

# **Kitchen Buddies**

## **Soup Packet**



**Preparation**

**Tools**

**Shopping list**

**Recipe**

## **Preparation for the Soup Class**

**Be sure to read ahead of class so that you can complete the steps below and have everything prepared and ready to go for class when it begins!**

### **Food Preparation**

1. Chop up onion, carrots, mushrooms and celery into ½ inch pieces (onions can be chopped smaller if that is your preference. If you are doing the vegetarian version, cut up your additional vegetables.
2. Mince garlic
3. Measure out 6 tablespoons of unsalted butter (If you use salted butter, use low sodium stock and taste the soup before adding more salt.)
4. Finely chop the fresh thyme.
5. Cut chicken into bite sized pieces.
6. Measure out the other ingredients (rice, flour, heavy cream, stock) so they're ready to go when class starts.

### **Research and Follow-up**

1. Look up the words “mirepoix” and “roux” to learn what they mean. Be able to pronounce them. We will be talking about where these terms come from and why they are important in making soup.
2. Research interesting facts about wild rice and be ready to share something you learned.
3. Send me a picture of your soup after class is over.

To get started on the research, try these sources:

<https://calrice.org/>

<https://canoewildrice.com/blognews/>

<https://whatscookingamerica.net/Glossary/A.htm>

## Tools for Soup Class



Stove

6 quart pot (or larger)

Measuring cups and spoons

Large spoon for stirring

Kitchen knives for cutting vegetables

Cutting board

Garlic press (if available)

Ladle for serving

## Shopping List:

1 rotisserie or home-roasted chicken (You can buy Costco's rotisserie chicken for a reasonable cost. Costco also carries their rotisserie chicken already removed from the bones if you want to make this really easy.) If you use Costco's rotisserie chicken whole or cut up, use low sodium stock as the chicken is salted.

10 oz. fresh mushrooms, whole or sliced

6 Tbs. unsalted butter

3 celery ribs

2 large carrots

1 medium yellow onion

2 garlic cloves or equivalent pre-minced jarred garlic

1 bunch fresh thyme

Salt and pepper to taste

5 Tbs. all-purpose flour (OK to substitute gluten-free flour—used Bob's Red Mill 1 to 1 in test recipe)

2 cups wild rice (You can purchase a wild rice blend rather than just wild rice. It is cheaper than using straight wild rice. We will be using a wild rice blend for class.) Here are a few choices but there are many more that will work. You can also find a wild rice blend in the bulk section of some grocery stores. Be sure to choose a blend that does not have added seasonings.



2 quarts + 2 cups chicken stock (low sodium can be used)(for vegetarian use vegetable stock) If you purchase condensed stock, select a quantity that will be equivalent to 10 cups when diluted.

1 cup heavy cream (or vegetarian equivalent)

For the vegetarian version you can add additional vegetables such as acorn squash, sweet potato, kale, spinach.

## **Chicken and Wild Rice Soup** **(8-10 servings)**

10 oz. fresh mushrooms, sliced/chopped as desired

3 celery ribs, cut into ½ inch pieces

2 large carrots, cut into ½ inch pieces

1 medium yellow onion, chopped

2 garlic cloves, minced

1 ½ teaspoon finely chopped fresh thyme

Salt and pepper to taste

6 Tbs. unsalted butter

5 Tbs. all-purpose flour or gluten-free equivalent

2 cups wild rice blend

2 quarts + 2 cups ready-to-use chicken stock (Low sodium can be used; for vegetarian use vegetable stock.) Dilute condensed stock as directed to get equivalent quantity.

4 cups bite sized pieces of roasted chicken (omit if making vegetarian style)

1 cup heavy cream (or vegetarian equivalent)

1. In a large saucepan or stockpot (6 qt. or larger), melt the butter. Add the celery, carrots, onion, mushrooms, garlic, thyme and a generous pinch of salt and pepper. Cook over medium heat, stirring occasionally, until vegetables just start to soften, about 10 minutes. Sprinkle flour over vegetables and cook, stirring until evenly coated and lightly browned, about 3 minutes.
2. Add the wild rice to the pan and gradually stir in the stock. Bring soup to a boil with gentle stirring, then simmer over medium low heat, stirring occasionally, until the vegetables are tender, about 30 minutes. Add the chicken and simmer, stirring until the rice is tender, 10-15 minutes longer. Stir in the cream and season with salt and pepper. Serve. (Soup can be refrigerated up to 2 days. Reheat gently before serving.)

If you plan to freeze the soup, don't add the heavy whipping cream until you are ready to serve it. The cream tends to separate when frozen and you will end up with a different/curdled texture.