

# Soups with homemade flavor easy as opening a can

See Chef Larry Jones' column Taste Buds on Taste front.

## MOMMA'S CHICKEN NOODLE BROTH

2 large (1 quart) cans chicken broth  
 ¼ cup dried parsley or ½ cup fresh chopped  
 1 teaspoon white pepper  
 1 bay leaf  
 1 pound uncooked egg noodles  
 In a large pot, combine broth with parsley, pepper and bay leaf.

Bring to a boil. Reduce heat to a simmer and stir in uncooked egg noodles.  
 Cook, stirring occasionally for 5-7 minutes or until noodles are tender. Remove the bay leaf and serve immediately.

## QUICKIE CREAM OF BROCCOLI

1 large can (1 quart) chicken broth  
 1 bunch broccoli, cut into flowerettes  
 ½ teaspoon onion or garlic powder or a combination of

both  
 ¼ cup flour or cornstarch  
 1 cup milk, half and half or cream  
 1 healthy dash hot pepper sauce (Tobasco)  
 In large saucepan, heat broth to boiling. Reduce heat and stir in broccoli and spices. Simmer until broccoli flowerettes are tender, about 10 minutes. Remove pot from heat.  
 In a separate bowl, add flour and cornstarch and milk. Stir to dissolve flour. Stir in hot pepper sauce.

Add a little of the hot soup to the bowl to temper the milk mixture. Whisk in warm milk mixture and continue whisking on low heat for 3-4 minutes or until soup thickens slightly. Do not boil. Serve immediately.

## PUMPKIN SOUP

1 large pie pumpkin, seeded  
 1 tablespoon butter or margarine  
 ½ cup chopped onion  
 1 small clove garlic, finely chopped

2 cups chicken stock  
 1 cup canned pumpkin  
 ¼ teaspoon fresh grated nutmeg  
 1 cup heavy cream  
 salt and pepper to taste  
 Clean the inside of the pie pumpkin, set aside. In a medium saucepan, heat butter and sauté onion and garlic until soft and very fragrant. Stir in chicken stock and canned pumpkin, mix well. Heat over medium heat until heated throughout.  
 At this point, you can temper

with the cream and serve immediately, or you can pour the hot soup mixture inside the pumpkin shell and bake at 350 degrees for 45 minutes to 1 hour.  
 Remove from the oven and using a hard spoon, scrape the insides of the pumpkin shell to loosen cooked pumpkin meat. Temper the cream with a little of the hot soup and stir in the nutmeg. Whisk tempered cream into soup inside the pumpkin and mix well. Sprinkle with a little chopped green onion and just a light sprinkling of cinnamon. Serve immediately.

# Tuna salad nicoise and vegetable dish are '2 unique

See related story on Taste front.

## TUNA SALAD NICOISE

8 cups of greens — bibb, red leaf, curly endive, romaine, spinach and radicchio  
 Salad garnish  
 ½ cup red onion, thinly sliced  
 1 cup of artichoke hearts  
 12 asparagus spears, lightly blanched  
 1 cup green beans, lightly blanched  
 2 cups potatoes, roasted in oven, diced  
 1 red bell pepper, roasted,

skinned and julienned  
 4 4-ounce tuna steaks, rubbed with olive oil, salt and pepper, grilled or sautéed (make sure grill or pan is very, very hot!)  
 Vinaigrette  
 6 ounces olive oil  
 2 teaspoons fresh garlic, crushed  
 3 ounces red wine vinegar  
 salt and pepper to taste  
 Garnish  
 Nicoise olives, 24 (6 per person) do get extra, there are lots of olive lovers out there

4 tablespoons capers  
 Arrange greens on large serving platter, then arrange vegetables over greens, then tuna.  
 In a separate bowl, whisk together vinaigrette ingredients. Ladle dressing over salad and garnish with olives and capers.  
 Serve with a loaf of freshly baked sour dough bread, warmed.  
 Chef's note: There are no strict recipes for this famous salad —

ingredients depend on what vegetables are in season so feel free to be creative. High quality olive oil, red wine vinegar, garlic and olives, preferably nicoises or nicoises-type are a must!  
 Recipe submitted by Vera Ambrose.

## BISTRO VEGETABLES

3 large carrots, cut in ½-inch slices

1 yellow squash, cut in 1-inch slices  
 1 zucchini, cut in 1-inch slices  
 1 red onion (small) cut in large strips  
 2 pounds redskin potatoes, quartered  
 1 red pepper, cut in ½-inch strip  
 1 tablespoon roasted garlic  
 1 tablespoon pesto  
 1 teaspoon black pepper

2 teaspoons onion powder  
 2 tablespoons chopped parsley  
 4 ounces olive oil  
 Clean and prepare vegetables. Toss with above seasonings, herbs and oil. Roast at 400 degrees for 30 to 40 minutes until brown and crisp on top.  
 Makes a great side dish or rustic peasant entree.  
 Recipe submitted by Kelli Lewton.

## Answers to food questions

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