

Everything's Better...MADE FROM SCRATCH: Soup and Salad

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Soup and Salad

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Chicken Stock

Ingredients

2 pounds	Chicken bones
4 cups	Water
1 ½ each	Yellow onion – peeled and diced
1 each	Celery – diced
1 each	Carrot – peeled and diced
2 each	Parsley Stems

Directions

- 1 Wash bones thoroughly
- 2 Place bones in a sauce pot and cover with enough cold water to reach at least one inch above the bones
- 3 Add all other ingredients
- 4 Simmer the stock for 2 hours, skimming the top of any impurities that appear
- 5 Strain stock and cool in refrigerator
- 6 Reserve until needed

NOTES

Italian Wedding

Ingredients

1 pound	Ground beef – extra lean
½ cup	Yellow onions – diced
½ cup	Celery – diced
½ cup	Carrots – diced
2 tablespoons	Garlic – minced
1 teaspoon	Basil
1 teaspoon	Oregano
4 cups	Chicken stock – page(9)
1 cup	Barley
1 cup	Tomatoes – diced
2 ounces	Olive oil
To taste	Salt and pepper

Directions

- 1 In a sauce pot heat oil over medium high heat until hot
- 2 Add ground beef and cook until completely brown
- 3 Remove fat
- 4 Add onions, celery, carrots, and garlic and sauté for five minutes
- 5 Add all other ingredients and bring to a simmer
- 6 Simmer for fifteen minutes giving the barley a chance to completely cook
- 7 Season with salt and pepper as needed

NOTES

Parmesan Peppercorn Dressing

Ingredients

¼ cup	Parmesan cheese - grated
¼ cup	Plain low-fat yogurt
1 tablespoon	Lemon juice
1 tablespoon	Tarragon - chopped
1 tablespoon	Garlic - minced
2 tablespoons	Cracked peppercorns
To taste	Salt

Directions

- 1 Combine all ingredients together in a food processor or blender and blend thoroughly
- 2 Season with salt as needed

NOTES

Spinach Salad with Persimmons and Cranberries

Ingredients

4 cups	Spinach leaves – cleaned and chopped
1 cup	Green onions – thinly chopped
2 each	Persimmons cut into 1/2 inch wedges
1 cup	Dried cranberries
1/2 cup	Unsweetened shredded coconut
1 each	Balsamic cranberry vinaigrette – page()

Directions

- 1 Combine all ingredients in a mixing bowl and mix

NOTES

Couscous, Cranberry, and Garbanzo

Ingredients

2 cups	Chicken stock – page(9)
½ cup	Water
½ cup	Olive oil
¼ teaspoon	Ground turmeric
¼ teaspoon	Ground fresh ginger
¼ teaspoon	Cinnamon
2 cups	Couscous
1 cup	Cranberries – dried
2 each	Carrots – shredded
2 each	Scallions – thinly sliced
15 ounces	Garbanzo beans – drained and rinsed
¼ cup	Fresh lemon juice
½ teaspoon	Salt
½ cup	Fresh parsley – chopped

Directions

- 1 In a large saucepot combine stock, water, ¼ cup olive oil, turmeric, ginger, and cinnamon, bring to a boil
- 2 Gradually stir in couscous
- 3 Continue to cook and stir until the liquid is absorbed into the couscous
- 4 Add cranberries, remove from heat, cover and let stand 15 minutes
- 5 Stir in carrots scallions, and garbanzo beans
- 6 In a small bowl whisk together lemon juice, remaining olive oil, salt, and parsley
- 7 Pour into couscous mixture and season with salt

NOTES

Herbed Garlic Bread Strips

Ingredients

1 each	Large loaf Italian bread
8 tablespoons	Whole butter – softened at room temperature
2 each	Garlic cloves – minced
2 tablespoons	Fresh parsley – minced
2 tablespoons	Chives – minced
1 teaspoon	Thyme – minced
1 teaspoon	Basil – minced
1 teaspoon	Oregano – minced
½ teaspoon	Salt
½ teaspoon	Black pepper

Directions

- 1 Preheat an oven to 375 degrees
- 2 Cut the Italian loaf in half length wise at least twice creating three separate pieces of the loaf, lay on a cutting board
- 3 In a small mixing bowl mix together all other ingredients
- 4 Spread the mixture on the bread in even strokes
- 5 Place all slices of bread on a sheet pan and bake for 10 minutes or until the bread to brown slightly
- 6 Remove from the oven and let cool
- 7 Place pieces of bread back onto cutting board and slice each one across thinly creating several long thin strips

NOTES
