

Workshop 3: Bread & Soup Making with Andreeanne & Molly



Soup is not a scientific activity, with parts which can be measured. It quite literally consists of throwing your favourite vegetables into a pot along with a handful of grains or legumes and allowing the goodness of your ingredients to simmer and blend together...add some salt, pepper and a smidgen of spice and voila! However, for all of you who are new to the soup making experience (or who at the very least never got around to adding that bunch of carrots to their Campbell's tomato soup), may I suggest a few helpful hints:

- ✓ There is an intuitive order to which veggies go into the pot in what order. For example, squash must clearly be cooked longer than spinach, potatoes than cabbage, etc. Keep this in mind when creating your soup at home. I like to start the process immediately, chopping the onions first and smell them being fried as I slowly chop up and add the rest of the veggies to the mix.
- ✓ Watch out for online soup recipes! I find these less hit-and-miss than online baking recipes but if something doesn't sound good, then don't make it! Trust your soup making intuition here. There is, however, an online version of Mollie Katzen's *The Enchanted Broccoli Forest*, whose soup recipes I heartily recommend. Another great site for reliable, nutritious and whole food recipes is <http://www.101cookbooks.com/>.

Curried Winter Squash Soup with apples, chickpeas and fresh cilantro

- ❖ 1 large Butternut Squash
- ❖ 1 large Acorn Squash
- ❖ Tart, firm apples such as granny smith or pink ladies (3 of them should do it)
- ❖ 1 large onion
- ❖ 1 cup of cooked or canned chickpeas*
- ❖ garlic
- ❖ fresh cilantro
- ❖ salt
- ❖ pepper
- ❖ maple syrup
- ❖ garam masala
- ❖ cayenne
- ❖ cinnamon
- ❖ oil

* If you have dried chickpeas in your cupboard, just put 3/4 of a cup of chickpeas in a bowl and cover them with water. Leave them overnight to rehydrate. On the day of soup making (i.e the next day) boil them in a separate sauce pan for 30 minutes or until tender.

1. Cut the Acorn and Butternut Squash in half, seed them and give them a rub with some olive or canola oil. Sprinkle with salt, pepper and a little cinnamon. Put these on a baking tray, and pop them in the oven (set at 350 F) for approximately 45 minutes. The tops should have begun to bubble and crackle but not look burnt.

2. Chop up the onion, garlic and apples. Toss them into the soup pot with a dash of oil and fry for about ten minutes until ingredients are looking mushy. Turn off the pot. Make a pot of tea, read a book and chop some cilantro while waiting for the squash to bake.

3. Once you have fully cooked the squash, pull it out of the oven and coarsely chop. It should be nice and mushy at this point as well. If you are a purist going for a good looking soup (which I hope means all of you) you might want to refrain from adding the Acorn Squash skin as it will look just heinous when blended. Add the squash to the soup pot, along with the cooked chickpeas and enough water to just cover everything. Now make that baby simmer!

4. As the soup simmers (no top! you want the water to evaporate a little bit!) add your spices. I have refrained from giving you quantities as it is up to you to decide how spicy, curried, salty or sweet your soup is going to be. Another option is to puree half of the soup in a blender for a smoother soup.

5. Just prior to serving, top the soup with cilantro and (for the non-vegans) a sprinkle of strong white cheese such as a nice cheddar. Enjoy with fresh baked bread and friends.



Basic bread recipe

Ingredients

- ❖ 3 ½ cups of all purpose flour
- ❖ 1 tsp of salt
- ❖ 1 ½ tsp of yeast
- ❖ 1 ½ to 2 cups of water (varies on the consistency of the dough)
- ❖ some olive or vegetable oil for greasing

Directions

1. Mix flour, salt and yeast into a large bowl and combine all the ingredients together with your fingers.
2. Add water, starting with one cup and mix with a large wooden spoon or spatula. Keep adding water until most of the ingredients are combined and moist (not all because it'll be too wet).
3. Transfer the dough mixture to a clean surface. Start kneading. First knead the dough by using your fingers as a comb and pull it through the dough – do this for a couple minutes. Then knead regularly with the heel of your palms and fingers – do this for about five minutes.
4. When your dough is of a good consistency, shape it into a ball.
5. Grease a clean bowl with some oil and place the dough into the bowl. Cover with a non-sticking tea towel and let sit for one hour.
6. From here you can punch down your dough and let it rise again for half an hour or another hour OR prepare it for baking. To prepare it for baking, take the dough out of the bowl and place in on a clean or lightly floured surface. Shape the dough into a loaf and place it on a cooking sheet or into a loaf pan.
7. Bake at 450 F for 20 minutes and turn the temperature down to 400 F for another 5 minutes.
8. Take the bread out of the oven and remove from sheet/pan. To make sure the bread is fully cooked, knock on the top of the bread. If it sounds hollow then it is cooked.
9. Let the bread cool before consuming.

NB: This is a basic recipe, so once you start experimenting you can add things like nuts, dried fruit, spices, honey, molasses, etc. You can also play with the flours that you use. A word of caution is that all purpose flour is the easiest to use when making bread so that's why we're starting with this. You may want to mix another type of flour with the all purpose when you're starting to experiment. The main thing to remember is to be creative and enjoy the process!