

# FOOD

## Classic Minestrone

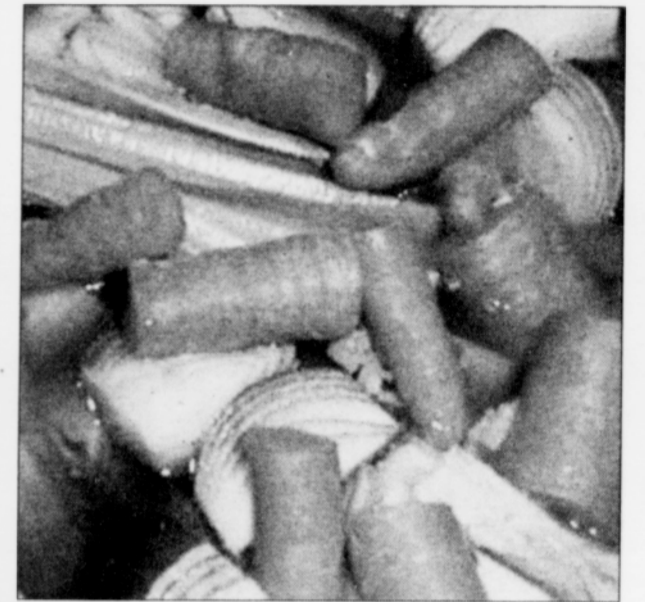
*This Italian soup has been much imitated around the world with very different results. The homemade version is a delicious revelation and is also extremely healthy.*

### Ingredients:

- 3 tablespoons olive oil
- 1 leek, sliced
- 2 carrots, chopped
- 1 zucchini, thinly sliced
- 4 ounces green beans, cut into 1 inch pieces
- 2 stalks celery, thinly sliced
- 1 1/2 quarts vegetable stock
- 1 pound chopped tomatoes
- 1 tablespoon chopped fresh thyme
- 1 (15 ounce) can cannellini beans, with liquid
- 1/4 cup elbow macaroni
- salt and ground black pepper to taste

### Directions:

1. Heat olive oil in a large saucepan, over medium heat. Add leek, carrots, zucchini, green beans and celery. Cover, and reduce heat to low. Cook for 15 minutes, shaking the pan occasionally.
2. Stir in the stock, tomatoes and thyme. Bring to a boil, then replace the lid, and reduce heat to low; simmer gently for 30 minutes.
3. Stir in the cannellini beans with liquid and pasta. Simmer for an additional 10 minutes, or until pasta is al dente. Season with salt and pepper to taste before serving.



## Basic Chicken Stock

*A great stock to use for soups, sauces, gravies, etc.*

### Ingredients:

- 1 pound chicken parts
- 1 large onion
- 3 stalks celery, including some leaves
- 1 large carrot
- 1 1/2 teaspoons salt
- 3 whole cloves
- 6 cups water
- 1/4 cup cold water (optional)
- 1 egg

### Directions:

1. Quarter onion. Chop scrubbed celery and carrot into 1 inch chunks. Place chicken pieces, onion, celery, carrot, salt, and cloves in large soup pot or Dutch oven. Add 6 cups water. Bring to a boil. Reduce heat, cover, and simmer for 1 hour.
2. Remove chicken and vegetables. Strain stock. Skim fat off the surface.
3. To clarify stock for clear soup, removing solid flecks that are too small to be strained out with cheesecloth, follow this method. Separate the egg white from the egg yolk, and reserve the shell. In a small bowl, combine 1/4 cup cold water, egg white, and crushed eggshell. Add to strained stock, and bring to a boil. Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.



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