

# ST. OLIVER'S SPICE PEOPLE



*MANGIA E STAI PIÙ ZITTO*

*COOKING CLASSES FOR THE MASSES*

LESSON 11 - 01 International Soup Night 2011



January 8, 2011

## Prayers

**Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.**

### Prayer before the Spice People Sessions

**We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.**

**Amen**

### The Catholic Blessing of the Food

**Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.**

**Amen.**

**SPICE PEOPLE**

Sandy Walsh, BMCIC

**Crew:**

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Candida Jimenez

Geri Spudich

Elena Porrás Trejo

Vicki Ziegler

**2010 — 11 Guest Chefs:**

Elena Porrás Trejo

Sandy Walsh

Ted McVay

Mark McCagg

Fr. Neil Jones

Geri Spudich

## **Menu**

### **Soups:**

Baked Bean Soup

Chocolate Soup

Collard Greens Soup

Creamy Chicken and Wild Rice Soup

Creole Corn and Tomato Soup

EZ Sausage-

Pasta e Fusili

Roasted Apple and Pumpkin Soup

Stormy Bean Soup

Weight Watcher's Taco Soup

Williamsburg Peanut Butter Soup

### **Green Salads:**

### **Breads:**

Beer Cheese Bread

Magi Bread (Day of the Kings Bread)

### **Desserts:**

Caramelized Upside Down Pear Tart

Pecan Pound Cake

Vanilla Glazed Bundt Cake

## **BAKED BEAN SOUP**

Ham for Seasoning

2 ½ quarts water

1 lb. small navy beans (I use Great Northern)

1 chopped onion

In saucepan combine ingredients and bring to boil, turn to low Heat and cook for 4 hours.

Add: 1 — 14 oz. bottle catsup  
¼ cup brown sugar  
2 Tbs. maple syrup  
1 Tbs. Prepared mustard

Return to high heat until mixture comes to boil, return to low heat  
And simmer 2 to 3 hours.

— *Joan Wernecke*

## CHOCOLATE SOUP

*Makes 6 cups soup, 1 ½ cups salsa*

*Total time: 35 minutes*



FOR THE SOUP —

**COMBINE:**

- 4 cups whole milk
- 1 can sweetened condensed milk (14 oz.)
- 1 bag Ghirardelli bittersweet chocolate chips (11 ½ oz.)
- ¼ cup coffee-flavored liqueur (such as Kahlua), *optional*
- ½ tsp. table salt

**WHISK TOGETHER:**

- 2 tsp. vanilla extract
- 1 tsp. espresso powder

**FOR THE SALSA: — OPTIONAL**

**TOSS TOGETHER:**

- ½ cup strawberries, diced
- ½ cup fresh pineapple, diced
- ½ cup kiwi, diced
- 1 tsp. sugar

Combine whole milk, condensed milk, chocolate chips, liqueur, and salt in a saucepan; Bring to a simmer over medium-low heat, whisking constantly. Reduce heat to low and cook, whisking often, until chocolate melts and mixture is smooth, 20-25 minutes.

Whisk vanilla and espresso powder together until dissolved. Off heat, stir the mixture into the soup.

Toss strawberries, pineapple, kiwi, and sugar together into a bowl. Garnish soup with salsa and a dollop of whipped cream, if desired.

Per ½ cup: 320 calories; 35 1/2 calories from fat, 12 g total fat, 46 g carb., 130 mg sodium, 1 g fiber, 7 g protein

— Cathy Hedges

## COLLARD GREENS SOUP

4 Cans of Northern Beans (Luck's)  
2 pkgs. frozen collard greens  
½ small head of cabbage, shredded  
4 – 6 potatoes, cubed  
Ham or Ham hocks for seasoning, cubed  
1 large onion diced  
1 Tbs. oil  
Salt and pepper to taste  
1 – 2 Tbs. of vinegar  
4 cups water

Sauté onion in oil until transparent. Combine remaining ingredients and bring to a boil. Lower heat and cook on low for about 45 minutes. Garnish with crumbled Southern\* Cornbread.

\*Not that sickenin' sweet (Jiffy ) stuff the Yankees eat.

— *Sandy Walsh*

## **CREAMY CHICKEN AND WILD RICE SOUP**

(8 servings)

4 cups chicken broth  
2 cups water  
2 cooked, boneless chicken breast halves, shredded  
1 (4.5 oz) pkg. quick cooking long grain and wild rice with seasoning packet  
1/2 tsp. salt  
1/2 tsp. ground black pepper  
3/4 cup all-purpose flour  
1/2 cup butter  
2 cups heavy cream

1. In a large pot over medium heat, combine first three ingredients. Bring just to a boil and then stir in rice, reserving seasoning packet. Cover and remove from heat.
2. In a small bowl, combine the next three ingredients. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low and then stir in flour mixture by Tbs. to form a roux. Whisk in cream, a little at a time until fully incorporated and smooth. Cook until thickened, 5 minutes
3. Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10-15 minutes.

— *Debbie Cliche*

## **CREOLE CORN AND TOMATO SOUP**

12 oz. package chicken sausage links  
2 Tbs. olive oil  
28 oz. can crushed tomatoes  
(2) 14.5 oz. cans diced tomatoes with basil, garlic, oregano  
14 oz. can of chicken broth  
46 oz. bottle or can of tomato juice  
5 cups whole kernel yellow corn  
2/3 cup long grain rice  
Salt and pepper to taste  
1 Tbs. Zatarain's Creole seasoning  
Add Louisiana hot sauce as desired

Cut sausages links in half lengthwise, and slice into half moons about 1/8-inch thick. Sauté in olive oil. Add tomatoes, tomato juice, chicken broth, corn and rice. Heat until warm and flavors meld. Add whole kernel corn and seasonings. Simmer 1 ½ hours.

— *Nita Ellington*

## EZ SAUSAGE — POTATO SOUP

### **Ingredients:**

½ lb. ground pork sausage – I use Jimmy Dean Hot  
16 oz. frozen hash brown potatoes (4 cups)  
1 large onion chopped  
1 can chicken broth  
2 cup water  
1 can cream of celery soup – undiluted  
1 can cream of chicken soup – undiluted  
2 cups milk  
Shredded cheddar cheese for garnish

Brown sausage and onion in a large Dutch oven over medium heat, stirring until it crumbles. Drain and return to pot. Add potatoes, broth and water and simmer for 30 minutes. Stir in remaining ingredients and heat. This is yummy with a garnish of shredded cheese.

— *Sandy Walsh*

## PASTA E FUSELI

### **Ingredients:**

1 lb. Italian sausage  
1 onion, chopped  
2 carrots, chopped  
2 celery ribs, diced  
3 garlic cloves, minced  
8 cups chicken broth, heated till warm in stock pot  
1 zucchini, diced  
2 cans diced tomatoes (preferably Italian style)  
1 can cannellini beans, not drained  
1 can kidney beans, not drained  
1 tsp. basil  
1 tsp. oregano  
Salt and pepper to taste  
1 bag frozen tortellini  
Parmesan Cheese, grated

### **Cooking Directions:**

Brown sausage in skillet. Add onion, carrots, and celery. Sauté until tender. Add garlic. Add vegetables to stock pot. Add zucchini, tomatoes, and both cans of beans, basil and oregano. Add tortellini and cook till it is tender. Top with parmesan cheese to serve.

— *Cathy Hedges*

## **ROASTED APPLE AND PUMPKIN SOUP**

Preparation time: 20 minutes

Total cooking time: 1 hour 30 minutes

Serves 4

2 red apples, unpeeled  
¼ cup (60 ml/2 fl oz) olive oil  
1 onion, finely chopped  
2 teaspoons ground cumin  
¼ teaspoon chili powder  
1 kg. (2 lb) butternut pumpkin,  
roughly chopped  
2 potatoes, chopped  
2 teaspoons plain flour  
4 cups (1 litre) vegetable stock  
1 ¼ cups (315 ml/10 fl oz) cream

1. Preheat the oven to moderately hot 200°C (400°F/Gas 6). Cut the unpeeled apples into thick wedges and cut away the core. Lay in a baking dish and pour over 1 tablespoon of the oil. Roast for 25-30 minutes, turning occasionally, until golden brown. Set aside.
2. Heat the remaining oil in a large pan, add the onion, cumin, and chili and cook for 10 minutes over low heat, or until onion is very soft and golden. Add the pumpkin and potato and cook for 15 minutes, over medium-high heat, tossing regularly, or until slightly brown. Add the flour and cook, stirring for 1 minute.
3. Remove from the heat and gradually pour in the stock, stirring. Return to the heat, bring to the boil, then reduce the heat and simmer, covered, for 30 minutes. Drain, reserving the vegetables and stock.
4. Set aside 8 pieces of the roasted apple. Put the rest in a food processor, with half the vegetables and 1 cup (250 ml/8 fl oz) of the reserved stock. Purée until smooth and return to the pan. Repeat with the remaining vegetables and the same amount of stock; add to the pan with any remaining stock and the cream. Reheat and season well. Serve the remaining roasted apple as a garnish.

— *Elena Porras Trejo*

## **STORMY DAY BEAN SOUP**

1 lb. dried navy or great northern beans  
7 cups water  
1 ham bone and/or 2 cups ham cubed, cooked smoked ham  
¼ cup minced onion  
½ tsp. salt  
1 bay leaf  
Dash pepper

Rinse beans. Heat beans and water to boiling; boil gently 2 minutes. Remove from heat; cover and let stand one hour.

Add remaining ingredients. Heat to boiling. Reduce heat, cover and simmer about 1 hour and 15 minutes or until bean are soft. Skim off foam occasionally. (Add water, if necessary).

Remove bay leaf and bone if using. Trim meat from bone. Place approximately 2 cups beans and water in blender. Pulse until pureed. Pour back into remaining beans and liquid. Heat gently, season to taste and serve.

— *Geri Spudich*

## WEIGHT WATCHER'S TACO SOUP

1-1/2 pounds of ground round or sirloin

1 large onion, chopped

1 can of whole kernel corn w/juice

1 (16 oz.) can red beans w/juice

1 (16 oz) can black beans w/juice

1 can pinto beans w/juice

1 (16 oz) can whole kernel corn

1 (8 oz) can of Rotel with juice (hot/mild – your choice)

1-1/2 cups of water

2 cans stewed tomatoes (Mexican Recipe if you can find it)

1 package dry “Hidden Valley Ranch Dressing Mix” – do not use the dip mix (too salty)

1 package dry taco seasoning mix

1. Brown meat and onions and drain.
2. Mix Ranch and Taco seasonings into meat.
3. Add rest of ingredients, undrained, to mixture.
4. Simmer 1 1/2 hours
5. Serve with fat free cheddar (shredded) and reduced fat Tostitos chips.

— *Teresa Barczak*

## WHITE BEAN CHOWDER

Yields: 10 servings, Cooking time: 2 hours

½ lb. dried navy beans	2 (14.5 oz.) cans diced tomatoes
1 Tbs. olive oil	1 (6 oz.) can tomato paste
1 large onion, finely chopped	½ tsp. dried thyme
2 cloves garlic, minced	½ tsp. ground oregano
1 quart water	1 tsp. salt
2 (14.5 oz.) cans chicken broth	1 tsp. ground black pepper
1 bay leaf	2 medium-sized zucchini, sliced
4 c. potatoes, peeled and diced	

The night before, place the beans into a medium-sized bowl. Cover with water and soak overnight.

The next day, drain the water and set the beans aside. In a 6 quart stock pot, heat the olive oil. Add the chopped onion and the garlic. Cook for 10 minutes over medium heat until the onion is translucent. Add the beans, water, chicken broth, bay leaf and diced potatoes. Bring to a boil. Reduce heat, cover and simmer for 1 hour.

Add the diced tomatoes, tomato paste, thyme, oregano, salt and pepper. Simmer covered, for 30 minutes. Add the zucchini and simmer for 15-20 minutes until tender. Serve.

— Vicki Ziegler

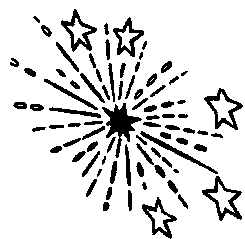
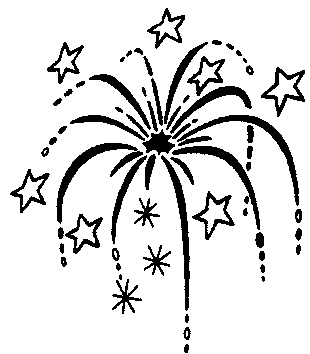
## WILLIAMSBURG PEANUT BUTTER SOUP

1 medium onion, chopped  
2 ribs celery, chopped  
¼ stick butter  
3 Tbsp. flour  
2 quarts chicken stock or canned broth  
2 cups chunky peanut butter  
1 ¾ cups light cream

Sauté onion and celery in butter until soft. Stir in flour until well blended. Add chicken stock, stirring constantly and bring to a boil. Add peanut butter and cream stirring to blend thoroughly. Heat but do not boil. Serve garnished with peanuts if desired.

— *Sandy Walsh*

**GREEN SALADS**



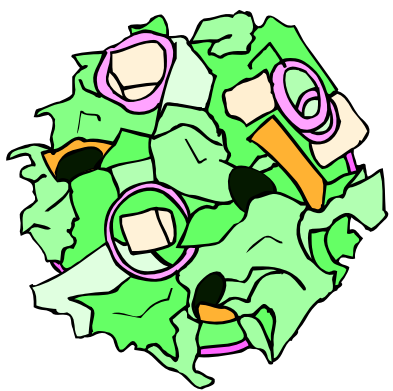
**HAPPY NEW YEAR!!**

I WILL BE BRINGING A GREEN SALAD FOR SOUP NIGHT WITH RED ONIONS, CARROTS, AND, YOU KNOW, **EVERYTHING ELSE WE CAN FIND!!**

ITALIAN SALAD DRESSING AND A LIME AND OLIVE OIL DRESSING

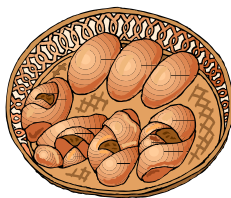
ALSO DINNER ROLLS

— *Candida Jimenez*



Thanks, Candida.

That really sounds good. Can hardly wait to see all of you Saturday, and eat it all up!



## ROSCA DE REYES (MAGI BREAD)

### Round Bread for the Day of the Kings

*This crown-shaped sweet bread is served on January 6, the Day of the Kings, or Twelfth Night. A small doll (or two) representing the Christ Child is randomly inserted when the bread is almost finished baking, and whoever gets the slice(s) must then hold a party on February 2, the Feast of Candelaria.*

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2 packages (1/4 oz/7 g each) dry yeast  
 1/2 cup (4 fl oz/125 ml) lukewarm water  
 4 cups (1 lb/500 g) all-purpose (plain) flour  
 3 eggs  
 3 egg yolks  
 1/3 cup (3 oz/90 g) sugar  
 1/2 teaspoon salt  
 1 teaspoon grated lime or orange peel  
 2 tablespoons orange-flower water or milk  
 3/4 cup (6 oz/180 g) butter, softened

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#### FOR DECORATING THE BREAD

6 tablespoons (3 oz/90 g) margarine  
 1/2 cup (3 oz/90 g) powdered (icing) sugar  
 2 egg yolks  
 3/4 cup (3 oz/90 g) all-purpose (plain) flour  
 3 oz (90 g) citron, cut into strips  
 3 candied figs cut into strips  
 1 egg, lightly beaten  
 sugar for sprinkling

- ❖ Sprinkle the yeast over the lukewarm water, add 2 tablespoons of the flour and let stand for 20 minutes in a warm place.
- ❖ Place the remaining flour in a large bowl, make a well in the center and place the eggs, egg yolks, sugar, salt, lime peel, orange-flower water, butter and dissolved yeast in the well. Mix the ingredients together with your fingertips, then knead on a floured board until the dough is smooth. When small bubbles start to form in about 15 minutes, shape into a ball and place in a lightly greased bowl. Cover and let rise in a warm place until doubled in volume.

- ❖ Meanwhile, to prepare the decoration, cream the margarine in a small bowl , then beat in the sugar , egg yolks and flour. Set aside.
- ❖ Knead the bread dough one more time and shape into a large ring loaf. Transfer to a greased baking sheet and let rise in a warm place for 45 minutes.
- ❖ Preheat the oven to 475°F (250°C). Decorate the ring with the strips of the powdered sugar mixture and strips of the candied fruit, pressing them into the dough. Glaze the ring with egg, sprinkle the strips with sugar and bake for 10 minutes. Lower the temperature to 400°F (200°C), remove the ring from the oven and press 1 or 2 little plastic dolls into the underside. Return to the oven and bake for another 10 minutes.

Serves 12

— *Elena Porrás Trejo*

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## **CARAMELIZED UPSIDE DOWN PEAR TART**

6 Tbs. unsalted butter

7 to 8 firm pear, such as Bosc or Anjou, peeled, quartered and cored

½ cup granulated sugar

1 recipe for a 9-inch pie crust or a prepared crust (not in tin)



Preheat oven to 425 degrees. Melt butter in a deep 12-inch skillet over medium-high heat. Stir in pears and sugar. Cook, stirring carefully from time to time so the pears and sugar do not stick, 20 minutes. Increase heat to high and cook until pears and sugar turn a deep golden brown, about 15 minutes more. Shake the pan from time to time and watch carefully to be sure that the pears and sugar do not burn. Pile the pears into an unbuttered round 10 ½-inch clear glass baking dish. Roll out the pastry slightly larger than the dish and place on top of the pears, tucking a bit of dough around the edges and down into the dish. You do not need to prick the dough. Place tart in the center of the oven and bake until pears bubble and the pastry is a deep golden brown, 35-40 minutes. Remove tart from oven and immediately invert onto a heat proof platter. Give the bottom a firm tap to release any pears that may be sticking to the bottom. Slowly release the baking dish so the tart falls evenly onto the serving platter. Serve warm or at room temperature.

Serve with a butterscotch sauce, whipped cream or crème fraiche.

— Geri Spudich

## **Pound Cake with Pecan Topping**

¼ cup butter

3 Tbs. sugar

3oz. chopped pecans

8-10 crushed vanilla wafers

1 pkg. pound cake mix

Mix first four ingredients together and spread on bottom and sides of greased loaf pan.

Mix pound cake according to package directions and bake accordingly.

Turn loaf pan upside down and gently remove cake. Frost with powdered sugar mixed with vanilla and milk while still warm. Frosting should be of a glaze consistency.

— *Teresa Barczak*

## SANDY'S EZ BAKE CAKE

Preheat oven to 375 degrees and prepare two layer pans with flour and oil spray or grease with shortening and dust with flour.

In mixer bowl combine:

Cake mix of your choice

4 large eggs

1/4 C water

1/4 C sugar

1/3 C oil

1 C sour cream

1 tsp vanilla

Beat 2 minutes at medium speed.

Pour into pans and bake 40 - 45 minutes. Cool 10 minutes and turn out on wire rack to cool completely before frosting.

— Nita Ellington

*Notes: This is one of my very favorite cake recipes which I got from my favorite cousin, Sandy Walsh. You can do virtually anything with it. On this 2011 Spice People Soup Night, I used a box of yellow cake mix in a 10-in Bundt pan. I cooked it about 45 min in a 350° oven and glazed it while it was still slightly warm using a vanilla glaze.*