

CAPTAIN AVERY MUSEUM

2017 Winter Luncheon Series Recipe

CHILI

Serves 8-10

- 1 Tablespoon olive oil
- 2# ground beef
- 3 bell peppers, chopped
- 2 cloves garlic, crushed
- 2-28oz. cans tomatoes (crushed, dice, puree or a mixture)
- 3 T chili power
- Dash cayenne
- 3-14oz cans light red kidney beans
- Dash Tabasco sauce
- 2 bay leaves

Directions:

Brown ground beef and drain fat. Add remaining ingredients except kidney beans and simmer uncovered 2 to 3 hours. Add kidney beans and simmer until hot.

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MULLIGATAWNY SOUP

Serves 4-6

- 1/2 cup diced onions
- 1 carrot, diced
- 2 celery stalks, diced
- 1/2 cup butter or 1/2 cup vegetable oil
- 1 1/2 tablespoons all-purpose flour
- 4 teaspoons curry powder
- 4 cups chicken stock (low fat has less salt)
- 2 Granny Smith apples, peeled, cored and diced
- 1 cup cooked white rice
- 1 cup cooked diced chicken
- 1 teaspoon salt
- 1/4 teaspoon dried thyme
- 1/2 teaspoon freshly ground black pepper
- 1 cup cream

Directions:

In a large stockpot, over medium, add the onions, carrots, celery stalks and butter. Cook until tender, but do not burn them. Stir in the flour and curry and cook for 3 minutes. Pour in 8 cups of chicken stock and let simmer for 30 minutes. Add remaining ingredients, except the hot cream. Let simmer for 15 minutes and then add in 1 cup hot cream. Ladle into serving bowls and serve.

Mulligatawny means “pepper water” which can be attributed to the curry.

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MEXICAN TORTILLA CHICKEN SOUP

Serves 6-8

- 4 split (2 whole) chicken breasts, bone in, skin on
- 3 Tablespoons olive oil
- Kosher salt and freshly ground black pepper
- 2 cups chopped onions (~ 2 onions)
- 1 cup chopped celery (~ 2 stalks)
- 2 cups chopped carrots (~ 4 carrots)
- 4 large cloves garlic, chopped
- 2 1/2 quarts (10 cups) chicken stock
- 1 (28-oz) can whole tomatoes in puree, crushed
- 2 to 4 jalapeno peppers, seeded/ minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1/4 to 1/2 cup chopped fresh cilantro leaves, optional
- 6 (6-inch) fresh white corn tortillas
- Tortilla chips

Directions:

Preheat the oven to 350 degrees F.

Place the chicken breasts skin side up on a sheet pan. Rub with olive oil, sprinkle with salt and pepper, and roast for 35 to 40 minutes, until done. (Or, poach the chicken). When the chicken is cool enough to handle, discard the skin and bones, and shred the meat. Cover and set aside.

Meanwhile, heat 3 T olive oil in a large pot. Add onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 T salt (depending on saltiness of the chicken stock), 1 tsp. pepper, and cilantro, if using.

Cut tortillas in 1/2, then cut them crosswise into 1/2-inch strips and add to the soup. Bring the soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste.

Serve the soup hot topped with sliced avocado, a dollop of sour cream, grated cheddar cheese, and broken tortilla chips.

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BROCCOLI CHEESE SOUP

Serves 6-8

- 1 tablespoon + 4 tablespoons unsalted butter, divided
- 1 small/medium sweet yellow onion, diced small
- 1 clove garlic, peeled and minced finely
- 1/4 cup all-purpose flour
- 2 cups low-sodium vegetable stock (chicken stock may be substituted)
- 2 cups fat-free half-and-half (regular half-and-half may be substituted; whole milk or 2% milk will work but soup won't be as creamy)
- 2 to 3 cups broccoli florets, diced into bite-size pieces + 1 cups stems, optional
- 2 large carrots, trimmed, peeled, and sliced into very thin rounds, about 1/16th-inch
- 3/4 teaspoon salt, or to taste
- 3/4 teaspoon freshly ground black pepper, or to taste
- 1/2 teaspoon smoked paprika or regular paprika, optional and to taste
- 1/2 teaspoon dry mustard powder, optional and to taste
- pinch cayenne pepper, optional and to taste
- 8 ounces grated high quality extra-sharp cheddar cheese, with a small amount reserved for garnishing bowls

Directions:

In a small saucepan, add 1 tablespoon butter, diced onion, and sauté over medium heat until the onion is translucent and barely browned, about 4 minutes. Stir intermittently. Add garlic and cook about 30 seconds, stirring constantly. Remove from heat and set pan aside.

In a large heavy-bottom pot add 4 tablespoons butter, flour, and cook over medium heat for about 3 to 5 minutes, whisking constantly, until flour is thickened. Slowly add the vegetable stock, whisking constantly. Slowly add the half-and-half, whisking constantly.

Allow mixture to simmer over low heat for about 15 to 20 minutes, whisking intermittently. Add broccoli, carrots, onion and garlic. Stir in salt, pepper, optional paprika, optional dry mustard powder, and optional cayenne.

Simmer over low heat for about 20 to 25 minutes, or until it has reduced and thickened some, whisking intermittently.

Add most of freshly grated cheese, reserving some for garnish.

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SAUSAGE AND VEGETABLE CHOWDER

Serves 6-8

- 1 pound kielbasa links, halved lengthwise, very thinly sliced
- 1 medium onion, chopped
- 2 celery ribs, thinly sliced
- 1 medium sweet red pepper, chopped
- 1 medium green pepper, chopped
- 1/4 cup olive oil
- 3 garlic cloves, minced
- 3 potatoes cut in 1/2 inch cubes
- 2 cups fresh or frozen corn, thawed
- 1-15 oz. can crushed tomatoes
- 1 cup vegetable broth (or chicken broth)
- 2 tablespoons minced fresh thyme or 2 teaspoons dried thyme
- 1/4 to 1/2 teaspoon cayenne pepper
- 1 teaspoon Cajun seasoning or Old Bay Seafood Seasoning cup
- 1 cup (8 ounces) half and half cream

Directions:

In a large skillet, saute the first six ingredients in olive oil until vegetables are tender. Add garlic; cook 1 minute longer. Add the potatoes, corn, tomatoes, broth, thyme, cayenne and Cajun seasoning. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in cream. Bring to a gentle boil. Simmer, uncovered, for 8-10 minutes.

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Tuscan Tortellini Vegetable Soup

Serves 5-6

- 2 Tbsp olive oil
- 1 1/2 cups chopped carrots (about 4)
- 1 1/2 cups chopped yellow onion (1 medium)
- 1 cup chopped celery (about 3 stalks)
- 2 cups chopped green beans, about 1-inch pieces
- 2 cups chopped zucchini (about 2 small)
- 4 cloves garlic, minced
- 3 (14.5 oz) cans low-sodium chicken broth or vegetable broth
- 2 (14.5 oz) cans diced tomatoes
- 1 tsp each dried basil and rosemary, crushed
- 1/2 tsp dried thyme
- Salt and freshly ground black pepper, to taste
- 1 (9 oz) package refrigerated 3-cheese tortellini
- 3 cups packed spinach
- Shredded Romano or Parmesan cheese, for serving

Directions:

Heat olive oil in a large pot over medium-high heat. Add carrots, onion and celery and saute 3 minutes. Add green beans and saute 3 minutes longer. Add zucchini and garlic and saute 1 more minute. Pour in broth and tomatoes. Add basil, rosemary, thyme and season with salt and pepper to taste.

Bring to a gentle boil, then reduce heat to medium and allow to boil for 8 minutes. Add tortellini and boil 5-7 minutes longer (or 2 minutes less than directions listed on package. If a more brothy soup is desired, then boil pasta separately from soup then add at the end). Stir in spinach and cook 2 minutes longer.

Serve warm topped with Romano or Parmesan cheese.