

School of Cooking

Martin's

Restaurant Quality Soups

Hosted by Chef Scott Rossen

October 16, 2007

Martin's Super Markets at Heritage Square
Mishawaka, Indiana

Wild Mushroom Soup

Serves approx. 8-10pp

Ingredients

1 pound chopped exotic fresh mushrooms
1 ½ quart chicken stock
1-pint heavy cream
1 small onion diced
1 tsp chopped garlic
2 oz olive oil
2 oz flour
S+P to taste
4 oz Sherry

Instructions

Start by chopping mushrooms including stems, set aside ½ cup small-diced mushroom caps for garnish. Then heat oil in saucepot and add onion, garlic and mushrooms until soft. Then add flour and make roux in pan and cook for one minute. Then deglaze with sherry and reduce until almost dry, then add chicken stock and bring to a boil and reduce heat and cook for additional 15 minutes. Then puree soup with emulsion blender or blender and return to pot and add cream and season to taste.

Finish by sautéing the diced mushroom caps and adding to the finished soup.

Lobster Bisque

Serves approx. 8-10pp

Ingredients

1 cup White wine
6 cups whole milk
2lb lobster tails cut in chunks with the shell on
 $\frac{3}{4}$ pound butter
 $\frac{3}{4}$ pound flour
2 ribs celery chopped
2 onions chopped
S+P to taste
4 ounces Sherry
4 ounces Cognac

Instructions

Start by heating saucepot then add butter and melt then add lobster tails and cook until turns color then add you vegetables and continue to cook until soft. Then add sherry and cognac and reduce until almost dry. Then add flour and make a roux and cook for about 1 minute then add milk and simmer for 10-15 minutes. Then remove lobster and pull meat out and dice. Continue to simmer soup for 15-20 minutes then puree until smooth with emulsion blender or regular blender. Add diced lobster meat and adjust seasonings then garnish and serve.

Beef Barley Soup

Serves approx. 8-10pp

Ingredients

4 cups cooked barley
2 cups diced onion
2 cups diced carrots
2 cups diced celery
1 lb sliced mushrooms

1 Tbsp chopped garlic
4 oz Madeira wine
2 quarts beef broth
12 oz small-diced beef
2 oz olive oil
S+P to taste

Instructions

Start by heating saucepot and then add beef and sauté until browned. Then add onion, celery, carrots, garlic, and mushrooms and sauté until soft. Then deglaze pan with Madeira wine and reduce until almost dry. Then add beef broth and bring to a boil, then add cooked barley and reduce heat to a simmer and simmer until beef is tender. Finish by seasoning to taste.

Cold Melon Soup

Serves approx. 8-10pp

Ingredients

4 Medium sized cantaloupes
3 oz sugar
1-cup sour cream
½ cup white wine
1 cup orange juice
Mint leaves and orange zest for garnish

Instructions

Peel cantaloupes and cut into chunks place in blender with sugar, sour cream, white wine and orange juice and puree until smooth. Place in serving bowl and garnish with mint leaf and orange zest.

French Onion Soup

Serves approx. 8-10pp

Ingredients

5 pounds sliced onions
½ cup oil
2 Tbls chopped garlic

1-quart beef broth
1-quart chicken broth
1 Tbls Italian seasoning
4 oz Sherry
S+P to taste
Sliced Gruyere or Swiss cheese
Sliced French bread
Paprika

Instructions

First heat oil in saucepan then add onions and garlic and sauté until onions are brown and caramelized. Then add Italian seasoning and deglaze with sherry and reduce until almost dry. Then add both broths and bring to a boil and then reduce to a simmer and season to taste. Finish by placing soup in bankable crock and place a slice of bread on top and then the sliced cheese and sprinkle paprika on top and place under broiler until cheese is melted and brown.