

Myerberg Center – Cooking with Chef Alba
“Exceptional Soups You Can Eat with a Fork”



GINGER SWEET POTATO LENTILS STEW WITH COCONUT MILK

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 medium sweet potatoes, diced into 1-inch pieces
- 3 cloves garlic, minced
- ½ cup brown lentils, rinsed
- 1 (13.5 oz) can full fat coconut milk
- 4 cups vegetable broth or water
- 1 bunch Swiss Chard, leaves only, broken

Spices:

- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon ground turmeric
- 2-inch piece ginger, peeled and minced
- sea salt and black pepper
- red pepper flakes
- garnish: chopped cilantro, lime wedges

1. Heat a large heavy-bottomed soup pot over medium heat. Add the oil and the onions to the pot and stir. Sauté the onions, stirring occasionally, until translucent and soft, 5-7 minutes. Add the red flakes, coriander, cumin, and turmeric. Sauté spices until fragrant, about 1 minute. Add the ginger and garlic to the pot and cook for another minute. Add a pinch of salt and pepper.
2. Add the sweet potatoes to the pot and stir to coat in the spices. Add the lentils to the pot and stir once more. Season with salt and pepper. Add the broth and stir, scraping up any browned bits on the bottom of the pot. Place the lid on top of the pot and bring to a boil.
3. Once the stew is boiling, lower heat to a simmer, set the lid slightly askew on top of pot so that there's a couple inches available for steam to escape. Simmer until the sweet potatoes are almost falling apart and the lentils are tender, about 30 minutes. The liquid should also be reduced by almost a third.
4. Add the coconut milk and chard leaves to the pot and stir. Place the lid on top and continue to simmer the stew until the chard is wilted 3-4 minutes. Season again with salt and pepper adjust as needed.
5. Serve the stew hot with chopped cilantro and lime wedges.

MINISTRA DI PASTA E VERZA CON PATATE E POMODORO

- 3-4 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 3 -4 tomatoes from small jar San Marzano can, break up
- ½ medium cabbage, leaves only, cut in strips
- 1 large potato, peel and cut in tiny cubes
- 1 cup ditalini pasta or broken spaghetti

spices:

- Dry rosemary
- Salt and black pepper, red pepper flakes

Toppings to mix:

- 2 tablespoons grated parmesan cheese
- 1 tablespoon grated pecorino cheese

1. In a soup pan add the olive oil, onion and garlic and cook for 5-6 minutes until translucent.
2. Add the tomatoes, a pinch of rosemary, salt and pepper. Cook for 3-4 minutes. Add the cabbage and cook at moderate heat for 3-4 minutes. Add 2 cups of boiling water add the potatoes, cover and cook for 8-10 more minutes or until the cabbage and potatoes are al dente.
3. Pour 4 cups of boiling water and when it comes to a full boil, add the pasta. Cook until al dente. Keep a pot of boiling water available in case the soup is to dry, keep adding a little more boiling water at a time.

4. Turn off the heat, stir in the cheese, mix well and let your soup of pasta and cabbage with potatoes rest for a couple of minutes before serving it still hot.

GARBANZO BEAN SOUP WITH ISRAELI COUSCOUS

2 tablespoons extra olive oil
1/2 cup chopped onion
1 cup chopped carrots
1 cup chopped zucchini
2 cloves minced garlic
2 cans Chickpeas, drained
1 (14 oz.) can Italian tomatoes, chopped
1 tablespoon lemon juice
6 cups vegetable broth or water
1/4 cup chopped flat leaf parsley

Israeli couscous:

3 1/2 cups vegetable broth or water
2 cups Israeli couscous
1 tablespoon unsalted butter
1 tablespoon chopped fresh mint

spices:

1/4 to 1/2 teaspoon chili powder
1/2 teaspoon freshly ground black pepper
1 teaspoon dry thyme
1/2 - 1 teaspoon dry oregano
red pepper flakes
1 teaspoon ground cumin
sea salt to taste

The soup:

1. In a large soup pot over medium-high heat, heat olive oil. Add onions, carrots, and dry spices and sauté until onions are lightly golden, about 10 minutes. Add zucchini, tomatoes with juice, lemon juice, garlic and fresh herbs and continue to cook for about 5 minutes.
2. Add vegetable broth and Garbanzo beans, bring to a boil then reduce heat and simmer for 30 minutes.

The Couscous:

3. While the soup is cooking, make the couscous. In a medium sauce pan with a lid, melt 1 tablespoon butter over medium heat, add couscous and lightly brown about 5 minutes. Add 3 1/2 cups liquid and bring to a boil. Reduce heat to simmer, cover and cook for approximately 20 minutes or until most of the stock has been absorbed.

Assembly:

3. Fluff couscous up with a fork and add chopped mint right before serving. Serve soup with a scoop of couscous, garnish with additional herbs if desired.