



Gruel & Grog 2022

SOUP RECIPE BOOK



Winemaker's Lamb Chili

Recipe by: Corey Turnbull

Ingredients:

2 tbsp Olive Oil

2 tbsp Ghee

1 lb Ground Lamb

1 lb Ground US Waygu Beef
Recommended Brand: Snake River

Kosher Salt & Black Pepper

2 tsp Ground Oregano

2 tsp Onion Powder

2 tsp Garlic Powder

1 tbsp Dried Oregano

2 oz of Quality Mezcal
Recommended Brand: Bozal Borrego

2 White Onions
Finely Chopped

4 Poblano Peppers
Seeded & Diced

1 Manzano Pepper
Seeded & Diced

2 Bunches of Cilantro
Finely Chop Both Leaves & Stems Separately

8 Garlic Cloves
Finely Chopped

2 Jalapenos
Seeded & Finely Chopped

2 Serranos
Seeded & Finely Chopped

6 tbsp Chili Powder

1 tbsp Ground Coriander

1 tbsp Ground Cumin

4 tbsp Tomato Paste

4 cans of White Beans
Drained

1-4 Limes
Juiced

Zest of 1 Medium Lime

4 cups of Beef Stock

4 cups of Vegetable Stock

"Jack's Stack" BBQ Seasoning

Plain Greek Yogurt



Winemaker's Lamb Chili

Recipe by: Corey Turnbull

Step 1:

Heat the oil & ghee in a soup pot over medium-high heat. Add the lamb & beef, break-up. Season with salt, pepper, onion powder, garlic powder, ground & dried oregano. Cook until well browned. Drain meat through colander, capturing the oil/ghee; set both aside. Return pot to stove.

Step 2:

Cook Mezcal for 10 seconds, add oil drained from meat. Add onion, poblano & manzano, cook until soft. Add cilantro stems, garlic, jalapeño, serrano & lime zest, cook 4 minutes. Stir in chili powder, coriander & cumin, cook 2 minutes. Stir in tomato paste, cook until it browns, approximately 4 minutes.

Step 3:

Return Lamb & Beef to pot, stir in beef and vegetable stocks & beans, bring to a boil. Simmer over medium high heat for 45 minutes. Gradually add lime juice, BBQ seasoning & cilantro leaves to taste. Typically half of the cilantro & 1-2 tbsp of lime juice works well. Ladle into bowls, top with greek yogurt & enjoy!



Mexican Black Bean Soup

Recipe by: Eric Glomski

Ingredients for Soup:

2 cups Dried Black Beans
2 tbsp Olive Oil
2 Yellow Onions, Chopped
1 Poblano Pepper, Diced
2 Jalapenos, Seeded & Minced
1 Small Red Bell Pepper, Diced
3 Cloves of Garlic, Minced
1 tsp Ground Coriander
1 tsp Ground Cumin
1 tsp Dried Oregano
1 tsp Seasoned Salt
7 cups of Water
1 cup Dry White Wine
2 tbsp Fresh Lime Juice
2 tbsp Minced Cilantro
1 Small Ham Hock
Salt & Pepper

Ingredients for Crema:

1/2 cup Mexican Crema
2 tbsp Fresh Lime Juice
2 tbsp Chopped Tomatoes
1 tbsp Canned Chilis
1 tbsp Chopped Onion
1 tsp Cayenne Pepper



Mexican Black Bean Soup

Recipe by: Eric Glomski

Step 1:

Pick over & clean beans. In a large pot, soak beans for 4-5 hours covered with 3 inches of water, keep track of how much water is used of the 7 cups.

Step 2:

In a larger pot, heat the oil, add onions & cook until soft at medium-high heat for 4 min. Add peppers, garlic & spices, cook until soft and integrated. Set aside pot. Add ham hock, beans, wine & remaining water (if any).

Step 3:

Make sure the beans are totally submerged in water, add more water if needed. Cook for 1.5-2 hours, or until the beans are soft.

Step 4:

Using a hand mixer, blend until only slightly chunky. Add lime juice, fresh cilantro, salt & pepper to taste. Add water to achieve desired consistency.

Step 5:

Combine all crema ingredients, and add salt to taste. Garnish soup with crema & fresh cilantro. Enjoy!



Savory Meatball Soup

Recipe by: Laura Chamberlin

*Laura does not cook from recipes, rather from taste & seasonal/available ingredients.
The following "recipe" is considered more of a guideline based on the soup
she produced for this event.*

Ingredients:

Ground Beef

2 Eggs per lb of Beef

Beef Bones (or Beef Stock)

Tomato Paste

Diced Tomatoes

Seasonal Herbs

Olive Oil

Basil

Garlic

Onions

Carrots

Celery

Squash

Onions

Zucchini

Bell Peppers

Fresh Spinach

Bay Leaves

Salt & Pepper

Sugar or Balsamic



Savory Meatball Soup

Recipe by: Laura Chamberlin

Laura does not cook from recipes, rather from taste & seasonal/available ingredients. The following “recipe” is considered more of a guideline based on the soup she produced for this event.

Step 1:

STOCK: Oven roast beef bones at 350° until golden brown. Dice onions, celery & carrots (to equal 1/2 the volume of the bones) & bake for 20 min. Add 5 garlic cloves, bake for 5 min. Combine bones, veggies, bay leaves & seasonal herbs into a stock pot and cover with cool water. Cook on med-high heat until just before it boils, reduce to simmer. Ideally simmer for 24 hours and skim/discard froth. Strain the stock and reserve as the broth for the soup.

Step 2:

MEATBALLS: Combine basil, garlic, olive oil, salt & pepper into food processor, blend pistou until smooth. Add ground beef, eggs & basil pistou into large bowl & mix by hand. Roll meatballs into desired size & oven roast at 350° for 10-20 minutes, depending on the size. Add meatballs to the soup while it's hot.

Step 3:

SOUP: Toss seasonal vegetables in olive oil, spread onto a baking sheet, sprinkle with salt & pepper, bake at 350° for 10 min. *Rule of thumb: 1 qt of veggies per 1/2 gallon of soup.* Heat empty stock pot on medium-heat, add olive oil & tomato paste, cook for 3 min stirring constantly. Add diced tomatoes, cook for 20 min. Add splash of balsamic. Combine all veggies & beef stock, bring to a simmer. Add handfuls of fresh spinach & seasonings to taste. Add sugar or balsamic to balance acidity. Add meatballs & enjoy!



Chickpea Dumpling Soup

Recipe by: Laura Chamberlin

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The following "recipe" is considered more of a guideline based on the soup
she produced for this event.*

Ingredients:

Onions

Carrots

Celery

Garlic

Bay Leaves

Chickpea Flour

Baking Powder

Olive Oil

Za'atar Seasoning

Seasonal Herbs

Squash

Cherry Tomatoes

Cauliflower

Green Beans

Mushrooms

Seasonal Greens



Chickpea Dumpling Soup

Recipe by: Laura Chamberlin

Laura does not cook from recipes, rather from taste & seasonal/available ingredients. The following “recipe” is considered more of a guideline based on the soup she produced for this event.

Step 1:

STOCK: Dice onions, celery & carrots into large chunks & bake at 350° for 20 min. Add 5 garlic cloves, bake for 5 min. *Rule of thumb: 3-4 onions per 1 gallon of soup. Match the volume of onions with carrots & celery.* Combine veggies, bay leaves & seasonal herbs into a stock pot and cover with cool water. Cook on med-high heat until just before it boils, reduce to simmer for 30 minutes to an hour. Strain the stock and reserve as the broth for the soup.

Step 2:

DUMPLINGS: Add chickpea flour & Baking Powder to a large bowl and whisk until all lumps are gone. Add salt, pepper, za’atar seasoning & slowly add cool water & olive oil (3 parts water to oil). Roll, or pinch off dough into dumplings. Bring a pot of water to a boil & add salt. Lower dumplings into pot in small batches with a slotted spoon. Remove once they float to the surface. Allow water to drain off dumplings, then place onto an oiled baking sheet before transferring to the soup.

Step 3:

SOUP: Bring desired amount of stock to a simmer, add roasted veggies & dumplings. Put cherry tomatoes in a bowl, toss with olive oil, put on baking sheet with salt & pepper. Roast at 350° until tomatoes “burst.” Add all tomatoes & juices to the soup. Dice onions, carrots & celery. Toss in olive oil separately, bake onions for 15 min, add carrots, bake until tender, add celery bake for 10 min. Transfer to soup. Roast other desired vegetables and add to soup. If needed, add lemon juice, apple cider vinegar and/or fresh herbs. Enjoy!