

# An Unlikely Culinary Column: Soup's On

By Karen Kain

hear what your cold weather dishes are.

The cold weather is here, our wood stove has been lit, which makes it officially soup season. There is nothing more comforting on a rainy day than a pot of soup on the stove. I have already made homemade chicken soup and cornbread, but let's face it, we all have that recipe. I wanted to share with you a few soup dishes that are pretty easy to make and a bit different for the palate.

This Tilapia Soup recipe is hearty, full of flavor and absolutely delicious! It's a simplified version of a common soup that is served in Brazil. You can make this quickly on the stovetop or in the slow cooker. Feel free to substitute salmon in place of tilapia but it will have a stronger fish flavor. This soup is best when served with rice or tortillas.

Secondly, thank you Melissa Lockett for this fabulous Tomato Soup recipe. The cognac gives this soup a decadent edge. This super easy recipe makes the perfect side to a grilled cheese sandwich; the perfect autumn meal.

And finally, my husband suggested that I make Broccoli and Stilton Soup. When I lived in England I bought some Stilton cheese at the farmers market, it had such a strong "aroma" that after I wrapped it 5 times in plastic it still smelt when I opened the refrigerator. If I had a place to hang it outside I would have stored it there. Here in America it is unlikely that you will find such a strong cheese. I picked up some Stilton at our local co-op. This recipe was another winner in my book.

I hope you are all enjoying the change of seasons and I would love to

## Tilapia Soup

### Ingredients:

- 2 Tablespoons lime juice
- 1 Teaspoon ground cumin
- 1 Tablespoon paprika
- 2 Teaspoons minced garlic
- 1 Teaspoon salt
- 1 Teaspoon ground black pepper
- 1 ½ Pounds tilapia fillets, cut into chunks
- 1 Tablespoon Coconut oil
- 2 Onions, chopped
- 1 Large red bell pepper, chopped
- 1-16 Ounce can diced tomatoes, drained
- 1-16 Ounce can coconut milk
- 1 Bunch fresh cilantro, chopped
- 1 Avocado, diced

### Directions:

In a large zip lock baggie mix together the lime-juice, cumin, paprika, garlic, salt, and pepper. Add the tilapia and toss to coat. Seal and refrigerate at least 20 minutes, or up to 24 hours. Heat the olive oil in a large pot over medium-high heat and sauté the onions for 1 to 2 minutes. Lower the heat to medium and add the bell pepper, tilapia, and diced tomatoes then sauté for 3 minutes. Pour the coconut milk over the mixture. Cover the pot and simmer 15 minutes, stirring occasionally. Stir in the cilantro and continue cooking until the tilapia is completely cooked through, another 5 to 10 minutes. Serve topped with more cilantro and fresh avocado.

## Melissa's Tomato Soup

### Ingredients:

- 3 Pounds of large tomatoes, blanched and peeled
- 1 Large onion, diced
- ½ Cup basil, packed
- 1 Teaspoon salt
- 3 Ounces of butter
- 1 Cup cream or full milk
- 1 Tablespoon brown sugar
- 2 Ounces cognac

### Directions:

Blanch the tomatoes in boiling water for a minute then peel the skins and chop when cool enough to handle. In a large soup pot, sauté the onions in butter until soft, add the chopped tomatoes and basil then simmer for a half hour. Blend smooth with an immersion blender or puree in a blender. In a separate small saucepan heat the cream and sugar almost to a boil, whisk and add to the soup, add the cognac and serve!

## Broccoli and Stilton Soup with Stilton Croutons

### Ingredients:

- 1 Very large broccoli floret with stalks cut into small pieces
- 14 Ounces vegetable stock
- 2 Ounces butter
- 1 Bunch of spring onions, finely sliced
- 1 Large potato, peeled and cut into 1 inch pieces
- ¼ Pound Stilton, crumbled
- 1 Cup cream or full milk
- Salt & pepper to taste
- Pinch of cayenne
- Dash of fresh nutmeg, optional



### For the croutons

- 4 Slices crusty bread
- 3 ½ Ounces Stilton, sliced

### Directions:

For the soup – Steam the broccoli until tender. Boil the potatoes for 8 minutes or until soft, then drain. In a separate pan melt the butter on medium high, when it starts to bubble add the onions and cook for one minute. Put the broccoli, potatoes, vegetable stock, onions and butter, into a blender and puree until smooth, be careful not to burn yourself. Return the mixture to the saucepan and add the cream and cayenne.

For the croutons – Toast the bread on both sides under a grill until golden brown. Top the bread with the Stilton slices and return to the grill until the cheese is bubbling, this should take less than a minute. Season the soup with salt & pepper and sprinkle with nutmeg. Serve the soup with the cheesy croutons and enjoy.

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