

Riffable Soups and Salads with Chef Loren

Saturday, January 29, 2022 from 1pm-3pm:

<https://us02web.zoom.us/j/81468453410?pwd=cXRUYUtyMzFmZmZlK1dTWUFRM05uZz09>

Soup Shopping list:

- 2 pounds vegetable of choice: either cauliflower or butternut squash
- 1 baseball sized onion
- **4 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
- 1 lemon
- Bread of choice for croutons
- 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
- 1 can coconut milk
- 1 lime
- 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
- **Optional: fennel bulb or celery**
- **Optional: Italian parsley leaves**

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
- **Optional: cinnamon, sugar, cayenne**

Special Equipment – Immersion/Stick blender or standing blender (highly 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. **An hour or two before the class, please cut up all the vegetables in the recipes, wash and dry the herbs, and measure out all of your ingredients.**

Riffable Soups

Soup Formula:

- 3-4 cups roasted veggies (starts as about 2 pounds raw as they shrink when roasted)
- 3-4 cups flavorful liquid (such as broth, stock, crushed tomatoes, or coconut milk)
- 1 cup aromatics (such as onions, garlic, ginger, celery, fennel, carrots and/or peppers)
 - I always start with onions, shallots or leeks, plus at least one other aromatic from the list
- 4 tablespoons fat (such as olive oil, coconut oil, butter, etc.)
- Herbs and spices as desired
- Splash of acid (such as citrus or vinegar)
- Optional: Blend with a splash of heavy cream, butter or alternative milk for additional silkiness

Directions:

1. Preheat oven to 400° F or 425° F (see step 2).
2. Cut large vegetables into 1" chunks, toss with 2 tablespoons of fat, salt and pepper and dried herbs (if desired). For heartier vegetables such as cauliflower, butternut squash or carrots, roast at 425° F for 25-30 minutes until tender, being sure to toss halfway through. For tender vegetables like cherry tomatoes and yellow squash, roast at 400° F for 20-25 minutes, tossing halfway through.
3. While veggies roast, sauté 1 cup of your aromatics of choice in 2 tablespoons of fat over medium heat until soft (5-7 minutes).
4. Once tender, add roasted veggies to the pot with 3-4 cups of broth and bring to a boil, then reduce to a simmer for about 20 minutes.
5. Add a splash of vinegar or tart citrus juice and blend until smooth. (Cream, nut milk or butter is optional here for added creaminess). If the soup is too thick, add up to ½ a cup of water or cream (if using) to thin it out.

Combos –

- Celery root/potato/leek/dill/stock
- Carrot/sweet potato/butternut squash/ginger/onions/cilantro/coconut milk
- Tomato/yellow squash/shallots/basil/stock/cream (optional)
- Cauliflower/onions/celery/garlic/chicken stock/butter

Toppings –

- | | |
|-------------------------|------------|
| • Toasted pumpkin seeds | • Herb oil |
| • Crispy Shallots | • Croutons |

Special equipment:

- Upright blender or Immersion/Stick blender*

*Note – if you don't have a blender, there are still many options for delicious vegetable soups. Start with aromatics in fat, then add 4 cups of stock or broth, followed by ½" cubes of your vegetables and bring to a boil, then reduce to a simmer for 20 minutes. To non-pureed soups, I like to add things like pasta once boiling, and/or leafy greens just before the end of cooking. Other flavor bombs to use include parmesan rind and/or dried mushrooms before bringing to a boil.

Riffable Salads

Salad formula:

- 3-4 cups greens
- 1 cup roasted veggies (beets/squash/carrots) or diced fresh fruit (apple/pear/strawberry)
- ½-1 cup crunchies (toasted nuts, seeds or croutons)
- 4 oz cheese (optional)
- 1 cup add-ins (such as fennel, tomatoes, olives, broccoli, mushrooms, cucumbers, carrots, radish, etc)
- Optional – protein of choice
- Optional – tender fresh herbs (add brightness and freshness to salads)

Combos –

- Arugula/croutons/shaved parmesan/cherry tomatoes/fennel/lemon shallot vinaigrette
- Kale*/roasted squash/dried cranberries/toasted pecans/goat cheese/maple apple vinaigrette
- Spinach/pear/walnut/dried fig/gorgonzola/balsamic vinaigrette
- Arugula/watermelon/pistachio/mint/feta/honey lime vinaigrette

Vinaigrette formula:

- 1 part acid (fresh lemon/lime/orange juice or balsamic/sherry/red wine/apple cider, etc.)
- 2 parts oil (olive/coconut/avocado/canola)
- ½ part emulsifier (honey/yogurt/mustard/maple syrup/mayo)
- Herbs, spices and alliums as desired

For 4 cups of salad, I typically use about 2-3 ounces of vinaigrette, and always make more for future salads. My double recipe is: 2 tablespoons emulsifier, 4 tablespoons (2 ounces) acid, 8 tablespoons (4 ounces) oil. I also add herbs, salt, pepper and aromatics, but these are optional. For a thinner vinaigrette, you can omit the emulsifier.

Vinaigrette: Wash, dry and finely chop herbs if using. Finely mince shallots, scallions, or garlic (if using). In a bowl, start with your emulsifier, whisk in the acid, and slowly dribble in the oil while whisking. Add salt and pepper to taste, along with herbs and aromatics, and continue to whisk until combined. Store in a jar in the fridge until ready to use. Before using, shake the jar to make sure everything is well emulsified (if you used honey, you will need to let the dressing to come to room temperature or warm it because the honey tends to harden in the fridge).

*Note: When using kale, it actually needs to be massaged (yes you read that right!). I get all my fix-ins cut up and set aside. When ready to serve, pour the prepared dressing over the kale and massage the leaves for about 1-2 minutes. This helps tenderize the leaves. Mix your fix-ins in last so they don't get massaged and broken up in the salad, then serve and enjoy.

Cauliflower Soup

Cook time: 55-65 min. Prep time: 15 min. Inactive prep: 20 min. Yields: 6-8 cups of soup

Ingredients:

- 2 pound head of cauliflower
- 1 medium yellow onion or 2 large leeks
- 2 large ribs celery
- 6 sprigs fresh thyme
- 3 large cloves of garlic, minced
- 4 tablespoons butter
- 2-4 tablespoons olive or canola oil
- 4 cups veg or chicken broth/stock
- Lemon juice
- Salt and pepper to taste
- Optional: 1 medium golden potato (if you don't have 4 cups of cauliflower after roasting, add the potato to the sauté to make up the difference)
- Bread for croutons

Directions:

1. Preheat oven to 450° F and line a cookie sheet with foil or parchment.
2. Cut cauliflower into 2" florets and transfer to a large bowl, toss with 2-3 tablespoons of canola or extra virgin olive oil, sprinkle with 1 teaspoon diamond crystal kosher salt, 1/2 teaspoon of cracked black pepper, and 2 sprigs of fresh thyme leaves.
3. Transfer cut and seasoned cauliflower to the lined cookie sheet and roast for 25-35 minutes until tender, tossing halfway through.
4. While cauliflower roasts, melt 2 tablespoons of butter in a large saucepan or stock pot over medium heat. Add 1 medium diced onion and 2 ribs diced celery. Sprinkle with 1/2 teaspoon of salt. Sauté until softened about 5-7 minutes. Add in minced garlic.
5. Once the cauliflower is done, remove it from the cookie sheet and measure it out to ensure you have 3-4 cups. Reserve small pieces of cauliflower for garnish later. If you are shy of 3 cups, add the peeled and diced gold potato to the celery and onion, season with more salt and cook over medium heat for 5-7 more minutes.
6. Add the roasted cauliflower and 3 cups of vegetable or chicken stock or broth. Toss in 2 more sprigs of thyme and turn up the heat to high. Bring the mixture to a boil, then reduce to a simmer for 20 minutes.
7. Once the soup has been simmering for 20 minutes, taste and adjust seasoning if necessary.
8. Transfer the soup to a blender in 2 batches, or use an immersion blender in the pot. Add the last 2 tablespoons of butter a squeeze of lemon juice and the last cup of liquid for a smoother texture.
9. In a sauté pan, heat up olive oil or butter and add the last garlic clove (smashed or sliced) and some thyme leaves. Tear the bread into crouton-sized pieces and toast in fat until golden brown.
10. Garnish the soup with reserved cauliflower florets, croutons and thyme leaves, enjoy.

Butternut Squash Soup

Cook time: 55-65 min. Prep time: 15 min. Inactive prep: 20 min. Yields: 6-8 cups of soup

Ingredients:

- 2 pound butternut squash
- 1 medium yellow onion or 2 large leeks
- 2 medium carrots
- ½ bunch fresh cilantro
- 2 large cloves of garlic, minced
- 1 inch piece of ginger, minced
- ¾ teaspoon dried ginger
- 5 tablespoons coconut or olive oil
- ¼ cup pumpkin seeds
- 2 cups veg or chicken broth/stock
- 1- 15oz can of coconut milk
- Lime juice
- Salt and pepper to taste
- Optional: 1 medium sweet potato (if you don't have 3-4 cups of squash after roasting, add the potato to the sauté to make up the difference)

Directions:

1. Preheat oven to 450° F and line a cookie sheet with foil or parchment.
2. Cut the squash into 1" pieces and transfer to a large bowl, toss with 2-3 tablespoons of coconut or extra virgin olive oil, sprinkle with 1 teaspoon diamond crystal kosher salt, 1/2 teaspoon of cracked black pepper, and ½ teaspoon ground ginger (optional).
3. Transfer cut and seasoned squash to the lined cookie sheet and roast for 25-35 minutes until tender, tossing halfway through.
4. While squash roasts, heat 2 tablespoons of oil in a large saucepan or stock pot over medium heat. Add to the pan, 1 medium diced onion and 2 diced carrots. Sprinkle with ½ teaspoon of salt. Sauté until softened about 5-7 minutes. Add in minced garlic and ginger and sauté until fragrant for 2-3 more minutes.
5. Once the squash is done, carefully remove it from the sheet pan and measure it out to ensure you have 3-4 cups. If you are shy of 3 cups, add the peeled and diced sweet potato to the carrot and onion sauté, season with more salt and cook over medium heat for 5-7 more minutes.
6. Add the squash and 2 cups of vegetable or chicken stock or broth. Toss in a handful of washed cilantro with stems in and turn up the heat to high. Bring the mixture to a boil, then reduce to a simmer for 20 minutes.
7. Once the soup has been simmering for 20 minutes, taste and adjust seasoning if necessary. Fish out the cilantro.
8. Transfer the soup to a blender in 2 batches, or use an immersion blender in the pot. Add the can of coconut milk and a splash of lime before blending.
9. In the remaining tablespoon of oil, toast the pumpkin seeds, season with salt, pepper and ground ginger (if using).
10. Top the soup with toasted pumpkin seeds and fresh cilantro leaves and enjoy.

Arugula Salad

Cook time: 5 minutes. Prep time: 15 minutes. Yields: 4-6 servings.

Ingredients:

- 4 cups/5 oz baby arugula
- 1 cup cherry or grape tomatoes
- 2 oz bread of choice (such as Italian/French/sliced white bread), cubed for croutons
- Dried herbs (optional)
- 4 oz shaved parmesan or piave cheese
- Optional: shaved/thinly sliced fennel or celery
- Optional: tender parsley leaves, celery leaves or fennel fronds

Vinaigrette:

- Zest and juice of 1 large lemon (1-2 ounces)
- 1 tablespoon shallot, minced
- 4 oz extra virgin olive or canola oil
- 1/4 teaspoon of salt
- 1/8 teaspoon of freshly cracked black pepper

Directions:

1. Start by making your vinaigrette, finely mince 1 tablespoon of shallot and add it to a bowl big enough to whisk in the rest of your ingredients.
2. Add the zest and juice of one large lemon to the bowl, along with the salt and pepper.
3. Slowly dribble in all but 1 tablespoon of olive oil while whisking to form the emulsification. At this point, you can store in a jar for future use, just shake before dressing salad.
4. Cube your bread into 1 inch pieces. Heat a skillet with 1 tablespoon of oil over medium high heat. Once the oil is shimmering, add in your bread cubes and dried spices and herbs of choice (garlic and thyme, oregano or basil would be good additions here). Toss the croutons in the olive oil and spices until golden brown and crispy. Set aside.
5. To a large bowl, add arugula and cherry tomatoes. If the tomatoes are large, slice them in half. Add shaved or thinly sliced celery or fennel, if using.
6. Optional, but highly recommended: add 1-2 tablespoons fresh, washed tender parsley, celery leaves, or fennel fronds.
7. If you are not serving the salad right away, store it in the refrigerator without the cheese or croutons.
8. Before serving, re-whisk or shake vinaigrette in a jar before dressing. Use about 2-3 ounces of vinaigrette to dress the salad.
9. As a last step, add the croutons and shaved cheese on top and serve.

Winter Kale Salad

Cook time: 5-10 minutes. Prep time: 15-20 minutes. Yields: 4-6 servings.

Ingredients:

- 2 bunches kale (lacinato preferred)
- 1 large Granny smith apple or pear
- 4 oz pecans/walnuts/pumpkin seeds
- 4 oz raisins or cranberries
- 4 oz goat cheese
- Optional: cinnamon, cayenne and sugar for nuts or seeds

Vinaigrette:

- 2 oz apple cider vinegar
- 2 tablespoons honey or maple syrup
- 4 oz olive or canola oil
- 1/4 teaspoon of salt
- 1/8 teaspoon of freshly cracked black pepper

Directions:

1. Wash and dry the kale and remove the leaves from the ribs/stems and tear into bite-sized pieces.
2. Make the vinaigrette; add 2 tablespoons of honey or maple syrup to bowl big enough to whisk in the rest of your ingredients.
3. Whisk in 2 ounces of apple cider vinegar, salt and pepper.
4. Slowly drizzle all but 2 teaspoons of olive oil while whisking to form the emulsification. Once emulsified, you can store in a jar for future use, just warm (if it contains honey) and shake before dressing salad.
5. Heat a skillet with 2 teaspoons of oil over medium high heat. Once the oil is shimmering, add in your pumpkin seeds or nuts and spices (optional: chili powder, cayenne, cinnamon, sugar, and salt, would be good additions here). Toss seeds or nuts in olive oil and spices and toast in the pan until golden and fragrant, about 10 minutes. Set aside.
6. To a large bowl, add kale, rewhisk dress the greens, and with clean hands, massage the dressing into the leaves to tenderize them (yes, you read that correctly).
7. Slice the pear or apple into bite-sized pieces and add to the bowl with the kale, nuts/seeds, dried fruit, and goat cheese. Serve and enjoy.

Notes:

- This salad holds well and can be eaten the next day
- To make it more substantial, you can add cubed, roasted butternut or delicata squash