



Soups

Cream of Asparagus Soup

Servings: 6

Preparation Time: 30 minutes

Cook Time: 30 minutes

Ingredients

¼ cup unsalted butter

1 large mile onion, finely chopped

1 stalk celery, finely chopped

4 cups chicken stock

3 pounds asparagus, trimmed and cut into 1 inch pieces

Asparagus tips, for garnish

2 baking potatoes, peeled and cut into 1 inch cubes

1 teaspoon dried basil

2 cups heavy cream

Salt and white pepper

2 cups Sharp Cheddar Cheese

In a large pot, melt the butter over medium heat. Add the onion and celery and sauté until translucent, 2-3 minutes. Add the stock, all the asparagus stalks and 2/3 of the tips, the potatoes and basil, skimming away and froth from the surface. Reduce the heat and simmer, covered until the vegetables are tender, about 20 minutes.

Puree the soup using a stick blender. Force the puree through a strainer to remove any fibers. Return the soup to the pot and stir in the heavy cream, cheese and season to taste with salt and pepper.

In a small saucepan bring salted water to boil. Add the remaining asparagus tips and cook until just tender-crisp, about 3-4 minutes. Drain well.

To serve the soup, add a few of the tips to the bowl and spoon soup over.



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Autumn Brunswick Stew

Servings: 12 to 15

Ingredients

3 large split chicken breast
2 ½ quarts water
3 medium potatoes, peeled, and coarsely chopped
1 large onion, diced
½ cup chopped celery
1 (4 pound) Boston butt roast, cooked and shredded
2 (15.25-ounce) cans white corn, drained
2 (14.75-ounce) cans creamed corn
1 (28-ounce) can crushed tomatoes
1 (26-ounce) bottle ketchup
½ cup Worcestershire sauce
¼ cup (1/2 stick) butter
2 tablespoons liquid smoke
2 teaspoons hot sauce (or to taste)

In a large Dutch oven, combine chicken breasts and water. Bring to a boil over medium-high heat; cover, reduce heat, and simmer 35 to 40 minutes, or until chicken is tender.

Remove chicken, reserving broth in pan. Let chicken cool slightly. Discard bones and skin; cut chicken into bite-size pieces; set aside.

Add potatoes, onion and celery to reserved broth. Bring to a boil over medium-high heat; reduce heat and simmer, uncovered 25 to 30 minutes, or until vegetables are tender. Stir in chicken, roast, and remaining ingredients. Simmer uncovered, 1 hour.

Corn Fritters

Servings: 2 dozen

Ingredients

1 ¼ cups self-rising cornmeal mix
1 ¼ cups all-purpose flour
¼ cup sugar
1 teaspoon salt
1 cup of buttermilk
1 cup milk
2 large eggs, slightly beaten
¼ cup (1/2 stick) butter, melted
1 (15.25-ounce) can corn, drained
Vegetable oil for frying

In a medium bowl, combine cornmeal mix, flour, sugar and salt.

In a small bowl, combine milk and eggs. Add milk mixture to cornmeal mixture, stirring well. Stir in butter and corn.

Pour oil to a depth of 2 inches in a Dutch oven, or use a deep fryer. Heat to 360°F. Drop by tablespoons into hot oil. Cook 2 to 4 minutes, or until golden, turning once. Drain on paper towels.



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Any-Occasion Chicken Pot Pie

Servings: 10 to 12

Ingredients

3 cups unpeeled red potatoes, cut into (1/4 inch) cubes	½ teaspoon salt
2 cups fresh broccoli florets	¼ teaspoon ground black pepper
1 cup thinly sliced fresh carrots	2 (14.5-ounce) cans chicken broth
½ cup butter	1 cup heavy whipping cream
1 large onion, chopped	3 cups chopped cooked chicken
1 cup sliced fresh baby Portabella mushrooms	Flaky Pastry Crust (recipe follows)
½ cup all-purpose flour	*Puff Pastry can be used for dough
1 ½ teaspoon dried tarragon leaves	1 large egg, lightly beaten

Directions:

1. Lightly grease a 3 ½ quart baking dish.
2. In a large saucepan, combine potatoes and enough water to cover. Bring to a boil over medium-high heat; boil 5 minutes. Add broccoli and carrots; return to a boil, and cook 3 minutes; drain well, and set aside.
3. In a large saucepan, melt butter over medium heat. Add onion and mushrooms, and cook 5 minutes, or until tender, stirring occasionally. Stir in flour, tarragon, salt, and pepper, and cook 3 minutes, stirring constantly. Stir in chicken broth and cream, and cook 6-8 minutes, or until thickened. Stir in chicken and vegetables, and cook 15 to 20 minutes, or until thickened and bubbly. Pour into prepared baking dish.
4. Preheat oven to 400°F.
5. On a lightly floured surface, roll Flaky Pastry Crust to 1/8 inch thickness; cut into ½ inch strips. Arrange crust in lattice design over filling; trim strips even with edges of dish. Brush crust with lightly beaten egg. Bake 25 to 30 minutes, or until crust is lightly browned.

Flaky Pastry Crust

Makes pastry for 1 casserole

Ingredients:

2 ¼ cups all-purpose flour
½ teaspoon salt
½ cup cold vegetable shortening, diced
¼ cup cold unsalted butter, diced
¼ cup cold water

Directions:

Position knife blade in food processor bowl; add flour and salt, pulsing to combine. Add shortening and butter. Pulse until mixture resembles coarse meal.

With processor running, add cold water through food chute, processing just until combined.

Press mixture gently into a 4-inch disc; cover with heavy-duty plastic wrap, and chill 1 hour.



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Bubba's Seafood Gumbo

Servings: 12 to 15

Ingredients:

1 cup all-purpose flour
1 cup vegetable oil
1 pound Smithfield Handmade Andouille Sausage, cut into ¼ inch thick slices
4 cups chopped sweet onion (about 2 large)
2 ½ cups chopped celery
¼ cup chopped fresh parsley
4 cloves garlic, minced
4 (14.5 ounce) cans chicken broth
2 (28-ounce) cans petite diced tomatoes, undrained
2 (16-ounce) packages frozen sliced okra
4 bay leaves
3 tablespoons hot sauce
3 teaspoons Creole seasoning
1 teaspoon dried thyme leaves
2 pounds medium fresh shrimp, peeled and deveined
2 (8-ounce) containers lump crabmeat, picked free of shell
1 pound firm white fish fillets, cut into 1-inch cubes
Hot cooked rice

Directions:

In a large cast-iron skillet, combine flour and oil. Cook over medium heat, whisking constantly, until roux is chocolate colored (about 18 to 20 minutes). Stir in sausage, onion, celery, parsley, and garlic; cook 10 minutes, stirring occasionally. Transfer mixture to a large Dutch oven.

Stir in chicken broth and next 6 ingredients; bring to a boil, reduce heat and simmer, uncovered, 1 hour, stirring occasionally. Add shrimp, crabmeat, and fish. Bring to a boil, reduce heat, and simmer, uncovered, 10 minutes, or until seafood is done. Remove and discard bay leaves. Serve gumbo over hot cooked rice.



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White Chili

Makes 10 to 12 servings

Ingredients:

5 cups chopped cooked chicken
3 (15-ounce) cans Great Northern beans, drained
1 (32-ounce) box chicken broth
1 (16-ounce) jar mild salsa
1 (8-ounce) package Monterey Jack cheese with peppers, cubed
2 teaspoons ground cumin
1 medium onion
1 bell pepper
Garnish with cheddar cheese, sour cream and Jalapeños

Directions:

In a slow cooker combine chicken, beans, broth, salsa, cheese, and cumin. Sauté 1 medium onion and ½ a bell pepper until soft then add to chili. Cover, and cook on high for 3 hours, stirring occasionally. Reduce heat to low; simmer 2 hours stirring occasionally. Garnish with Cheddar cheese, sour cream, and Jalapeños, if desired.

Skillet Cornbread Crumbles

Preheat oven to 425. Stir together 3 cups self-rising white cornmeal mix, 1 cup all-purpose flour and 2 Tbsp sugar in a large bowl; whisk in 3 cups buttermilk; 3 large eggs, lightly beaten; and 1/2cup butter, melted. Pour batter into a lightly greased 13 x 9 inch pan (or black skillet). Bake 30 minutes or until golden brown. Remove from oven, invert onto a wire rack, and cool completely (about 30 minutes); crumble cornbread.



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Turkey Chili

Ingredients:

- 2 Tablespoons extra-virgin olive oil, corn oil or vegetable oil
- 2 pounds ground turkey breast
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 rounded tablespoon chili powder, a palm full
- 2 chipotles in adobo, chopped (found on Spanish/Mexican foods aisle) or ½ cup hot chipotle salsa may be substituted
- Salt
- 1 cup Mexican beer
- 2 cups chicken stock
- 1 (28-ounce) can chopped stewed tomatoes
- 1 can red kidney beans, drained

Directions:

1. Heat oil in deep skillet or wide pot
2. Add turkey meat and crumble as it cooks
3. Add onions, garlic, chili powder and chipotle (cook for 5 minutes). Season with salt
4. Add beer and cook another minute
5. Add chicken stock, tomatoes, and beans and bring to a bubble.
6. Reduce heat and simmer 10 minutes.



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Slow Cooker Chicken Taco Soup

Ingredients:

- 1 onion, chopped
- 1 (16 ounce) can chili beans
- 1 (15 ounce) can black beans
- 1 (15 ounce) can whole kernel corn, drained
- 1 (8 ounce) can tomato sauce
- 1 (12 fluid ounce) can or bottle beer
- 2 (10 ounce) cans diced tomatoes with green chilies, undrained
- 1 (1.25 ounce) package taco seasoning
- 3 whole skinless, boneless chicken breasts
- Shredded Cheddar Cheese (optional)
- Sour Cream (optional)
- Crushed tortilla chips (optional)

Directions:

1. Place the onion, chili beans, black beans, corn, tomato sauce, beer and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover and cook for 5 hours.
2. Remove chicken breasts from the soup and allow to cool long enough to be handled. Stir the shredded chicken back into the soup and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream and crushed tortilla chips, if desired.



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Baked Potato Soup

Ingredients:

6 bacon strips, diced
2 small onion, chopped
2 cloves garlic, minced
1/4 cup and 2 tablespoons all-purpose flour
2 teaspoons salt
2 teaspoons dried basil
1 teaspoon pepper
6 cups chicken broth
4 large baked potatoes, peeled and cubed
2 cups half-and-half cream
1 teaspoon hot pepper sauce
Shredded Cheddar cheese
Minced fresh parsley

Directions:

In a large saucepan, cook bacon until crisp. Drain, reserving 1 tablespoon drippings. Set bacon aside. Sauté onion and garlic in the drippings until tender. Stir in flour, salt, basil and pepper; mix well. Gradually add broth. Bring to boil; boil and stir for 2 minutes. Add the potatoes, cream and hot pepper sauce; heat through but do not boil. Garnish with bacon, cheese and parsley.