extra virgin olive oil

Salt and black pepper

6-8 fresh basil leaves, *divided*

1. In a large pan on low heat add 3 tablespoons oil and the garlic; cook for 1-2 minutes until barely golden and fragrant.
2. Add the tomatoes on medium heat. Cook 10-12 minutes and season with salt and pepper. Chop and add 2-3 leaves of basil.
3. Add the heated stock to the pan and simmer about 10 minutes. Add the cubed bread; cook another 5 minutes. Taste for seasoning and adjust as needed.
4. With a stick blender, blend to a smooth or rustic consistency.
5. Serve hot with a drizzle of olive oil, black pepper, and fresh basil leaves.

What to prep ahead:

- Have all ingredients measured, and on a tray
- Cube the bread
- Have broth in a pan on low heat warming
- Have pan ready to cook
- Peel the garlic