

# Chad & Emily's Cookbook

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# Soups

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## Clam Chowder-Market Street Grill

(Serves 12)

### Ingredients:

1 cup potatoes, diced ½ inch  
1 cup celery, diced ½ inch  
1 cup onion, diced ½ inch  
1 cup green pepper, diced ½ inch  
1 cup leeks, diced ½ inch  
¾ cup chopped clams (canned or fresh)  
¾ tablespoon coarse ground black pepper  
1 ½ tablespoon salt  
¾ tablespoon whole thyme  
6 bay leaves  
1 teaspoon Tabasco  
¾ cup sherry wine (optional)  
2 cups water  
¾ cup clam juice (drained from canned clams or purchased separately in can)  
¾ cup butter, melted  
1 cup flour  
2 quarts half-and-half

### Method:

Combine melted butter and flour in oven-proof container and bake at 325 degrees for 30 minutes. In large saucepan, combine remaining ingredients except half-and-half. Simmer until potatoes are thoroughly cooked. Stir butter-flour mixture into chowder and stir until thick. Mixture will be slightly less thick than cookie dough. Remove chowder from heat. Stir in half-and-half until blended. Heat to serving temperature, stirring occasionally. Serve immediately.

## Curry Squash Soup

### Ingredients

- 4 tablespoons unsalted butter
- 1 large onion, thinly sliced
- 1/4 cup thinly sliced fresh ginger, plus 1 cup slivered fresh ginger
- 2 tablespoons Thai red curry paste
- 3 pounds kabocha, *kuri* or buttercup squash—peeled, seeded and cut into 2-inch pieces
- 5 cups water
- Two 13 1/2-ounce cans unsweetened coconut milk
- 2 lime leaves or 1 teaspoon lime zest
- 1 large stalk of fresh lemongrass, smashed and cut into 2-inch lengths
- 2 tablespoons sugar
- 2 tablespoons fresh lime juice

- Salt
- 1/4 cup vegetable oil
- 2 large scallions, thinly sliced

#### Directions

1. In a large, heavy pot, melt the butter. Add the onion and sliced ginger and cook over moderate heat, stirring occasionally, until the onion is softened, 7 minutes. Add the curry paste and cook, stirring, until fragrant, 2 minutes. Add the squash and water and bring to a boil. Cover partially and simmer over low heat until soft, 25 minutes. Add the coconut milk, lime leaves and lemongrass, cover partially and simmer for 30 minutes longer. Discard the lime leaves and lemongrass.
2. Working in batches, puree the soup in a blender; add it to a clean pot. Stir in the sugar and lime juice and season with salt.
3. In a medium skillet, heat the oil until shimmering. Add the slivered ginger and cook over moderate heat, stirring, until golden brown and crisp, 5 minutes. With a slotted spoon, transfer the ginger to paper towels to drain.
4. Reheat the soup; ladle it into bowls. Garnish with the fried ginger and scallions and serve.

### **Jalapeño-Ginger Butternut Squash Soup**

2 tablespoons olive oil  
 6 cloves garlic, chopped  
 2 tablespoons grated ginger  
 1 jalapeño chile, seeded and chopped  
 1 tablespoon salt  
 1/4 teaspoon cayenne  
 4 pounds butternut squash, peeled and cut into 2-in. cubes  
 3 cups chicken broth  
 1 tablespoon light brown sugar  
 3 tablespoons heavy whipping cream  
 Crème fraîche (optional)

1. Heat olive oil in a 4- to 5-qt. pot over high heat. Add garlic, ginger, jalapeño, and salt. Cook, stirring constantly, until fragrant but not yet browned, 1 to 2 minutes. Add cayenne and cook, stirring, for 30 seconds. Add squash, broth, brown sugar, and 3 cups water. Bring to a boil, lower heat to a simmer, and cook, stirring occasionally, until squash is tender, about 20 minutes.
2. In a blender, purée the soup in batches until smooth, then pour back into the pot. Stir in cream and adjust seasonings to taste. Serve hot, with a swirl of crème fraîche if you like.

Yield: Makes 6 to 8 servings

CALORIES 169 (30% from fat); FAT 5.7g (sat 1.8g); CHOLESTEROL 7.6mg;  
 CARBOHYDRATE 30g; SODIUM 1098mg; PROTEIN 3.7g; FIBER 4.2g

### **Market Street Grill Clam Chowder**

#### **Ingredients:**

1 cup potatoes, diced ½ inch  
 1 cup celery, diced ½ inch

1 cup onion, diced ½ inch  
1 cup green pepper, diced ½ inch  
1 cup leeks, diced ½ inch  
¾ cup chopped clams (canned or fresh)  
¾ tablespoon coarse ground black pepper  
1 ½ tablespoon salt  
¾ tablespoon whole thyme  
6 bay leaves  
1 teaspoon Tabasco  
¾ cup sherry wine (optional)  
2 cups water  
¾ cup clam juice (drained from canned clams or purchased separately in can)  
¾ cup butter, melted  
1 cup flour  
2 quarts half-and-half

**Method:**

Combine melted butter and flour in oven-proof container and bake at 325 degrees for 30 minutes. In large saucepan, combine remaining ingredients except half-and-half. Simmer until potatoes are thoroughly cooked. Stir butter-flour mixture into chowder and stir until thick. Mixture will be slightly less thick than cookie dough. Remove chowder from heat. Stir in half-and-half until blended. Heat to serving temperature, stirring occasionally.

Serve immediately.

**Potato Leek Soup**

Ingredients

8 cups chicken stock  
6 russet potatoes, peeled and cut into large pieces  
4 leeks (whites only), thoroughly washed and sliced  
3 stalks celery, roughly chopped  
1 bay leaf  
1 1/2 teaspoons finely chopped fresh thyme  
Salt and freshly ground pepper  
1 cup heavy cream

Directions

Put the chicken stock, potatoes, leeks, celery, bay leaf and thyme in a large pot and sprinkle with salt and pepper. Boil until the potatoes are soft, 15 to 20 minutes.

Remove the bay leaf. Using an immersion blender (or in batches in a blender or food processor), blend the soup until smooth. Pour the soup into a medium pot; add the cream and simmer until the soup has thickened, about 20 minutes.

**BLENDING HOT LIQUIDS:** When blending hot liquids, remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid; that prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times, then process on high speed until smooth.

### **Solid Gold Squash Soup**

1 ½ t olive oil  
¼ c chopped onion  
2 t curry powder or garam masala  
½ t ground or fresh ginger  
2 12-ounce packages frozen cooked winter squash, thawed  
1 c reduced-sodium chicken broth  
1 c apple cider  
1/8 t salt  
½ c plain nonfat yogurt or nonfat dairy sour cream  
2 t finely chopped pistachio nuts

In a medium saucepan, heat oil over medium heat. Add onion, curry powder, and ginger. Cook and stir for 2 minutes. Add squash, chicken broth, apple cider, and salt. Heat through. Ladle into soup bowls. Top each serving with a swirl of yogurt or sour cream. Sprinkle with pistachio nuts. Makes 4 side-dish servings.

Calories: 142      Fat: 3g      Cholesterol: 1 mg      Sodium: 281 mg  
Carbohydrate: 26 g      Dietary Fiber: 5 g      Protein: 5g

### **Sweet Potato Chili**

- sweet potatoes, diced
- (14.5 ounce) cans diced stewed
- tomatoes with chili seasonings
- 1 (8 ounce) can tomato sauce
- ¾ cup diced sweet onion
- ½ cup chopped celery
- ½ cup water
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1 pinch salt
- 1 pinch ground black pepper
- 1 pinch cayenne pepper
- 1 pinch garlic powder
- 1 pinch onion powder
- ½ pound ground turkey

- 1/2 pound ground beef
- 1 (12 ounce) can black beans, drained and rinsed
- 1 cup corn

Place sweet potatoes, stewed tomatoes, tomato sauce, onion, celery, water, chili powder, cumin, cinnamon, salt, black pepper, cayenne pepper, garlic powder, and onion powder in a slow cooker. Cook on high, stirring occasionally, for 5 hours.

Heat a large skillet over medium-high heat and stir in ground turkey and ground beef. Cook and stir until meat is crumbly, evenly browned, and no longer pink, 10 to 15 minutes. Drain and discard any excess grease. Add cooked ground turkey, cooked ground beef, black beans, and corn to sweet potato mixture in the slow cooker; cook until flavors have blended, 1 to 2 more hours. Serve warm

### **Texas Beef Brisket Chili**

6 large dried ancho chiles\* (about 3 ounces), stemmed, seeded, coarsely torn  
 6 oz bacon, diced  
 1 1/4 pounds onions, chopped (about 4 cups)  
 1 5-pound flat-cut (also called first-cut) beef brisket, cut into 2 1/2- to 3-inch cubes  
 Coarse kosher salt  
 6 large garlic cloves, peeled  
 2 tablespoons chili powder  
 2 teaspoons cumin seeds  
 1 teaspoon dried oregano  
 1 teaspoon ground coriander  
 1 1/2 teaspoons coarse kosher salt  
 1 1/2 10-ounce cans fire-roasted diced tomatoes with green chiles (1 3/4 cups)  
 1 12-ounce bottle Mexican beer  
 1 7-ounce can diced roasted green chiles  
 1/2 cup finely chopped fresh cilantro stems  
 4 cups 1 1/2- to 2-inch chunks seeded peeled butternut squash (from 3 1/2-pound squash)

### **GARNISHES**

Fresh cilantro leaves  
 Chopped red onion  
 Diced avocado  
 Shredded Monterey Jack cheese  
 Warm corn and/or flour tortillas

Place chiles in medium bowl. Pour enough boiling water over to cover. Soak until chiles soften, at least 30 minutes and up to 4 hours.

Preheat oven to 350°F. Sauté bacon in heavy large ovenproof pot over medium-high heat until beginning to brown. Add onions. Reduce heat to medium; cover and cook until tender, about 5 minutes. Sprinkle beef all over with coarse salt and pepper. Add to pot; stir to coat. Set aside.

Drain chiles, reserving soaking liquid. Place chiles in blender. Add 1 cup soaking liquid, garlic, chili powder, cumin seeds, oregano, coriander, and 1 1/2 teaspoons coarse salt; blend to puree, adding more soaking liquid by 1/4 cupfuls if very thick. Pour puree over brisket in pot. Add tomatoes with juices, beer, green chiles, and cilantro stems. Stir to coat evenly.

Bring chili to simmer. Cover and place in oven. Cook 2 hours. Uncover and cook until beef is almost tender, about 1 hour. Add squash; stir to coat. Roast uncovered until beef and squash are tender, adding more soaking liquid if needed to keep meat covered, about 45 minutes longer. Season chili to taste with salt and pepper. Tilt pot and spoon off any fat from surface of sauce. DO AHEAD Can be made 2 days ahead. Cool 1 hour. Chill uncovered until cold, then cover and keep chilled.

Set out garnishes in separate dishes. Rewarm chili over low heat. Ladle chili into bowls and serve.

### **Thukpa (Tibetan Noodle Soup)**

#### **Noodles**

1.5 cups wheat flour  
~1/2 cup water

#### **Soup**

1 medium chopped onion (~1 cup)  
3-4 chopped carrots  
½ cup chopped radish (or other root vegetable like yellow beats)  
1" chopped ginger root  
5-6 cloves chopped garlic  
2 cups cut cabbage  
1 TBSP olive oil  
Salt  
Pepper  
2 TBSP chicken soup base  
1 TBSP graham masala powder  
Cumin  
Coriander

Make a soft dough with the water and flour. Let sit for 20-30 minutes. Divide dough into 4-5 small balls. Roll out balls into thin circles and set aside.

Sauté onion, carrots, radish, ginger and garlic in a soup pot with 1 TBSP oil with salt and pepper. When onions are clear, add 10 cups of water and bring to a boil. When broth is boiling, add chicken soup base, masala powder, cumin, and coriander. Add more salt and pepper to taste. Cut noodles into strips about ½” wide and 1-3” long. Add noodles to boiling broth and boil for 5 minutes. Add cabbage and boil for 5 more minutes. Serves 4-5.