

What's Simmering ... With Chef Jack!

Greetings to all!

I think everyone enjoyed our “**Soups, Stews and Casseroles**” cooking class. Unfortunately, we had a waiting list and several people could not attend. I encourage everyone to sign up early. I think the most popular items were the Mushroom Ragout with Fresh Pasta and the Mushroom Soup. We'll share those recipes with everyone. Maybe we should do a mushroom class! Actually there was an over whelming support for a seafood class. I have had that request before, so that will be our next class. The date will be Wednesday, March 24th, after we reopen. *Seafood 101* – selecting, cooking and matching with simple flavors. There will be a specific focus on cooking seafood correctly. We will also do some sushi/California rolls.

Happy cooking and eating!

Chef Jack

This recipe adapted from “The Big Book of Soups and Stews” by Maryana Vollstedt

CREAM OF MUSHROOM SOUP WITH PECANS

Yield: 6 Prep: 25 min. Cooking: 20 min.

Amt.	Unit	Ingredients
1/4	cup	Butter
1	ea.	Yellow onion, chopped
1	ea.	Leek, white and light green parts only, sliced
1	lb.	Assorted mushrooms, finely chopped
1	ea.	Clove garlic, minced
1	tbsp.	Fresh lemon juice
1/4	cup	Flour
4	cups	Chicken broth
1	cup	Whipping cream
2	tbsp.	Sherry
1/4	tea.	Salt and dried thyme
1/8	tea.	Ground white pepper
1/4	cup	Chopped pecans

Method:

1. Melt butter in a soup pot over medium heat.
2. Add onion and leek; sauté 3 minutes.
3. Add mushrooms, garlic and lemon juice; sauté until vegetables are soft, about 5 minutes.
4. Add flour; stir until bubbly.
5. Add broth; stir until thickened, 1-2 minutes.
6. Add cream, sherry, salt, thyme and pepper.
7. Reduce heat to medium-low; simmer, uncovered, until flavors are blended, about 10 minutes.
8. Ladle into bowls; sprinkle with chopped nuts.

Optional: add 2 tbsp. dried mushrooms soaked in 1/4 cup warm water.

Nutrition information per serving:

250 calories, 66% of calories from fat, 19 g fat, 10 g saturated fat, 45 mg cholesterol, 15 g carbohydrates, 7 g protein, 590 mg sodium, 2.6 g fiber