



Soup's On!

Fall 2007/volume 59

Cooking Parties & Classes

The 2007 Fall-Holiday
Schedule is on the Web!

September

- 12 French Country Cooking
- 26 Italian Country Kitchen

October

- 10 French Country Cooking
- 24 Italian Country Kitchen

November

- 7 French Country Cooking

December

- 5 Tapas & Finger Food

Join me in the Kitchen &
Around the Table for delicious
seasonal food & fun
Details & Menus on the Web
www.susannye.com

Private classes always available

Girls' Night Out
Cooking Couples
Customer Appreciation
and lots more....
at your house or mine.

Private Chef & Catering Services

Romantic Dinners or
Celebrations for Family &
Friends. At my house or yours.

....too busy or too tired to cook
... let me do it for you!

Contact Susan Nye at
susannye@tds.net or

603/526 7319

For more information

Visit the web at

www.susannye.com

*Eye of newt, and toe of frog,
Wool of bat, and tongue of dog,
Adder's fork, and blind-worm's sting,
Lizard's leg, and owlet's wing,
For a charm of powerful trouble,
Like a hell-broth boil and bubble.
Double, double toil and trouble;
Fire burn and caldron bubble.*

From William Shakespeare's Macbeth



It's Halloween time. Time for ghosts and goblins and witches with steaming caldrons of wicked brews and poison potions. Or maybe those caldrons are filled with piping hot soup, ready to welcome children home after an evening of trick-or-treating.

The days are getting shorter, as well as grayer and colder. It's late fall and if we don't wake up to a thick blanket of fog, it's pouring rain or chilly winds are blowing. It is the perfect time to get out your stock pot and cook up some magic. However, I recommend that you skip the eye of newt and toe of frog.

Growing up there were always cans of Campbell's tomato and boxes of Lipton's chicken noodle soup in our cupboard. Campbell's and grilled cheese sandwiches were lunch staples in our house. Late every Friday afternoon throughout the winter our family jumped in the car to head to New Hampshire for skiing and a break from the hustle and bustle. Arriving to a cold house, tired, hungry and sometimes a little grumpy, our standard supper was chicken noodle soup and hot dogs. Not very elegant but ready in ten minutes.



I make a lot of homemade soup throughout the fall and winter. While I am always on the lookout for something new, I frequently return to old favorites like roasted butternut squash, broccoli, lentil and wedding soups. These are the soups that I make without a recipe. Yes, I write some of them down for friends and family, but I've made most of them so often that I don't bother look at the recipe. I measure by eye and with the palm of my hand, chop, sauté, roast, simmer and purée. I've been known to forget an ingredient, even two, add something or other and substitute ingredients. So every batch of soup is slightly different but (hopefully) still delicious.

Soups are great for entertaining. For a more formal dinner, soup is a no-worry first course. Put a kettle of soup on a back burner over low heat and it's ready when you are. Soup is even better for casual parties, big or small. For a simple, relaxed evening cook up a big pot of your favorite soup, add a salad, some country bread and dinner is done. Throw in a few hors d'œuvres to begin the fun and finish with a little something sweet to complete the perfect party.

Why not fill your house with the warm and wonderful aroma of a big caldron of soup? The drizzly, cold days and nights of November are fast approaching and soup is a great way to warm both the body and the soul. A simple family supper or a casual evening with friends, everyone will enjoy cozying up in front of the fire with a steaming mug.

Bon appétit!

Susan



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Wednesday Night
Cooking Classes
Learn & Laugh

Private Chef & Catering
Services

Do you have too much to
do and too little time? Too
busy to cook?
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Like to entertain? No time
to prepare the perfect
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Lentil and Sausage Soup

This hearty soup will chase away ghosts, goblins, colds, flues and blues! Enjoy!

Serves 10-12

1 pound lentils
1 large yellow onion, chopped
2 leeks, white and light green parts only, chopped
8 stalks celery, chopped
5 carrots, chopped
2-3 garlic cloves, minced
1 teaspoon dried thyme
1 teaspoon ground cumin
1 teaspoon kosher salt
1 teaspoon freshly ground pepper
4 quarts chicken stock
2 cups peeled, crushed tomatoes
½ cup dry red wine
1 pound kielbasa, cut in quarters lengthwise and ½" thick
Extra virgin olive oil

1. Put lentils in a large bowl; cover with boiling water. Let sit for 15 minutes and drain
2. Meanwhile, sauté the onions, leeks, celery, carrots, garlic, salt, pepper, cumin and thyme in 2-3 tablespoons of olive oil in a large stockpot over medium heat for about 20 minutes.
3. Add the chicken stock, red wine, tomatoes and lentils. Cover and bring to a boil. Reduce the heat and simmer uncovered for 1 hour or until lentils are cooked through and tender. Check for seasoning; add salt and pepper to taste.
4. Add the kielbasa. Simmer until the kielbasa is heated through and serve.