

## Riffable Soups and Salads with Chef Loren

### Soup Shopping list:

- 2 pounds vegetable of choice: either cauliflower or butternut squash
- 1 baseball sized onion
- 2 large cloves garlic

### Cauliflower Soup:

- 2 large ribs celery
- Fresh thyme
- 4 tablespoons butter
- 4 cups flavorful liquid such as vegetable or chicken broth or stock
- Lemon juice
- Croutons for garnish
- Optional: 1 medium golden potato

### Butternut Squash Soup:

- 2 medium carrots
- Fresh cilantro
- Fresh or dried ginger
- 4 tablespoons coconut or olive oil
- 2 cups stock or broth
- 2 cups coconut milk
- Lime juice
- Pumpkin seeds for garnish
- Optional: 1 medium sweet potato

### Salad Shopping List:

### Arugula Salad:

- 4 cups/5 oz baby arugula
- 1 cup cherry or grape tomatoes
- Bread of choice for croutons
- 4 oz shaved parmesan or piave
- 1 lemon
- 1 shallot
- 4 oz olive or canola oil

### Kale Salad:

- 2 bunches lacinato kale
- 1 large Granny smith apple or pear
- 4 oz pecans/walnuts/pumpkin seeds
- 4 oz raisins or cranberries
- 4 oz goat cheese
- 2 oz apple cider vinegar
- 2 tablespoons honey or maple syrup
- 4 oz olive or canola oil

**Special Equipment** – Immersion/Stick blender or standing blender (optional but recommended)

For the purposes of the class, I will be demonstrating one of the soups and one of the salads. Feel free to make whichever one speaks to you as the techniques will be the same. In the recipe packet, I will include the formulas for making any number of creamy vegetable soups and textural composed salads.