

## *Soups*

Corn Chowder  
Garlic Soup  
Mushroom Soup  
Tomato Soup with Creme Fraiche Pesto  
Onion Soup with Goat Cheese Croutons  
Vichyssoise

### **CORN CHOWDER**

SERVES 4

This soup can be made in minutes. I like to make it at the end of a long, cold day when only a hot bowl of soup will do.

*1 slice smoky bacon*  
*2 16 oz cans niblet corn*  
*1 potato peeled and diced*  
*1/2 onion, chopped*  
*1/2 cup milk*  
*4 cups chicken stock*  
*1 tbs dried dill*  
*1 cup creme fraiche*  
*4 oz fresh goat cheese*  
*sourdough French bread, toasted*

1. Cut the bacon into 1 inch pieces. Render it in a heavy saucepan.
2. Add the chopped potato and onion to the pot. Saute for 2 minutes. Add the corn with its liquid to the pot.
3. Add the chicken stock. Simmer until the onions and potatoes are cooked.
4. Add the milk and dill. Cook for 5 minutes.
5. Add creme fraiche, 1 tablespoon at a time, stirring well after each addition.
6. Serve the chowder in bowls. Break walnut-size pieces of fresh goat cheese into the chowder. Serve with toasted sourdough bread.

### **GARLIC SOUP**

TO SERVE 2 AS A MAIN COURSE OR 4 AS AN HORS D'OEUVRE.

*2 tbs minced garlic*  
*3 cup chicken stock*  
*2 tsp minced parsley*  
*1 carrot, minced*  
*1 mushroom, minced*  
*1/2 small onion, minced*  
*1/2 cup creme fraiche*  
*sourdough croutons, buttered*

1. Heat the chicken stock to just below boiling. Add the garlic, parsley, carrot, mushroom and onion. Cook for 15 minutes.
2. Shut off heat and allow soup to cool slightly.
3. Stir in the creme fraiche.

4. If the soup is a main course, serve with a buttered sourdough crouton floating on each bowl.

### **Sourdough Croutons**

*4 one-inch slices sourdough French bread  
unsalted butter*

1. Lightly butter both sides of the bread.
2. Place in a 325 degree F oven until they just start to brown.

### **MUSHROOM SOUP**

SERVES 4

Real homemade mushroom soup is a quick and elegant meal. Fresh mushrooms are available year round at most supermarkets. During the season, wild mushrooms may be used instead of or mixed with cultivated ones.

*1 lb fresh, firm mushrooms, cleaned and coarsely chopped  
1 tbs unsalted butter  
2 tbs minced shallots  
1/4 tsp dried thyme  
1/2 bay leaf  
1 tsp salt  
1/2 tsp freshly ground pepper  
1 cup creme fraiche  
1-1/2 cup chicken stock  
1 tbs minced parsley*

1. Melt the butter in a heavy pan and saute the shallots until transparent.
2. Add the mushrooms, thyme and bay leaf.
3. Saute until the mushrooms release their liquid.
4. Add the salt, pepper and chicken stock. Bring to a boil. Reduce the heat and simmer for 10 minutes.
5. Add the creme fraiche and simmer for 2 minutes.
6. Adjust seasonings, and serve in bowls with crusty bread.

### **TOMATO SOUP WITH CREME FRAICHE PESTO**

SERVES 4

*5 to 6 cups chicken stock  
1/2 tsp black pepper  
1 tsp finely minced garlic  
2 28 oz cans crushed tomatoes, preferably Italian style  
creme fraiche pesto\*  
sourdough toast*

\*Creme Fraiche Pesto is in the Auxiliary Recipes.

1. Place the tomatoes, stock, garlic and pepper in a soup pot. Bring to a boil and cook, stirring occasionally, for 10 minutes.
2. Serve in individual bowls. Stir 2 to 3 tablespoons creme fraiche pesto into

- each bowl.
3. Serve with sourdough toast.

## **ONION SOUP WITH GOAT CHEESE CROUTONS**

SERVES 4

*3 tbs butter*  
*1 tbs olive oil*  
*5 to 6 cups thinly sliced yellow onions*  
*2 cloves garlic, minced*  
*1/2 tsp salt*  
*1/2 tsp freshly ground black pepper*  
*3 cups hot beef broth*  
*1 cup red wine*  
*1 tsp herbes de Provence*  
*4 tbs creme fraiche*

1. Melt the butter with the oil in a heavy skillet; add the onions and stir to coat with butter.
2. Cover pan and cook over moderately low heat 15 to 20 minutes. Stir occasionally until the onions are translucent. Uncover the pan, increase the heat slightly and stir in the salt. Cook uncovered. Stir frequently until the onions have a golden hue. Add the herbes de Provence. Mix the herbs in well and cook for 5 minutes longer so that the herbs can blend with the onions.
3. Transfer the onions to a soup pot. Pour the wine into the skillet that was used to cook the onions. Bring to a boil for a minute or two. Stir to pick up the remaining bits of onion. Pour the wine into the soup pot with the onions.
4. Heat the stock in a separate pot to just below boiling. Pour over the onion mixture. Stir to blend well. Bring to a simmer. Simmer for 30 minutes. Adjust seasonings. The soup is done.
5. To serve, place 1 large tablespoon creme fraiche in each individual soup bowl. Fill each bowl with soup and top with goat cheese croutons.

### **Goat Cheese Croutons**

*4 one-inch slices French bread*  
*4 oz fresh goat cheese*  
*4 oz shredded Swiss cheese*  
*1 tbs herbes de Provence*  
*3 tbs olive oil and some for coating bread*  
*1 clove garlic, minced*

1. Mix together the cheeses, herbs, garlic and the 3 tablespoons of olive oil. Set aside.
2. Coat each slice of bread with olive oil. Place the bread in a 325 degree F oven for 15 to 20 minutes or until it just starts to brown. Remove from the oven. Allow to cool to room temperature.
4. When the soup is ready, top each croute with the cheese mixture. Place the croutons under a broiler or in an oven until the cheese just starts to melt and begins to brown.
5. Place one croute on top of each individual bowl of hot soup.

## **VICHYSOISE**

SERVES 6

*1 lb boiling potatoes, peeled and cut into cubes*

*1 lb leeks, cleaned and chopped*

*6 cups chicken stock*

*salt and white pepper*

*2 cups creme fraiche*

*2 to 3 minced chives*

1. Simmer the vegetables in the stock, partially covered, for 40 to 50 minutes or until the vegetables are tender.
2. Puree the soup in a blender.
3. Stir in the creme fraiche. Season to taste with salt and pepper.
4. Serve in chilled soup cups. Garnish with minced chives.