

Delicious Driftless Fare Seasonal Soup Class



Local Produce can be daunting. Many CSA members wonder what to do with all that produce. At Driftless Market we make soup. During the week we pull the not-so-perfect produce from our display case and turn it into delicious soup. There are a few basics that we follow and adapt as our seasonal produce changes.

Step 1: Broth: This really is easy! As you prep your veggies, save those onion and carrot peels, garlic skins, pepper seeds, celery leaves and bottoms, herb stems. As long as it is clean, it can go in the pot. Cover with water; add a bay leaf, then boil and simmer, about 15 minutes. Strain. Your veggie stock will top any store bought stock and it was made from scraps!

Step 2: Add protein: beef roasts can be browned and cooked in a covered skillet with a little oil. Chicken can be covered with water and boiled until thoroughly cooked (about 30 minutes). Remove chicken to de-bone and chop. Reserve stock for your soup. Sausage and bacon should be fried before adding to soup. **Fish:** We use mainly tilapia at Driftless. Let it thaw, then cut into bite sized pieces and add at the end. Just heat the tilapia through, it turns to mush if boiled too long. **Tofu or Tempeh:** sauté in a little oil and set aside until the end. **Beans:** kidney, white, black should be cooked first. If canned, rinse beans then add with vegetables.

Step 3: Start your mirepoix—In a large stockpot sauté chopped onions, carrots, celery and garlic in a little oil for 5 minutes.

Step 4: Add chopped veggies: Fill your pan 1/3 full with produce, then add your protein (meat, bean or soy product) and cover with water or stock. Bring to boil then reduce heat and simmer until veggies are tender, about 15 minutes.

Step 5: Add Seasonings: Soy sauce or Miso adds richness and salt. Thyme is good in everything; oregano and basil great in tomato and Italian soups, ginger is good for Thai soups and Curry, is great with vegetables.

Driftless Market

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RECIPE Fall 2013



Fall Minestrone

Minestrone is an Italian vegetable soup. It's a perfect recipe to play with as the seasonal veggies change. I like to call it Big Soup: I bring in baskets of fresh garden produce, get a big pot and make Big Soup!

This is Vegetarian Fall Minestrone using spaghetti squash.

Ingredients:

2 Tablespoons Canola oil
2 cups Onion, chopped
2 Tbsp garlic, minced
2 cup carrots, chopped
2 cup celery, chopped
2 cup chopped red/green/yellow peppers
1 medium spaghetti squash, prepped
3 cups extra vegetables
6 cups stock
6 cups tomatoes, canned or fresh
6 cups white or red beans
2 Tbsp basil (4 Tbsp if you have fresh)
1 Tbsp oregano
Salt and Pepper to taste
1 cup of fresh parsley (1 bunch), chopped
Extra virgin olive oil

Prep Work:

- Make veggie stock
 - Roast spaghetti squash at 350 until soft, then scrape from shell.
 - Chop all vegetables -1/2 inch cubes
 - Open can of beans and rinse (this cuts the sodium up to 30% - better yet make your own: 2 cups of dried beans covered with water, simmer for 1 hour, until soft. Use the bean water to thicken your soup).
- *Extra Vegetables may include: broccoli, zucchini, cauliflower, fennel, winter squash, mushrooms, Swiss chard
- *4 cups shredded chicken (optional)

Directions:

1. Do the prep work
2. In a large saucepan sauté onions, carrots, celery and peppers in canola oil over medium heat,
3. Add stock and remaining veggies, beans and spices, bring to a boil then simmer for 15 minutes. Season to taste.
4. Drizzle in 2 Tablespoons of olive oil and the fresh parsley

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