

'Souper Bowl II' picks asparagus, apple soups

Chef Ron Nicol of Les Antares in Royal Oak was first place and \$500 in the Michigan "Souper Bowl II" contest recently held at the Black Swan Inn in Kalamazoo.

Nicol took top honors for his recipe, Michigan Green and White Asparagus Soup with Grilled Salmon and Smoked Tomatoes.

In the amateur category, Mina De Kraker of Holland won first place and \$500 in the competition for her Cold Apple Soup.

Among professional chef finalists were Terence Shuster of the Fox and Hounds in Bloomfield Hills, Craig Common of Charley's Restaurant group, headquartered in Farmington Hills, Lorraine Platman of Sweet Lorraine's Cafe in Southfield, and David Phillips of the Wharfside in Charlevoix.

AMATEUR FINALISTS included Virginia Karmel of Redford, Gail Blum of Ann Arbor, Barbara Palen of Gaylord and Dorothy Wozniak of Elkhart.

Finalists were chosen from more than 150 statewide entries in the contest, sponsored by AAA Michigan Living magazine, the Michigan Restaurant Association and the Greater Michigan Foundation. Soups were rated on taste, originality, ingredients and appearance.

Final judges were Mark Griffin, vice president of the Michigan Restaurant Association, Louis "Ned"

Legg, chairman of Michigan Week and Edward Edwardson, public safety director for the city of Kalamazoo.

Preliminary judges were Ethel Simmons, Observer & Eccentric Newspapers food editor, Jean Sarna, Detroit Free Press test kitchen director, food writer and home economist, and Evelyn Cairns, Heritage Newspapers food editor.

The "Souper Bowl" contest is a search for the best state soup made of all Michigan products in honor of Michigan Week, May 18-25.

Here are the two prize-winning recipes, as well as recipes from some of the finalists.

WINNER — PROFESSIONAL
Michigan "Souper Bowl" Contest
Chef Ron Nicol
Les Antares, Royal Oak

MICHIGAN GREEN AND WHITE ASPARAGUS SOUP
WITH GRILLED SALMON
AND SMOKED TOMATOES

10 ounces Michigan asparagus, trimmed
4 ounces white asparagus spears
4 ounces leeks (diced small)
2 ounces celery (diced small)
1 ounce carrots (diced small)
1 ounce shallots (diced small)
2 ounces flour
1 quart chicken stock or broth

To prepare filling: dissolve unflavored gelatin in 3 tablespoons boiling water. Stir into Pouden Vla and mix well. Stir peanut butter into Vla mixture and pour into pie shell. Refrigerate several hours before serving.

POUDEN VLA PIE
Crumb Crust:
2 tablespoons butter or margarine
1/4 cup crushed graham cracker crumbs
Filling:
1 cup creamy peanut butter
2 cups vanilla Pouden Vla
1 envelope unflavored gelatin
3 tablespoons boiling water

To prepare crust: melt butter or margarine and mix with graham cracker crumbs. Press into a 9-inch pie plate. Bake at 350 degrees for 4-5 minutes. Cool, set aside.

POUDEN APPLES UNDER A BLANKET
4 large sour apples (i.e. Granny Smiths)
8 teaspoons sugar
8 teaspoons cinnamon
1 egg
2 cups vanilla Pouden Vla

Peel apples and remove core. Halve the apples and place in a lightly buttered ovenproof casserole. Combine sugar and cinnamon and sprinkle over the apples. Separate egg. Add egg yolk to Pouden Vla.

Mix cleaned cherries with sugar, reserving a few for garnish. Layer Pouden Vla in tall skinny sherbet glasses alternating with Vla, cherries and crushed vanilla wafers. Garnish with additional cherries. Chill or serve immediately.

CHERRY VANILLA COUPES
2 cups fresh or frozen cherries
4 tablespoons sugar
2 cups vanilla Pouden Vla
8 teaspoons crushed vanilla wafers or graham crackers

Mix cleaned cherries with sugar, reserving a few for garnish. Layer Pouden Vla in tall skinny sherbet glasses alternating with Vla, cherries and crushed vanilla wafers. Garnish with additional cherries. Chill or serve immediately.

WINNER — AMATEUR
Mina De Kraker
Holland

COLD APPLE SOUP

4 large apples
1 cup apple juice
Juice of one lemon
2 teaspoons of sugar or to taste
1 cinnamon stick
1 teaspoon vanilla
1 cup orange juice
1 cup whipping cream
1 teaspoon orange juice concentrate
1/4 teaspoon vinegar

Peel, core and quarter 3 apples. Combine with apple juice, lemon juice, sugar, cinnamon stick and vanilla in large saucepan. Cover and cook over medium heat until apples are very soft, about 20 minutes. Let cool, then cover and refrigerate 24 hours.

Remove cinnamon stick. Add orange juice and whipping cream to apples and puree in batches in blender until smooth. Pour into chilled tureen. Shred remaining apples (unpeeled) and stir into soup along with orange juice concentrate and vinegar. Serve immediately.

FINALIST — PROFESSIONAL
Chef Craig Common
Charley's, Farmington Hills

SMOKED TURKEY AND LENTIL SOUP
1/2 gallon chicken stock
1/2 gallon beef stock
1 1/4 pound leeks (cleaned, sliced 1/4-inch thick)
1 pound celery (diced fine)
1 pound carrot (diced fine)
1 tablespoon fresh thyme (chopped fine)
1 1/2 pound smoked turkey (cubed 1/4-inch thick)
8 ounces mushrooms (sliced 1/4-inch thick)

Peel, core and quarter 3 apples. Combine with apple juice, lemon juice, sugar, cinnamon stick and vanilla in large saucepan. Cover and cook over medium heat until apples are very soft, about 20 minutes. Let cool, then cover and refrigerate 24 hours.

Remove cinnamon stick. Add orange juice and whipping cream to apples and puree in batches in blender until smooth. Pour into chilled tureen. Shred remaining apples (unpeeled) and stir into soup along with orange juice concentrate and vinegar. Serve immediately.

FINALIST — PROFESSIONAL
Chef Terence Shuster
Fox and Hounds, Bloomfield Hills

SICILIAN LAMB AND NORTHERN BEAN
1/4 cup corn oil
1 1/2 pounds lamb stewing meat (1 1/2-inch pieces)
1/4 cup flour
1 onion (diced fine)
5 ounces tomato paste
1/4 ounce rosemary
1/4 ounce thyme
1/4 ounce oregano
6 cups chicken broth (canned or homemade)
6 cups beef broth (canned or homemade)
1 ounce salt

In a large stock pot, melt butter and add the flour and stir until mixture is combined and bubbly. Stir in chicken stock and cook, stirring constantly until mixture has thickened. Lower heat and add all remaining ingredients and simmer until squash is tender. Puree thoroughly. Serve hot, garnish with a red delicious apple slice.

FINALIST — AMATEUR
Virginia Karmel, Redford
ONE-POT CHOWDER

2 tablespoons vegetable oil
3 minced garlic cloves
1 cup finely chopped celery
1 cup finely chopped onion
16-ounce size stewed tomatoes (chopped fine)
1 quart Clamato juice
1/4 teaspoon oregano
1/4 teaspoon basil
1/4 teaspoon thyme
1 pound of boneless fish (such as cod, turbot, perch)
1/4 teaspoon salt

Cook onions in oil until tender. Add garlic and spices and cook for another minute. Add celery and cook lid on until tender. Add tomatoes and cook for 20-25 minutes, stirring occasionally to prevent sticking. Add fish and Clamato juice and cook for 15 minutes uncovered at full heat. Salt to taste, cover and cook for 2 minutes at low heat. Stir often with a whisk to break up fish. Serves 6-8.

Chef Larry Janes gives recipes with Pouden Vla

See Larry Janes' column Taste Buds on Page 1B.

POUDEN VLA PIE

Crumb Crust:

2 tablespoons butter or margarine

1/4 cup crushed graham cracker crumbs

Filling:

1 cup creamy peanut butter

2 cups vanilla Pouden Vla

1 envelope unflavored gelatin

3 tablespoons boiling water

To prepare crust: melt butter or margarine and mix with graham cracker crumbs. Press into a 9-inch pie plate. Bake at 350 degrees for 4-5 minutes. Cool, set aside.

To prepare filling: dissolve unflavored gelatin in 3 tablespoons boiling water. Stir into Pouden Vla and mix well. Stir peanut butter into Vla mixture and pour into pie shell. Refrigerate several hours before serving.

POUDEN APPLES UNDER A BLANKET

4 large sour apples (i.e. Granny Smiths)

8 teaspoons sugar

8 teaspoons cinnamon

1 egg

2 cups vanilla Pouden Vla

Peel apples and remove core. Halve the apples and place in a lightly buttered ovenproof casserole. Combine sugar and cinnamon and sprinkle over the apples. Separate egg. Add egg yolk to Pouden Vla.

Mix cleaned cherries with sugar, reserving a few for garnish. Layer Pouden Vla in tall skinny sherbet glasses alternating with Vla, cherries and crushed vanilla wafers. Garnish with additional cherries. Chill or serve immediately.

CHERRY VANILLA COUPES

2 cups fresh or frozen cherries

4 tablespoons sugar

2 cups vanilla Pouden Vla

8 teaspoons crushed vanilla wafers or graham crackers

Mix cleaned cherries with sugar, reserving a few for garnish. Layer Pouden Vla in tall skinny sherbet glasses alternating with Vla, cherries and crushed vanilla wafers. Garnish with additional cherries. Chill or serve immediately.

WINNER — AMATEUR

Mina De Kraker

Holland

COLD APPLE SOUP

4 large apples

1 cup apple juice

Juice of one lemon

2 teaspoons of sugar or to taste

1 cinnamon stick

1 teaspoon vanilla

1 cup orange juice

1 cup whipping cream

1 teaspoon orange juice concentrate

1/4 teaspoon vinegar

Peel, core and quarter 3 apples. Combine with apple juice, lemon juice, sugar, cinnamon stick and vanilla in large saucepan. Cover and cook over medium heat until apples are very soft, about 20 minutes. Let cool, then cover and refrigerate 24 hours.

Remove cinnamon stick. Add orange juice and whipping cream to apples and puree in batches in blender until smooth. Pour into chilled tureen. Shred remaining apples (unpeeled) and stir into soup along with orange juice concentrate and vinegar. Serve immediately.

FINALIST — PROFESSIONAL

Chef Craig Common

Charley's, Farmington Hills

SMOKED TURKEY AND LENTIL SOUP

1/2 gallon chicken stock

1/2 gallon beef stock

1 1/4 pound leeks (cleaned, sliced 1/4-inch thick)

1 pound celery (diced fine)

1 pound carrot (diced fine)

1 tablespoon fresh thyme (chopped fine)

1 1/2 pound smoked turkey (cubed 1/4-inch thick)

8 ounces mushrooms (sliced 1/4-inch thick)

Peel, core and quarter 3 apples. Combine with apple juice, lemon juice, sugar, cinnamon stick and vanilla in large saucepan. Cover and cook over medium heat until apples are very soft, about 20 minutes. Let cool, then cover and refrigerate 24 hours.

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FINALIST — PROFESSIONAL

Chef Terence Shuster

Fox and Hounds, Bloomfield Hills

SICILIAN LAMB AND NORTHERN BEAN

1/4 cup corn oil

1 1/2 pounds lamb stewing meat (1 1/2-inch pieces)

1/4 cup flour

1 onion (diced fine)

5 ounces tomato paste

1/4 ounce rosemary

1/4 ounce thyme

1/4 ounce oregano

6 cups chicken broth (canned or homemade)

6 cups beef broth (canned or homemade)

1 ounce salt

In a large stock pot, melt butter and add the flour and stir until mixture is combined and bubbly. Stir in chicken stock and cook, stirring constantly until mixture has thickened. Lower heat and add all remaining ingredients and simmer until squash is tender. Puree thoroughly. Serve hot, garnish with a red delicious apple slice.

FINALIST — AMATEUR

Virginia Karmel, Redford

ONE-POT CHOWDER

2 tablespoons vegetable oil

3 minced garlic cloves

1 cup finely chopped celery

1 cup finely chopped onion

16-ounce size stewed tomatoes (chopped fine)

1 quart Clamato juice

1/4 teaspoon oregano

1/4 teaspoon basil

1/4 teaspoon thyme

1 pound of boneless fish (such as cod, turbot, perch)

1/4 teaspoon salt

Cook onions in oil until tender. Add garlic and spices and cook for another minute. Add celery and cook lid on until tender. Add tomatoes and cook for 20-25 minutes, stirring occasionally to prevent sticking. Add fish and Clamato juice and cook for 15 minutes uncovered at full heat. Salt to taste, cover and cook for 2 minutes at low heat. Stir often with a whisk to break up fish. Serves 6-8.

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1 pound carrot (diced fine)

1 tablespoon fresh thyme (chopped fine)

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Fox and Hounds, Bloomfield Hills

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1/4 ounce rosemary

1/4 ounce thyme

1/4 ounce oregano

6 cups chicken broth (canned or homemade)

6 cups beef broth (canned or homemade)

1 ounce salt

In a large stock pot, melt butter and add the flour and stir until mixture is combined and bubbly. Stir in chicken stock and cook, stirring constantly until mixture has thickened. Lower heat and add all remaining ingredients and simmer until squash is tender. Puree thoroughly. Serve hot, garnish with a red delicious apple slice.

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