

It's Cold Outside

Soups from Around the World

Recipes Compiled by Diversity Club
of William Aberhart High School



Creamy Salmon Chowder

(North American with European Influence)

Prep Time: 10 Minutes Cook Time: 25 Minutes Serves: 4

Ingredients:

- 1 tablespoon oil
- 2 garlic cloves, minced
- 3 medium leeks, white and light green parts only, rinsed and chopped (about 3 cups)
- 1 large russet potato, cubed
- 2 cups chicken broth
- 2 cups milk
- 1/2 cup heavy cream
- 1 pound salmon, cut into 1-inch cubes
- 1 bay leaf
- Salt and pepper
- 2 tablespoons chives, chopped for garnish

Instructions:

- Heat oil in a large soup pot over medium heat. Add leeks and garlic and sauté until leeks are soft, about 5 to 7 minutes.
- Add potato, broth, bay leaf and milk. Season with salt and pepper. Simmer until potato is tender, about 15 to 20 minutes.
- Add salmon and cream and simmer for a few minutes (don't let it boil or milk will separate).
- Ladle into bowls. Garnish with chopped chives.



Dutch Pea Soup (“Snert”) with Smoked Sausage

Serves 4-6

Ingredients:

- 500 gr green split peas
- 250 gr smoked pork belly or smoked bacon in one piece, excess fat removed
- 1 pork knuckle or 400 gr pork ribs or a large pork leg slice
- 2 large carrots, peeled and chopped or sliced into half moons
- 2 onions, peeled and chopped
- 1 leek, sliced
- ½ celeriac, peeled and chopped
- 2-3 potatoes, peeled and chopped
- 1 clove of garlic (optional), peeled and crushed or finely chopped
- A few bay leaves
- A few sprigs of fresh thyme
- 1 tsp black peppercorns
- Maggi Liquid seasoning, or Worcestershire sauce to taste
- 1 large cooked smoked pork sausage ring (250-300 gr)
- A handful of parsley, finely chopped



Instructions:

- Rinse the peas and soak overnight. Drain and rinse again.
- Place the peas in a large pan. Add all the meat except the smoked sausage and the smoked ham for serving. Add water to cover (minimum 2L). Bring to boil, skimming off the froth that will be rising.
- Add all the vegetables, the garlic, the bay leaves, thyme, peppercorns and season. Leave to simmer for 1 1/2 – 2 hrs.
- Stir often and add more water if necessary until all is soft. Once cooked through, remove bay leaves and meat.
- Shred meat, and slice up your cooked sausages. Add back into soup along with parsley and simmer another 5-10 min.
- Soup will keep well in fridge for a few days, and also freezes well. Can add more water before reheating if too thick.

French Onion Gratin Pots

Prep Time: 15 Minutes
Cook Time: 40 Minutes
Serves: 8

Ingredients:

- 1 cup French Onion Veggie Dip
- 4 sweet onions, thinly sliced
- 1 1/2 tablespoon butter, plus extra for ramekins
- 3 garlic cloves, minced
- 2 tablespoon sugar
- 4 large eggs
- 1 cup whipping cream
- 1/2 cup grated Swiss cheese
- 1 1/2 tablespoon salt - 1/2 tablespoon black pepper
- Fresh chive tips for garnish, optional

Instructions:

- Preheat oven to 350° F. Generously butter eight 4-5 ounce ramekin dishes.
- In large skillet, melt butter over medium heat; add onions and garlic and cook until soft, about 5 minutes.
- Add sugar and cook until onions are browned and caramelized, about 5 minutes. Set aside.
- In a large bowl, whisk together cream and eggs. Whisk in veggie dip, cheese, salt and pepper.
- Stir in onions to blend and transfer mixture to prepared dishes.
- Bake gratins until a knife inserted in the center comes out clean, about 30 minutes. Garnish with chives if desired.



Greek Lemon Chicken Soup

Prep Time: 10 Minutes

Cook Time: 10 Minutes

Serves: 4

Ingredients:

- 4 cups chicken broth
- 3 large eggs
- Juice of 2 lemons
- 1/4 cup chopped dill, loosely packed
- 1 1/2 cups cooked orzo (or rice)
- 1 1/2 cups cooked shredded chicken
- Salt and pepper

Instructions:

- Whisk eggs, lemon juice and dill in mixing bowl.
- Bring chicken broth to simmer in medium pot. Pour 1 cup of simmering broth into egg-lemon mixture and whisk for 1 to 2 minutes until well combined (keep rest of broth on simmer).
- Add egg-lemon mixture to pot of simmering chicken broth.
- Add orzo (or rice) to pot, then add chicken.
- Season with salt and pepper to taste and serve.



Italian Wedding Soup

Total time: 40 Minutes

Serves: 6

Ingredients:

- 8 cups low-sodium chicken broth
- 1 large carrot, finely diced
- 1 celery rib, finely diced
- 1/4 cup orzo
- 1 pound ground pork
- 1/4 cup freshly grated Parmigiano, plus more for serving
- 1/4 cup dry bread crumbs
- 5 ounces baby spinach, chopped
- One 15-ounce can chickpeas, drained and rinsed
- salt and pepper

Instructions:

- In a large pot, bring the chicken stock to a boil with the carrot and celery. Season with salt and pepper. Add the orzo and cook until al dente, about 7 minutes.
- Meanwhile, in a bowl, knead the pork with the 1/4 cup of cheese, the bread crumbs and 1/2 teaspoon each of salt and pepper. Form the mixture into 1-inch balls.
- Drop the balls into the boiling soup and simmer for 5 minutes. Stir in the spinach and chickpeas and simmer until the meatballs are cooked through, 5 minutes longer. Serve with extra cheese if desired.



Persian Noodle & Herb Soup

Prep Time: 5min.

Cook Time: 1hr 40min

Serves: 6

Ingredients:

- 1 large onion - diced
- 4 green onions/scallions
- 1 teaspoon turmeric powder
- 1 cup canned chickpeas
- 1 bunch (~ 2oz / 60g) fresh parsley
- 12oz / 340g fresh spinach
- 4 cups vegetable broth (can use low sodium)
- ½ lemon
- 4 large garlic cloves - diced
- 1 ½ tablespoons dried mint
- 1 cup dried green lentils
- 1 cup canned kidney beans
- 1 bunch (~2oz / 60g) fresh cilantro
- 4oz / 120g linguine noodles
- 2 tablespoons extra virgin olive oil
- Salt and black pepper to taste

Instructions:

- In a large pot, saute the diced onion with 1 tablespoon of olive oil over a low heat. Once lightly golden brown, add the diced garlic, turmeric, dried mint and the 2nd tablespoon of olive oil. Saute for 3-5 minutes.
 - Add the vegetable broth and 4 cups of water, season well with salt and pepper and bring to a boil over medium heat.
 - After 30 minutes, reduce back to low heat, add the dried lentils and simmer for 15 minutes (lid on).
 - Whilst the broth is simmering, prepare the fresh herbs. Disregard any coarse stems but finely chop the remaining stems of the parsley, cilantro, green onions and spinach. Roughly chop all of the leaves.
 - Add all of the fresh herbs, spinach, chickpeas and kidney beans and simmer for 30-40 minutes until all the greens are cooked through and wilted (lid on).
 - Break the linguine noodles into 3 even pieces and add them to the broth to cook as per the package instructions. They should be fully cooked through and not al dente.
- *Note: if the broth is too thick, you can add 1-2 cups of water if needed. Taste the broth and legumes to ensure they are cooked, and season if needed before serving.



Sopa de Ajo (Spanish Garlic Soup)

Ready in 25 Minutes

Serves: 4

Ingredients:

- 1/4 cup olive oil
- 8 to 10 large cloves garlic, very thinly sliced
- 4 ounces stale bread, thinly sliced or torn into pieces
- 1 tablespoon paprika
- 6 to 7 cups chicken or vegetable broth
- 4 large eggs, whisked
- salt and pepper to taste

Instructions:

- Heat the olive oil in a large stockpot over medium heat. Add the sliced garlic and sauté for 2-3 minutes, stirring occasionally, until it is fragrant and lightly golden. (It's important not to overcook the garlic at this point.) Add the paprika and stir to combine. Add the bread and toss until it is more or less evenly coated with the garlic oil. Continue cooking for 3 more minutes, stirring frequently so that the garlic does not burn.
- Add 6 cups stock and stir to combine, breaking up the bread with a wooden spoon into your desired size of pieces as it cooks. Continue cooking until the soup reaches a rapid simmer.
- With one hand, use a wooden spoon to stir the soup in a circular motion to create a slow whirlpool. With the other hand, slowly pour the whisked eggs into the soup as you continue stirring, in order to create egg ribbons.
- If you would like a brothier soup, add in 1 extra cup of stock. Taste and season the soup with salt, black pepper, and additional paprika as desired. Serve and enjoy!



Ukrainian Borscht

Prep Time: 20min Cook Time: 1hr 5min Serves: 8

Ingredients:

- 12 cups beef or vegetable broth
- 5 cups green or red cabbage, thinly sliced
- 1 large onion, chopped
- 3 large beets, peeled and cut into matchsticks
- 4 large potatoes, peeled and cubed
- 6 ounces can tomato paste low sodium
- 2 teaspoons salt
- 3 bay leaves
- 1 tablespoon white vinegar
- Yogurt, sour cream, and rye bread for serving
- 2 tablespoons olive oil
- 3 medium carrots, chopped
- 3 large garlic cloves, grated
- Black pepper to taste
- 1/4 cup dill or parsley, finely chopped
- Pinch of sugar or maple syrup

Instructions:

- In a large pot, add broth, bay leaves and bring to a boil. In the meanwhile, wash, peel and cut vegetables.
- Once broth is boiling, add cabbage, cover and bring to a boil. Then reduce heat to low and cook for 20 minutes.
- In the meanwhile, preheat large skillet on medium heat and swirl 1 tbsp of oil to coat. Add onion, carrots and saute for 5 minutes, stirring occasionally.
- Add beets, remaining 1 tablespoon of oil and cook for another 3-4 minutes.
- Transfer sauteed veggies to a pot along with potatoes, tomato paste and salt. Cover, bring to a boil and cook on low heat for 20 minutes.
- Turn off heat. Add vinegar, sugar, garlic and pepper. Stir and let borscht sit for 10 minutes to allow flavours to marry each other. Add dill, stir and adjust any seasonings to taste.
- Serve hot with a dollop of yogurt or sour cream and bread.



Vegetarian Indian Lentil Soup

Prep Time: 10 Minutes
Cook Time: 27 Minutes
Serves: 4

Ingredients:

- 1 tablespoon oil, butter or ghee
- 2 garlic cloves, minced
- 1 large onion, chopped
- 1" piece of ginger, peeled and grated
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon ground chili powder
- 1 cup dried red lentils, rinsed under cold water
- 1/2 teaspoon garam masala
- 3 cups vegetable or chicken stock
- 1 (28-ounce) can diced tomatoes
- 2 tablespoons cilantro, chopped



Instructions:

- Heat oil or butter in soup pot. Add onion and sauté until soft and translucent for 5 to 7 minutes.
- Add garlic and ginger. Sauté for 1 minute.
- Add turmeric, cumin and chili powder and sauté for 1 minute.
- Add stock, lentils, tomatoes, and garam masala. Bring to boil, decrease and simmer for 20 minutes or until lentils are tender.
- Ladle into bowls. Top with cilantro. Can serve alone or with rolls.

Vietnamese Beef and Mushroom Pho

Prep Time: 10 Minutes Cook Time: 40 Minutes Serves: 4

Ingredients:

- 1 tablespoon vegetable oil
- 1 large onion, peeled and quartered
- 1 cinnamon stick
- 2 teaspoons coriander seeds
- 1 (3 to 4-inch) piece of ginger, peeled and quartered
- 6 cups low-sodium beef broth
- 2 to 4 tablespoons fish sauce, more or less to taste
- 8 ounces Egg Noodles
- 12 ounces beef sirloin, thinly sliced
- 4 ounces mushrooms of choice (quartered or halved, depending on size)
- 3 scallions, thinly sliced
- 2 jalapeño peppers, thinly sliced
- 1/2 cup fresh herbs, such as cilantro, mint, and/or basil
- 1 cup fresh bean sprouts
- Lime wedges, and sriracha for garnish

Instructions:

- Heat oil in a large pot over high heat. When smoking hot, add onion and ginger and cook 5 minutes until nicely charred, turn over and cook another 5 minutes. Add broth, spices and fish sauce. Bring to a boil, cover, reduce heat, and simmer 30 minutes, allowing spices to infuse the broth.
- Cook egg noodles in separate pot of salted boiling water until al dente. Drain and set aside.
- When broth is ready, strain and discard the solids. Place broth back over the heat, add mushrooms and simmer until mushrooms are tender, about 10 minutes. Add beef and cook in broth 2 minutes.
- Divide noodles among serving bowls. Arrange beef in a single layer so the slices will continue to cook evenly in the broth. Ladle hot broth, along with some mushrooms, over the beef. Continue to ladle hot broth to the top of each bowl.
- Serve with scallions, jalapeño, herbs, bean sprouts, hot sauce and lime wedges as desired.



Yakhni - Pakistani Style Chicken soup

Ready in 80 minutes Serves: 6

Ingredients

- 12 Chicken (with bones - no skin) – pieces
- 2 Onions – medium - sliced
- 1 Garlic – whole head
- 1 inch Ginger – long – 1 cm thick
- 2 Carrot - Medium - diced
- 1 Tomato - Medium - Chopped (I did not use tomato in this batch)
- 3 Bay leaves
- 7 - 8 Cloves
- 1 tsp Peppercorns
- 1 inch Cinnamon stick – long – pieces 2

Cooking Instructions

1. In a stock pot heat the oil, add all the vegetables together and cook till gently brown.
2. Add the dry spices and cook for 2 more minutes.
3. Now add the chicken piece and brown them till evenly colored.
4. Now add salt and 6 cups of water.
5. Let it boil over high heat. Once it starts boiling lower the heat and let the liquid simmer for 50 mins with the lid on. You should have about 5 cups of Yakhni. Once done, take it off the stove and let it rest for 20 mins. Check for salt, and add more if needed.
6. Use a strainer to strain the liquid into a bowl and take out the chicken and shred it in a serving bowl. Set aside.
7. Let the broth cool down until a layer of fat appears on the top of the bowl. Take a spoon and slowly skim it off. Once done, heat it before serving.
8. Add the hot broth to the bowl containing the shredded chicken pieces.
9. Serve it with a squeeze of Lemon Juice, and optional lemon slices and cilantro for garnish.

