

soups



CRAB BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. celery salt
Dash pepper
2/3 cup crab meat (carefully remove all cartilage)
1 drop tabasco

Place milk, flour, butter, salt, pepper, and tabasco in blender. Blend well. Add crab meat. Blend. Pour in saucepan * boil over low heat. Stir constantly until done. *Strain* and serve.



CURRIED FISH BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
1/4 tsp. curry
Dash paprika
Dash pepper
2/3 or 1 cup cooked lean white meat fish (NO BONES)

Place milk, flour, butter, salt, curry, paprika, and **pepper** in blender. Blend well. Add fish. Blend. Pour in saucepan. Boil over low heat. Stir constantly until done. *Strain* and serve.

LOBSTER BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
1/8 tsp. celery salt
1/4 tsp. paprika
Dash pepper
2/3 cup cooked lobster meat (1 small South African Rock Lobster tail or
1 can lobster meat)

Place milk, flour, butter, salt, celery salt, paprika, and pepper in blender. Blend. Add lobster meat. Blend well. Pour in saucepan and boil over low heat. Stir constantly until done. *Strain* and serve.



SALMON BISQUE

2-1/2 cups milk
1 tbsp. flour
1 tbsp. butter
1 tsp. salt
Dash pepper
1/2 cup cooked salmon or 1 small can of salmon (NO BONES)

Blend salmon and set aside. Place milk, flour, butter, salt, and pepper in blender. Blend well. Add salmon. Blend. Pour in saucepan and boil over low heat. Stir constantly until done. *Strain* and serve.

BASIC SEAFOOD BISQUE

2-1/2 cups milk
 1 tbsp. flour
 1 tbsp. butter
 1 tsp. salt
 Dash pepper
 2/3 cups cooked (with special seasoning) or canned seafood

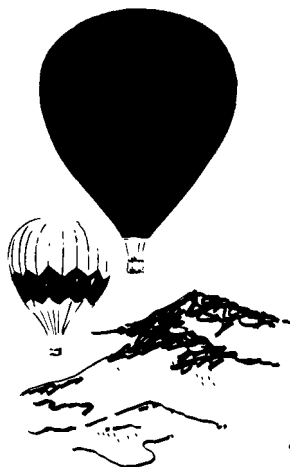
Place milk, flour, butter, salt and pepper in blender. Blend well - add seafood - blend. Pour in saucepan and boil on low heat. Stir constantly until done. *Strain* and serve.



SHRIMP BISQUE - COLD

2 cups plain yogurt or non-dairy creamer
 1/2 tsp. prepared mustard
 1/2 tsp. salt
 1/2 tsp. sugar
 1 can shrimp
 1/2 cup diced, peeled cucumber

Put everything in blender. Blend well. *Strain*. Chill before serving.



“Courage conquers all things.”
 Ovid

TUNA CHOWDER

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| 1/4 tsp. onion powder | 1 can milk |
| 2 tbsps. melted margarine | 1 can drained, water-packed flaked tuna (7 oz. can) |
| 1 can cream of celery soup (10-1/2 oz.) | |
| 1 can cream of mushroom soup (10-1/2 oz.) | |

Blend all ingredients in blender. Put through strainer to remove larger pieces. Garnish with paprika. Heat. (If too salty, try salt-free tuna or salt-free soups).



CHICKEN AVOCADO SOUP • COLD

2-1/2 cups chicken broth
 2 cups sliced avocado
 1 tsp. salt
 Pepper (optional)
 2 tbsps. sherry
 1/4 cup whipping cream or non-dairy creamer (optional)

Put everything in blender. *Cover* and blend well. Chill.

*Anger is a wind which
 blows out the lamp
 of the mind.*

CHICKEN BISQUE

1 cup chicken broth
 1 tbsp. flour
 3 tbsps. butter
 1/2 tsp. salt
 Dash pepper

1/8 tsp. curry powder
 1 spray celery leaves
 3/4 cup diced cooked chicken
 or 1/2 cup strained chicken
 1 cup light cream or Half & Half

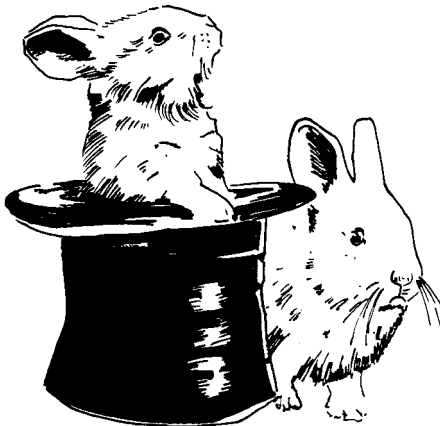
Blend broth, flour, butter, seasonings, celery leaves, and chicken. *Strain*
 Pour in saucepan and add cream. Heat thoroughly to just a boil.



CURRIED CHICKEN SOUP

1/4 tsp. onion powder
 1/4 tsp. celery salt
 1/8 tsp. curry powder
 1 tbsp. butter or margarine
 1 can condensed cream of chicken soup (10-1/2 oz.)
 1/2 soup can milk
 1/2 cup cooked chicken, blended

Blend all ingredients in blender. Put through strainer to remove larger pieces. Heat.



All people smile in the same language.

YOGURT BORSCHT • COLD

1 cup plain yogurt
 3/4 cup sour cream
 1/4 tsp. salt
 1/4 tsp. celery salt
 1/4 tsp. onion salt
 1 cup diced, cooked beets

Sour cream for garnish

Add all ingredients in blender except for the sour cream for garnish. Blend until smooth. Chill. Serve with a spoonful of sour cream.



BROCCOLI CHOWDER

1 10 oz. pkg. frozen broccoli
 2 tsps. instant minced onion
 1/2 cup boiling, salted water
 2 cups milk
 1 can condensed cream of potato soup
 1/2 cup shredded Swiss cheese (2 oz.)

Cook broccoli and onion in the boiling salted water until tender. Do not drain. Stir in milk and soup, heat thoroughly. Add cheese, stirring until melted. Cool slightly. Place half at a time in blender. Blend until smooth. Serve chilled or hot.

CARROT VICHYSOISE • COLD

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| 2 tbsps. butter | 1/2 tsp. salt |
| 2 scallions | 1/8 tsp. pepper (optional) |
| 2 cups chicken broth | 1/2 cup heavy cream or non- |
| 2 cups diced, cooked carrots | dairy creamer |

Melt butter in small saucepan. Add sliced scallions and cook over moderate heat - about 5 minutes. Add 1 cup of the broth and cooked carrots, and bring to a boil. Cover and let simmer over low heat for 15 minutes. Place in blender and add the other cup of broth. Blend until smooth. Add cream and chill.



CAULIFLOWER SOUP

1/4 cup chopped onion
 4 tbsps. butter, melted
 4 tbsps. flour
 1 small cauliflower, cooked and pureed
 2 cups milk
 1 tsp. salt
 1 egg yolk
 2 tbsps. grated cheddar cheese
 1/2 cup cooked and crumbled spicy sausage

Saute onion in butter until transparent. Add flour and stir until mixture thickens. Whisk in cauliflower and milk. Heat, but do not boil. Whip in salt, egg yolk, and cheese, stirring until slightly thickened. Put sausage and mixture in blender. Blend well. *Strain* if necessary.

THICKENED STRAINED CREAM SOUP

1/4 cup strained cream soup
1/4 cup smooth mashed potatoes

Combine soup and mashed potatoes. Mix well. Strain if necessary to remove lumps.



CUCUMBER VICHYSOISE • COLD

1/4 cup sliced onion
2 cups diced cucumber, peeled
1/4 cup diced potatoes, raw
2 cups chicken broth
2 sprigs parsley
1/2 tsp. salt
1/8 tsp. pepper
1/4 tsp. dry mustard
1 cup heavy cream or evaporated milk

Put onion, cucumber, and potatoes in saucepan. Add chicken broth, parsley and seasonings. Bring to boil. Cover and cook until potatoes are tender. Pour off 1 cup of broth and set aside. Put cooked vegetables in blender. Cover and blend well. Stir in 1 cup broth. Add more seasoning if you like. *Strain* well. Chill. Add cold milk or cream when you are ready to serve.

CURRIED LEEK SOUP · COLD

3 tbsps. butter or margarine
 1 leek or 6 scallions - sliced
 1 cup milk
 1/2 tsp. salt
 1/2 tsp. curry powder
 1 cup light cream
 Mashed potatoes to thicken

Melt butter in saucepan. Add leeks or scallions. Cook on moderate heat for 5 to 10 minutes, stirring often. Cool. Place in blender with milk and cream, salt or curry. *Strain* and chill. Add blended mashed potatoes to thicken.



CREAM OF MUSHROOM SOUP

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| 2-1/2 cups milk | 1/4 to 1/2 lbs. fresh mushrooms |
| 1 tbsp. flour | 1 tbsp. minced onions (cooked in butter for 5 minutes) |
| 2 tbsps. butter | 1/4 tsp. celery salt (optional) |
| 1 tsp. salt | |
| Dash pepper | |

Blend milk, flour, butter, salt, and pepper. Add mushrooms and onions. Blend. Pour into saucepan. Boil over low heat until mushrooms are tender, stirring frequently. Strain and serve.

MUSHROOM VELVET SOUP

1-1/2 cups water
 1 pkg. noodle soup mix
 1/8 tsp. celery salt
 1 slice of onion finely chopped or (1/8 tsp. onion powder)
 3 tbsps. butter
 1/4 to 1/2 lb. chopped mushrooms, cooked (not canned)
 1 cup milk

Add 1-1/2 cups water to noodle soup mix, then add celery salt, onion, and butter. Cook for seven minutes. Blend. Add cooked mushrooms. Blend well. Pour milk into saucepan, add blended mixture and heat.

For variation; 1) add one cup strained vegetables - such as asparagus, beets, peas, spinach; 2) use 2/3 cup of blended strained seafood in place of mushrooms; or 3) try fresh basil and a little garlic juice. Be sure to strain well.



VICHYSOISE ORIENTAL • COLD

1 cup diced potatoes
 1/2 cup diced onions
 1 cup diced, peeled apple
 1/2 cup sliced tender celery (remove strings)
 1 banana - sliced
 1-1/2 cups chicken broth
 1 tbsp. butter
 1/2 tsp. curry powder
 1 cup heavy cream
 1/2 tsp. salt

Put vegetables, banana, apple, and broth in saucepan and bring to a boil. Simmer over low heat until vegetables are tender. Pour slowly into blender and add salt, butter, and curry powder. Blend until smooth. Strain. Let mixture cool. Stir cream into cooled mixture and chill.

FRESH PEA SOUP

1 cup fresh or frozen green peas
 1 tbsp. diced onion
 Dash pepper
 Dash ginger
 2-1/2 cups chicken broth
 1 tbsp. butter
 2 tsps. flour or arrowroot

Combine peas, onions, and chicken broth. Cook until tender. Add pepper, ginger, and butter. Put everything into blender. Cover and blend well. *Strain*. Pour into saucepan, add flour or arrowroot to thicken, and bring to a boil stirring constantly. Simmer 5 minutes.



GREEN POTAGE

1/3 cup butter
 1/4 cup sliced scallions
 2 cups raw or cooked potatoes
 1 tsp. salt
 2 cups chicken broth
 1/2 bunch watercress
 1 cup spinach leaves or 1 pkg. of frozen chopped spinach
 2 cups lettuce

Cook butter and scallions together for about 5 minutes over moderate heat. Stir often. Add potatoes, salt, and chicken broth. Bring to boil and cook covered for 10 minutes. Add coarsely cut watercress, spinach, and lettuce. Cook until vegetables are tender. Strain 1 cup of broth. Put vegetables and remaining broth in blender. Blend until smooth. Combine with reserved broth - stir. *Strain*. Add a dollop of sour cream and paprika at serving time.

CREAM OF POTATO SOUP

1 cup diced, hot, cooked potatoes
2 cups milk - for richer soup use Half & Half
2 tbsps. chopped onion
1 chicken bouillon cube and 1 tbsp. bouillon granules
1/2 tsp. salt
Dash pepper
2 tbsps. butter

Place all ingredients in blender. Cover and blend until smooth. Pour into saucepan and heat thoroughly over moderate heat. Strain and serve.



SWEET POTATO SOUP

1-1/2 cups diced or mashed cooked sweet potatoes
1 tbsp. butter
1 tbsp. flour
1-1/2 tps. salt
1/4 tsp. ginger
1/8 tsp. cinnamon
1/8 tsp. nutmeg
1 tbsp. brown sugar
1 tsp. chicken broth or water
1 cup milk

Put everything except milk into blender. Blend well. Add milk. Cook stirring constantly until soup comes to a boil. Simmer over a low heat for 5 minutes. Serve immediately.

VEGETABLE BISQUE

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| 1-1/2 cups milk | 3 tbsps. butter |
| 1 beef or chicken bouillon cube | 1/2 tsp. salt |
| 1 cup water | Dash pepper |
| 2 tbsps. flour | 1/8 tsp. oregano |
| 1 cup cooked vegetables (any kind) | |

Blend all ingredients. Cook in saucepan until done. *Strain*.



BASIC CREAM OF VEGETABLE SOUP

2-1/2 cups milk
 1 tbsp. flour
 2 tbsps. butter
 1 tsp. salt
 Dash pepper
 1 cup raw or cooked vegetables • or 1 pkg. frozen chopped spinach and
 1/8 tsp. nutmeg

Seasonings

Mashed potatoes to thicken

Blend milk, flour, butter, salt, and pepper. Add vegetables and seasoning. *Blend well*. Pour in saucepan. Boil over low heat stirring constantly. Add mashed potatoes to thicken. *Strain* and serve.

*“Men do not stumble over mountains,
 but over molehills.”*

Confucius

PERFECTION VEGETABLE SOUP

- 1 cup water
- 2 beef bouillon cubes
- 1/4 cup diced onion
- 1/2 cup diced tender celery
- 1/2 cup sliced carrot
- 1 spray parsley
- 1 cooked potato

Place all ingredients in blender. *Cover*. Blend well. Pour into saucepan and bring to a boil. Simmer over low heat for about 10 minutes. *Strain*. Serve hot.



VEGETABLE VICHYSOISE • COLD

- 1 cup diced cooked potatoes
- 1/4 cup sliced onions or scallions
- 1-1/2 cups chicken broth
- 1 cup raw green peas
- 1/8 tsp. celery salt
- 1/8 tsp. curry powder
- 1 cup heavy cream (1 small carton whip cream or non-dairy creamer)

Add potatoes, onions, broth, and peas in saucepan. Cook until onions and peas are tender. Place in blender (except cream) with seasonings. Blend well. *Strain*. Combine with cream and chill.

