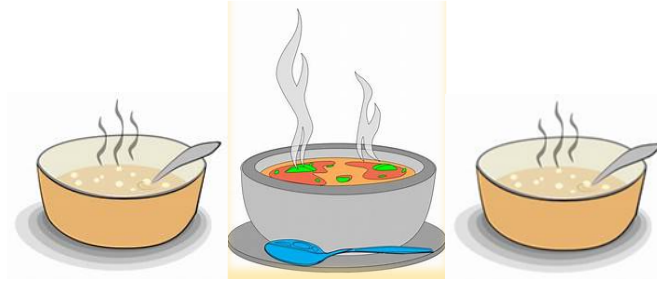


MYERBERG CENTER – COOKING WITH CHEF ALBA
“SIMPLE ITALIAN WINTER SOUPS”



ZUPPA DI PORRI E PATATE (LEEK POTATE SOUP)

4 tablespoons unsalted butter

4 leeks, white and light green parts, halved lengthwise, sliced in thin half-moons, washed well in a colander

1 medium shallot, minced

3 Yukon gold medium potatoes, peeled and diced into 1/4-inch cubes

Salt and Black pepper

Red pepper flakes

4 cups hot broth, water, or a mix of broth and water

1 bay leaf

Grated Parmesan, optional

Minced fresh chive or parsley, optional

1. Put the broth or water in a small pan and keep warm with a bay leaf.
2. Melt the butter in a larger soup pot over medium-low heat, add the leeks and shallot; cook until softened. Add the black pepper and red pepper flakes.
3. Add the diced potatoes and cook 2-3 minutes.
4. Add the broth or water. Bring the soup to a boil, then reduce the heat and simmer, covered, for half an hour or until the potatoes are very tender.
5. Remove the bay leaf. Puree some or all of the soup, using an immersion blender. Taste the soup for salt adjust as needed. Sprinkle grated Parmesan and fresh herb and serve.

What to prep ahead:

- Have all ingredients measured and available on a tray
- Mince the shallot
- Wash, peel and dice the potatoes right before class, leave in bowl with cold water

BUTTERNUT SQUASH AND APPLE SOUP

1 (2 -3 lbs.) butternut squash, peeled and seeded, and cut in 1- inch pieces (or store-bought pre-cut)
4 tablespoons unsalted butter
1 medium onion, grated
1 large apple of choice, grated
5-6 cups hot vegetable or chicken stock
Ground Nutmeg
1-2 sprigs fresh thyme
Salt and black pepper
Lightly toasted crumbled walnuts, optional
Drizzle aged balsamic, optional

1. In large pot melt butter. Add onion and cook until translucent, about 8 minutes.
2. Add squash, apple, and thyme and cook 2-3 minutes.
3. Add the broth; bring to a boil then simmer until squash is tender, about 15 to 20 minutes.
4. Using a stick blender, puree the soup. Stir and season with nutmeg, salt, and pepper.
5. Serve with lightly toasted walnuts and a drizzle of balsamic on top.

What to prep ahead:

- Have all ingredients measured and available on a tray
- Peel, seed and cut the butternut squash

ZUPPA DI CANNELLINI E PASTA

1 white onion, minced or grated
1 celery stick, finely chopped
1 carrot, finely chopped
2 tablespoons extra virgin olive oil
4-5 cups vegetable broth or water
Pinch ground cinnamon
½ cup small ditalini pasta
1 (15 ounce) can cannellini beans, drained
Salt and black pepper
Red pepper flakes
Shaved Parmesan cheese

1. Heat the oil in the pot, add the chopped vegetables and cook 5-8 minutes stirring occasionally.
2. Pour the broth, add the cinnamon, black and red pepper flakes; bring to a boil. Cover and simmer over low heat for 15-20 minutes. Taste for salt and adjust as needed.
3. Bring to a boil and add the pasta. Once it is boiling, reduce heat to simmer and after 5 minutes add the beans. Cooked until the pasta is al dente.
4. Serve with a drizzle of olive oil and Parmesan Cheese shaving.

What to prep ahead:

- Have all ingredients measured and available on a tray
- Wash the celery and carrot. Finely chop