

CHICKEN SOUP

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It takes less than 30 minutes to prepare, from start to finish, and it all takes place in one pot. Dry pasta is simmered right along with the other ingredients and cooks up perfectly al dente. Crumbled, store-bought croutons sprinkled on top add great flavor and texture and drive home the chicken Parmesan theme. This is a wonderful no-fuss, busy-day meal.

— Valerie Brunmeier

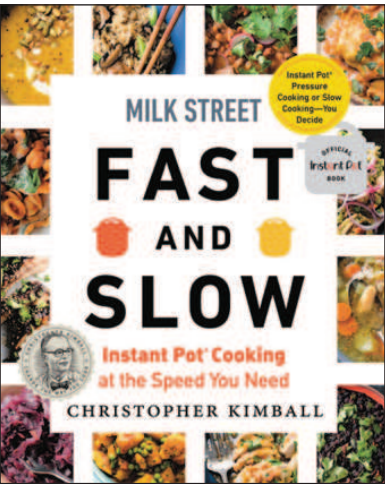
- 2 tablespoons olive oil
- 1 1/2 pounds boneless, skinless chicken breast, cut into bite-size pieces
- 1/2 cup diced onion
- 1/2 teaspoon salt, plus more to taste
- Freshly ground black pepper, to taste
- 2 teaspoons minced garlic
- 3 tablespoons tomato paste
- 1/2 teaspoon red pepper flakes
- 1 (14.5-ounce) can fire-roasted diced tomatoes, undrained
- 6 cups low-sodium chicken broth (I like Better Than Bouillon)
- 8 ounces dry short pasta (fusilli, penne and elbow macaroni all make good choices)
- 1/2 cup finely grated Parmesan cheese, plus more for garnish
- 1/4 cup chopped fresh Italian parsley
- 1 cup shredded mozzarella cheese
- 1 cup cheese and garlic-flavored croutons, lightly crushed

Pour the olive oil into a large pot or Dutch oven and place it over medium heat. When the oil is hot, add the chicken and onion. Season the mixture with salt and pepper, and sauté until the chicken is cooked through and the onion is tender, about 5 to 6 minutes. Add the garlic and cook for an additional 1 to 2 minutes, until fragrant. Add the tomato paste and red pepper flakes and stir to combine well. Add the diced tomatoes, broth and dry pasta.

Bring the mixture to a boil over medium-high heat, then reduce the heat to low and simmer, covered, until the pasta is al dente, about 8 to 10 minutes.

Remove the pot from the heat, then stir in the Parmesan cheese and parsley and season with additional salt and pepper.

Garnish individual servings with the mozzarella cheese, crushed croutons and a little Parmesan cheese. Serves 6.



Voracious/TNS

“Milk Street Fast and Slow: Instant Pot Cooking at the Speed You Need.” by Christopher Kimball.

— From “The Foolproof Family Slow Cooker and Other One-Pot Solutions” by Valerie Brunmeier (Page Street Publishing, \$21.99)

CHICKEN SOUP WITH BOK CHOY AND GINGER

- 1 tablespoon grapeseed or other neutral oil
- 1 (4-inch) piece fresh ginger (about 3 ounces), peeled and cut into 4 pieces
- 5 medium garlic cloves, smashed and peeled
- 1/2 cup dry sherry
- 2 teaspoons white peppercorns
- Kosher salt
- 2 pounds bone-in, skin-on chicken thighs, skin removed
- 1 pound baby bok choy, trimmed and cut crosswise into 1/2-inch pieces
- 4 scallions, thinly sliced
- 1 cup chopped fresh cilantro
- 2 tablespoons unseasoned rice vinegar
- Kosher salt and ground white pepper
- Chile oil or toasted sesame oil, to serve

On a 6-quart Instant Pot, select More/High Sauté. Add the oil and heat until shimmering. Add the ginger and garlic and cook, stirring, until fragrant, about 30 seconds. Pour in the sherry and bring to a boil. Stir in 6 cups water, the peppercorns and 2 teaspoons salt. Add the chicken thighs, arranging them in an even layer.

To cook in a pressure cooker: Press Cancel, lock the lid in place and move the pressure valve to Sealing. Select

Pressure Cook or Manual; make sure the pressure level is set to High. Set the cooking time for 20 minutes. When pressure cooking is complete, let the pressure reduce naturally for 15 minutes, then release the remaining steam by moving the pressure valve to Venting. Press Cancel, then carefully open the pot.

To cook using the slow-cooker setting: With the pot still on More/High Sauté, bring the mixture to a boil. Press Cancel, lock the lid in place and move the pressure valve to Venting. Select Slow Cook and set the temperature to Less/Low. Set the cooking time for 5 to 6 hours; the chicken is done when a skewer inserted into a piece meets no resistance. Press Cancel, then carefully open the pot.

To finish: Using a slotted spoon, transfer the chicken to a plate and set aside to cool slightly. Meanwhile, pour the broth through a fine-mesh strainer set over a large bowl; discard the solids in the strainer. Let the broth settle for about 5 minutes, then, using a large spoon, skim off and discard the fat from the surface. Return the broth to the pot. Remove and discard any bones from the chicken and shred or chop the meat into bite-size pieces.

Select Normal/Medium Sauté and bring the broth to a simmer. Stir in the bok choy and cook, stirring occasionally, until the stems are tender, about 3 minutes. Stir in the chicken, scallions, cilantro and vinegar. Taste and season with salt and ground white pepper. Serve drizzled with chile oil or sesame oil. Serves 6.

— From “Milk Street Fast and Slow: Instant Pot Cooking at the Speed You Need” by Christopher Kimball (Voracious, \$30)

CHICKEN POT PIE SOUP WITH PUFF PASTRY CROUTONS

- 3 chicken breasts, skin-on, bone-in (2 1/2 to 3 pounds total)
- Good olive oil
- Kosher salt and freshly ground black pepper
- 6 tablespoons (3/4 stick) unsalted butter
- 5 cups chopped leeks, white and light green parts (3 leeks)
- 4 cups chopped fennel, tops and cores removed (2 bulbs)

- 3 cups (1/2-inch) diced scrubbed carrots (5 medium)
- 1 tablespoon minced garlic (3 cloves)
- 1 tablespoon chopped fresh tarragon leaves
- 1/4 cup Wondra flour
- 3/4 cup cream sherry, divided use
- 7 cups good chicken stock, preferably homemade
- 1 (2-by-3-inch) piece of Italian Parmesan rind
- 10-ounce package frozen peas
- 1 cup frozen whole pearl onions
- 1/4 cup minced fresh parsley

Heat your oven to 350 degrees.

Place the chicken on a sheet pan, skin side up. Rub the skin with olive oil, and season generously with salt and pepper. Roast for 35 minutes, until a thermometer registers 130 to 140 degrees. Set aside until cool enough to handle. Remove and discard the skin and bones and cut the chicken in 1-inch dice. Set aside.

Meanwhile, melt the butter in a medium heavy-bottomed pot or Dutch oven, such as Le Creuset, over medium heat. Add the leeks, fennel and carrots, and sauté over medium-high heat for 10 minutes, stirring occasionally, until the leeks are tender but not browned.

Stir in the garlic and tarragon and cook for 1 minute. Sprinkle on the flour and cook, stirring constantly, for 2 minutes. Add 1/2 cup of the sherry, the chicken stock, 4 teaspoons salt, 1 1/2 teaspoons pepper and the Parmesan rind. Bring to a boil, lower the heat and simmer, partially covered, for 20 minutes.

Add the chicken, peas and onions and simmer uncovered for 5 minutes. Remove from heat. Remove the Parmesan rind and add the remaining 1/4 cup sherry and the parsley. Serve hot in large shallow bowls with two puff pastry croutons on top. Serves 6.

PUFF PASTRY CROUTONS

- All-purpose flour
- 1 sheet of frozen puff pastry, such as Pepperidge Farm, defrosted overnight in the refrigerator
- 1 extra-large egg beaten with 1 tablespoon heavy cream, for egg wash
- Kosher salt and freshly ground black pepper

Heat oven to 400 degrees. Line a

sheet pan with parchment paper.

Lightly dust a board and rolling pin with flour. Unfold the sheet of puff pastry on the board, dust it lightly with flour, and lightly roll the pastry just to smooth out the folds.

With a star-shaped or fluted round cookie cutter, cut 12 stars or rounds of pastry and place them on the prepared sheet pan. Brush the tops with the egg wash, sprinkle with salt and pepper, and bake for 8 to 10 minutes, until puffed and golden brown. (Make ahead: Prepare the pastry cutouts and refrigerate. Bake just before serving.)

— From “Modern Comfort Food: A Barefoot Contessa Cookbook” by Ina Garten (Clarkson Potter, \$35)

MINTY CHICKEN AND RICE

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red chile, deseeded and finely chopped
- 1 teaspoon coriander seeds
- 2 teaspoons dried mint
- 9 ounces cooked chicken breast fillets, cut into thin strips
- 1/2 cup short-grain white rice, such as paella, rinsed and drained
- 2 teaspoons tomato puree
- 2 pints chicken stock
- Salt and pepper
- Small bunch of fresh mint, finely shredded, to garnish
- Lemon wedges, to serve (optional)

Heat the oil in the soup maker using the sauté function. Add the onions, chile and coriander seeds and sauté for 5 minutes until the onions are softened, stirring frequently with a spatula.

Add the dried mint, chicken, rice, tomato puree and stock and mix well, then cook on the chunky setting. Season the soup to taste, then pour into warm bowls and garnish with the shredded mint. Serve with lemon wedges, if desired.

— From “Ultimate Soup Maker: More than 100 simple, nutritious recipes” by Joy Skipper (Hamlyn, \$14.99)

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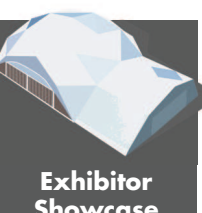
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