

Recipes Summer term, F902,903,904, Soups and Salads

Session I: Gazpacho and Chicken Salad

Gazpacho

Ingredients

1 hothouse cucumber, halved and seeded, but not peeled
2 red bell peppers, cored and seeded
4 plum tomatoes
1 red onion
3 garlic cloves, minced
23 ounces tomato juice (3 cups)
1/4 cup white wine vinegar
1/4 cup good olive oil
1/2 tablespoon kosher salt
1 teaspoons freshly ground black pepper

Directions

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

Read more at: <http://www.foodnetwork.com/recipes/ina-garten/gazpacho-recipe/index.html?oc=linkback>

Chicken Salad: mostly comes from my head, no particular recipe involved

I baked a chicken at home and broke it down, removing bones, taking all the pieces I could. Knowing there might not be enough for 12 people, I added to this chicken, two breasts that I baked and added to the whole amount. When the students started, I had them break this chick into small pieces, about one inch square . We cut up some grapes and chopped some walnuts and celery into small pieces. The dressing was mayo and yogurt with the addition of chopped dill. Add salt and pepper, mix well and set into the fridge for flavors to meld.

Session II: Blueberry Soup and Pasta and Salad

Blueberry Soup: For this large group we used four pints of berries, rinsed and checked and dumped into a pot along with $\frac{1}{2}$ cup of sugar and covered with water. When the mixture came to a boil, we allowed to cool slightly and then pureed with a stick blender. Added $\frac{1}{2}$ cup of cream and mixed and served warm. Offer sour cream as garnish. Actually, it should have been chilled and then served.

Pasta and salmon salad: I used the curly tube pasta, which we boiled and then mixed with broken down salmon steaks that I had cooked at home. (I baked in a foil package that included lemon slices, thyme springs and salt and pepper and baked for about 25 minutes) I made a dressing of olive oil and lemon juice, and chopped dill. Served into bowls. Then, we offered a choice of additives, like cherry tomatoes, black olives, feta cheese, chopped celery, chopped scallions, chopped cucumbers, marinated mushroom caps, roasted red peppers, whatever each person wanted in their salad bowls.

Session III

Leek and Zucchini Vichyssoise

Used six leeks . Trimmed off root ends and split lengthwise, then chopped straight across into $\frac{1}{2}$ inch pieces. Rinsed to get off sand. Quartered ten small white potatoes, leaving skins on. Used three, I think, large zucchini, peeled and split lengthwise and then chopped into $\frac{1}{2}$ inch pieces .

Into my large purple iron pot, plunked 2 T olive oil and 2 T butter. Sauteed the leeks, about 5 minutes, then added zucchini, potatoes, and after 5 minutes added 1 $\frac{1}{2}$ cartons chicken broth, salt and pepper, juice of half a lemon, and cooked until all veggies were soft. Using an immersible blender, we created a soupy puree and added $\frac{1}{2}$ cup of heavy cream. Can be eaten room temp, hot or chilled. Garnish with chives, if desired.

Watermelon and cherry tomato salad:

I used a whole melon which was far too much. $\frac{3}{4}$ ths would have been ample. Using whatever method you like to acquire $\frac{1}{2}$ inch chunks of melon, combine with two packages of cherry tomatoes, cut in half. Add 8 sliced

strawberries and chopped fresh tarragon, a good splash of balsamic vinegar and a little sugar. Salt. Toss and serve.

A variation on the Wedge salad. Using leaves of a bibb or Boston lettuce head, tear into pieces and pour over a dressing made with buttermilk and mayo, lemon juice and chopped fresh dill, s & p.. Very refreshing.