

PAGE SPRINGS CELLARS

Gruel & Grog Soup Recipes



RECIPES CREATED BY

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Ham and Bean

Makes 8 Servings (12 ounces each)

Ingredients:

- 2 cups dried navy beans
- 2 tablespoons butter
- 2 – 2 ½ pound meaty smoked ham hocks or 2, 1- 1 ½ pound meaty ham bones
- 3 cups chopped celery
- 3 cups chopped onions
- 2 bay leaves
- 2 teaspoons dried thyme, crushed
- ½ teaspoon salt
- ½ teaspoon black pepper

Procedure:

1. Rinse beans; drain. In a 6 quart Dutch oven combine beans and 8 cups water. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Remove from heat. Cover and let stand for 1 hour. (Alternatively place beans in water in Dutch oven. Cover and soak in a cool place 6 to 8 hours or overnight.) Drain and rinse beans.
2. In Dutch oven, heat butter over medium heat. Add ham hocks or bones; cook until browned on all sides. Remove from the pan. Add celery and onions. Cook 5 to 8 minutes or until tender, stirring occasionally. Stir in beans, hocks, bay leaves, thyme, salt and pepper. Add 8 cups of fresh water. Bring to boiling; reduce heat and simmer, covered, 1 to 1 ½ hours or until beans are tender.
3. Remove ham. When cool enough to handle, cut meat off bones; coarsely chop meat. Discard bones and bay leaves. If desired, slightly mash beans in the pan. Stir in meat; heat through. Season to taste with salt and pepper.

Apple Cheddar

Makes 4 Servings (8 ounces each)

Ingredients:

- 1 tablespoon butter
- ½ cup chopped onion
- 3 cups peeled and diced russet potatoes
- 1, 14.5 ounce reduced sodium chicken broth
- ¼ cup apple cider
- 1 teaspoon chopped, fresh thyme
- ½ teaspoon salt
- Dash cayenne pepper
- 1 cup diced cooking apple (Fiji)
- ½ cup milk
- 1 tablespoon cornstarch
- 1 cup (4 ounces) shredded sharp cheddar cheese
- Cracked black pepper

Procedure:

1. In a large saucepan melt butter over medium heat. Add onion; cook until tender, stirring occasionally. Stir in the next 6 ingredients (through cayenne pepper). Bring to boiling; reduce heat. Simmer, covered, 15 minutes. Stir in apple. Simmer, covered, 5 minutes more or until potatoes are tender.
2. In a small bowl whisk together milk and cornstarch until smooth; stir into potato mixture. Cook and stir over medium heat until thickened and bubbly. Gradually add cheese, stirring until melted. Top with additional apple slices, black pepper and chunks of cheese.
3. **TIP:** don't use pre-shredded cheese. Grate from a larger block to ensure a smooth melt.

Indian Dal

Makes 4 Servings (14 ounces each)

Ingredients:

- 2 tablespoons olive oil
- 1 cup chopped onion
- ¾ cup chopped carrots
- 1 fresh jalapeño pepper (leave whole, seeds intact) finely chopped
- 1 tablespoon grated fresh ginger
- 2 cloves minced garlic
- 5 cups vegetable broth
- 1 cup red lentils, rinsed and drained
- 1, 15 ounce can crushed tomatoes
- 1 recipe *Toasted Spice Blend*
- 1 teaspoon garam masala
- Salt to taste

Procedure:

1. In a 4- to 5- quart Dutch oven heat oil over medium-high. Add onion and carrots; cook 5 minutes, stirring occasionally. Add jalapeño pepper, ginger, and garlic; cook and stir 3 minutes. Add broth.
2. Bring to boiling. Stir in lentils; reduce heat. Simmer, covered 12- 15 minutes or until lentils are slightly mushy.
3. Stir in tomatoes and *Toasted Spice Blend*. Return to boiling; reduce heat. Simmer, uncovered, 5 minutes, stirring occasionally. Stir in garam masala and season to taste with salt.
4. Serve with Greek yogurt mixed with a splash of honey, stirred until smooth and some fresh lemon zest

Toasted Spice Blend

1. Combine the following:
 - 2 teaspoons mustard seeds
 - 1 teaspoon cumin seeds
 - ¼ teaspoon fennel seeds
 - ¼ teaspoon whole black peppercorns
2. Place spices in a small, dry skillet over medium heat and toast 30 seconds or until fragrant. Transfer to a bowl and allow to cool. Finely grind in a spice grinder or with a mortar and pestle.



Tuscan White Bean Roasted Tomato

Makes 6 Servings (12 ounces each)

Ingredients:

- 1 garlic bulb
- 2 pints cherry tomatoes
- 2 tablespoons olive oil
- 1 cup chopped onion
- 2, 15 ounce cans cannellini beans, rinsed and drained
- 2, 14.5 ounce cans vegetable broth, or equal amount water
- 1 teaspoons dried Italian seasoning, crushed

Procedure:

1. Preheat the oven to 425° F. Line a 15x10 inch baking pan with foil, lightly coat foil with non-stick cooking spray. Cut ½ inch off the top of the garlic bulb to expose the ends of cloves. Leaving the bulb whole, remove any loose papery outer layers. Place garlic, and tomatoes in the prepared pan. Drizzle with 1 tablespoon of the olive oil and sprinkle with salt; toss to coat. Roast 35 to 40 minutes or until tomatoes are softened and beginning to darken. Cool slightly. Remove roasted garlic by squeezing bottoms of cloves.
2. In a 4 to 5 quart Dutch oven heat remaining 1 tablespoon oil over medium heat. Add onion, cooking 7 minutes or until tender, stirring occasionally. Stir in tomatoes, garlic, beans, and broth (or water). Working in batches, transfer mixture to a blender. Cover, blend until smooth. Return soup to saucepan. Add Italian seasoning.
3. Bring to boiling; reduce heat. Simmer, covered, 15 minutes to blend flavors, stirring occasionally.
4. Top with shaved parmesan, basil or roasted pine nuts.