

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

Roasted Tomatoes Zuppa

8 ripe tomatoes, cut into small chunks
1 large sweet onion, small dice
1 large carrot, small dice
1 unpeeled head of garlic, cloves separated & slightly pressed
3 tablespoons extra virgin olive oil

3-4 slices day old rustic bread, cut into cubes
1 small bunch fresh basil
Salt, black pepper, red pepper flakes

1. Preheat oven to 400F. Line baking sheet with parchment paper. Place all the vegetables and garlic in a single layer. Sprinkle with olive oil and season. Bake 20-25 minutes until vegetables are soft and slightly caramelized. Baking time will depend on size of vegetables.
2. While the vegetables roast, cut the bread slices into cubes. Drizzle olive oil on the bread and toast in a frying pan for a few minutes.
3. Remove the vegetables from the oven and crush the garlic cloves so that the flesh comes out.
4. Put everything in a pot and add the basil; season as needed. Add 2 ½ to 3 cups of hot water, put the lid on, and bring it to a boil. As soon as it boils, lower the heat.
5. Add the bread cubes to the soup and cook 5 minutes. At this point you can decide whether to leave the soup as it is or whether to pulse a few times with stick blender. Evaluate the consistency and if it seems too dense stretch with a little boiling water. Serve with a drizzle of extra virgin olive oil and more basil on top.

Spicy Cauliflower Soup

2 tablespoons extra virgin olive oil
1 sweet onion, minced or grated
1 carrot, minced or grated
2 large garlic cloves, minced
6 cups hot vegetable broth or water
1 head cauliflower, cut into tiny florets

Spices:

1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon red chili flakes
1/4 teaspoon turmeric (for color and taste)
Salt + Freshly ground pepper
Fresh basil for garnish

1. In a large pot or Dutch oven, heat the olive oil on medium until shimmery. Add the onion and carrot stirring to coat. When the onion is soft and just beginning to turn golden, stir in the garlic and sauté for a minute.
2. Add the spices and seasonings; cook another minute. Add the cauliflower and cook 3-4 minutes.
3. Add the broth or water; bring to a boil, cover, and lower the heat to a slow simmer. Let cook until the cauliflower is very soft, about 20-25 minutes.
4. With a potato masher, or an immersion blender, smash/mash the cauliflower. Mash to a cream or as chunky consistency, as you like. Serve warm and garnish with fresh basil.

Stufato of Beans in Red Wine

3 cans organic beans (black, red, cannellini, borlotti), drained
2-3 tablespoons extra virgin olive oil
2 stalks celery, minced
1 red onion, minced
1 carrot, minced
2 cloves garlic, minced
Salt, black pepper, red pepper flakes
1 cup dry red wine
2 tablespoons tomato paste
3-4 cups hot vegetable broth or water

Herbs:

1 teaspoon fresh thyme, minced
1 teaspoon fresh rosemary, minced
1 teaspoon fresh sage, chiffonade
1 large bay leaf

1. In a large pan, add the olive oil, onion, celery, and carrot, cook on medium-low. When the onion is soft and just beginning to turn golden, stir in the garlic and sauté for a minute.
2. Add the herbs and sauté 2-3 minutes. Add the tomato paste and sauté 2-3 minutes. Add the beans and sauté 2-3 minutes. Next, add the wine and cook for 2-3 minutes.
3. Lastly, add broth, bring to a boil then lower heat to simmer 15-20 minutes stirring occasionally. Taste and season as needed. Note: You can blend part of the stufato if you like it a little creamier or serve it as is with a drizzle of olive oil.