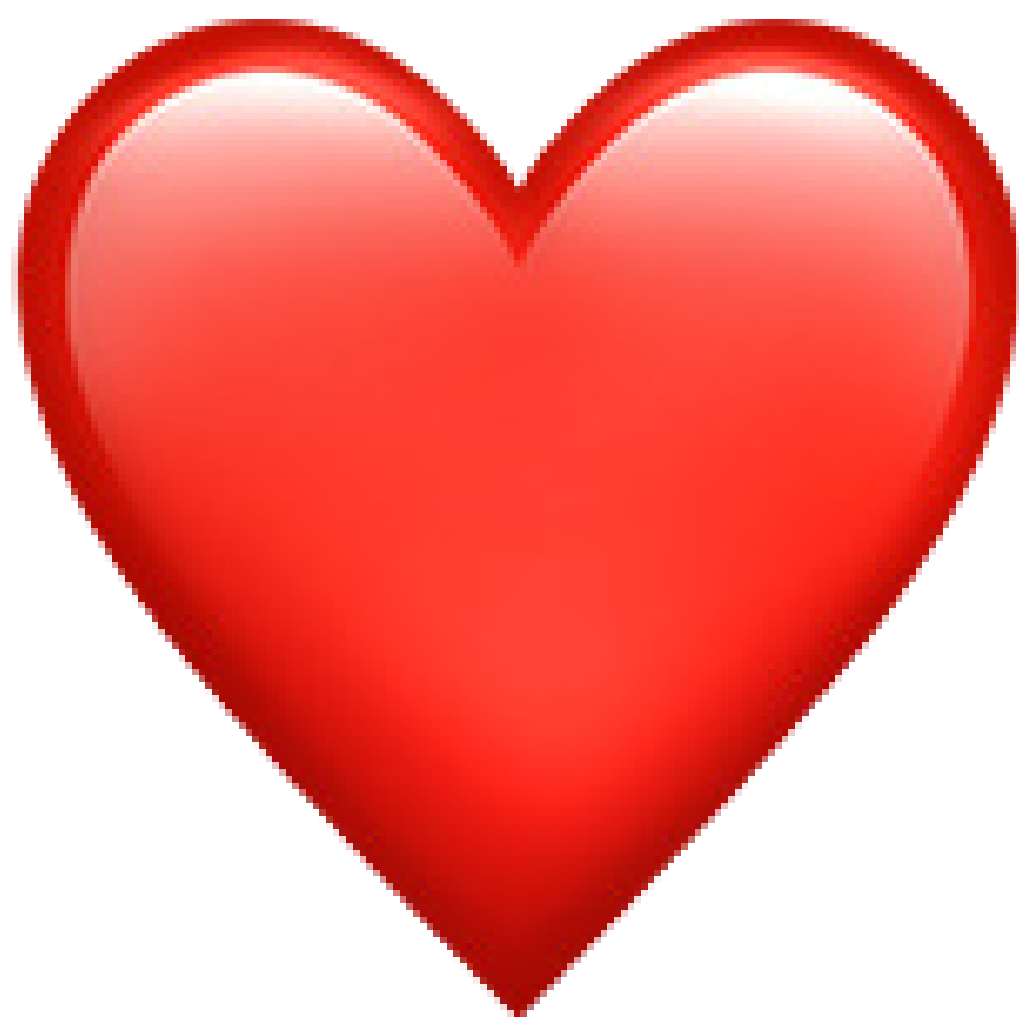


CHEFS



SOUP

An exploration with
Clover Food Lab

Our favorite chefs
make their favorite soups.

Jason Bond, Bondir
JuanMa Calderon, Celeste
Joanne Chang, Flour
Rachael Collins, Juliet



Watch the videos: @cloverfoodlab

Red Cooked Squash Soup

Jason Bond, Bondir



We visited Jason at Bondir the day after a blizzard. The snow was just starting to melt, and Jason welcomed us into his cozy restaurant. He made us espressos, and got to work making Red Cooked Squash Soup.

My favorite part of this recipe is that you begin by making caramel in the soup pot, and you cook your alliums and spices in that caramel. This is based on a Chinese method for cooking pork, called hong shao. As we were leaving, a shipment of squash arrived from Verril Farm in Concord, MA, proving you can cook local, even in the middle of a blizzard!

Look out for upcoming events at Bondir, including croissant classes and a locavore vegan dinner!

Ingredients:

1 large butternut or other winter squash, cut in half long-way
1 cup good extra virgin olive oil, plus 2 cups for the puree
2 tablespoons maple sugar or syrup
1 tablespoon mixed whole spices
(*white pepper, clove, mace, cinnamon, cumin, turmeric, star anise, dried chili, nutmeg*)
1 leek, chopped and washed
1 onion, peeled and diced
1 celery branch, washed and chopped
1 carrot, washed, peeled and diced
1 knob of ginger, cut in half lengthwise and bashed with the back of a knife
1 fresh chili, not too hot, split and seeded
1 bouquet of fresh herbs, tied with twine
(*Thyme, marjoram, lovage, cilantro, could be included*)
8 cups vegetable broth
Dark soy sauce, to taste
Salt, to taste



Squash Delivery!!

Procedure (yields 4 quarts)

1. Preheat oven to 400 degrees.
2. Prepare your squash. Leave the skin on, as it will protect the squash while it roasts. Either remove the seeds and toast them with salt and olive oil and use as a garnish, or leave them in the squash to roast - they will improve the flavor. Roast the squash on a baking sheet, cut side down until the skin browns and the flesh is tender.
3. Meanwhile, add one cup of olive oil to a pot large enough to hold a gallon of soup. Add the maple sugar and cook to a light caramel. Add the ginger to the caramel and brown it. Add the spices and toast in the caramel until they are fragrant, about one or two minutes. Before the spices burn, add the vegetables, soy sauce, and herbs. Salt well at this point. Put the lid on the pot and allow to simmer over a very low fire for 30 minutes to an hour. The longer the better. Unless you burn it.
4. Check your squash. At some point it will be ready. The skin should separate and peel off of the roasted squash easily. If during the roasting, the color is getting too dark before the squash is cooked, just add a cup of water to the baking pan. You can use the squash stock that results to flavor your soup too.
5. Once the squash is roasted and tender, and the vegetables are super mushy and aromatic, add the squash to the pot. Then add enough vegetable broth to allow the squash pieces to float freely. Simmer to combine the flavors. Taste and adjust the seasonings.
6. Puree in batches, along with the reserved 2 cups olive oil, in a blender and pass through a fine sieve or chinois. You could also tie the spices in a spice bag and remove before you blend, but the flavor won't be quite the same. Better to just let them be free, blend them up and strain to a fine textured soup.
7. Garnish with squash seeds, if used. Serve and enjoy!



Chupe de Camarones

JuanMa Calderon, Celeste



Celeste owners, filmmaker and soup-lover JuanMa Calderon and architect Maria Rondeau used to host pop-up dinner parties at their home. When we visited their tiny, magical restaurant in Somerville one morning in January, we laughed, we cooked, we learned about Peruvian pepper sauces. They fed us soup and even sent us home with the beautiful Peruvian bowl that they served it in. You should go to Celeste. Good people make good food. They also make the best ceviche in town, and it is completely vegan (they use hominy, artichoke hearts, and hearts of palm!). If you don't want to take our word for it, take James Beard's. They just got nominated for Best Restaurant 2019.

Note from Clover: The Celeste folks were super busy during the week that we were putting this recipe booklet together, so we're sharing a similar recipe, from *Peru: The Cookbook* by Gastón Acurio, published by Phaidon.

Ingredients:

20 uncooked large shrimp (prawns)
4 tablespoons olive oil
4 red onions, chopped
6 cloves garlic, very finely chopped
5 tomatoes, skinned, seeded, and grated
6 tablespoons aji panca (panca chili paste)
3 sprigs fresh oregano
1 corn cob, sliced into 3/4-in slices
1 1/3 cups (6 oz) squash, cut into 1/2-in cubes
1 cup (5 oz) fava (broad) beans
4 potatoes, cut in half
1/2 cup (3 oz) white long-grain rice
4 cabbage leaves
40 uncooked shrimp (prawns), peeled and deveined with tails detached
1/2 cup queso fresco, cut into 1/2-in cubes
1 cup whole (full-fat) milk
2 tsp ground oregano
Salt and pepper, to taste

To garnish:

4 poached eggs
8 sprigs huacatay (Peruvian herb)
4 slices fried country bread

Procedure (serves 4)

Preheat the oven to 400F.

Clean and peel the large shrimp, place the shells in the preheated oven, and cook for 6 minutes until golden and crispy. Set aside.

Heat 2 tablespoons olive oil in a pan over low heat, add half the chopped onions and garlic, and sauté for 2-3 minutes until the onions start to soften. Add two thirds of the grated tomatoes and 4 tablespoons of the chili paste and cook, stirring for 5 minutes until fragrant.

Season with salt and pepper, add the oregano sprigs and golden shrimp shells, and cover with 6 liters (204 fl oz) water. Bring to a simmer and cook for 1 hour over medium heat. Remove from the heat, then crush the shrimp shells, slightly with a large wooden spoon on a board to bring out the flavors. Strain the broth and set aside.

In a separate pan, heat 2 tbsp olive oil over low heat and sauté the remaining onion for a few minutes. Add the rest of the tomatoes and chili paste and let cook for 5 minutes. Pour the reserved shrimp broth into the pan. Add the sliced corn cob, squash, fava beans, potatoes, rice, and cabbage leaves and cook for 2 minutes until the vegetables are tender and the rice is cooked.

Add the whole large shrimp and cook for 1 minute, then stir in the shrimp tails, cheese, and milk and cook for another minute until the shrimp are cooked. Add the oregano and season with salt and pepper.

Serve the shrimp chowder in large shallow bowls, topping each with a poached egg, a few sprigs of fresh huacatay, and a little fried country bread to garnish

Tomato Fennel Soup

Joanne Chang, Flour



We were pretty excited when our baking hero Joanne Chang told us we’d be heading to FlourBK to learn how to make her favorite soup. We met Frank and Santos, who run Flour’s new, sparkling, and very friendly “big kitchen.” This is where much of the baked goods, soups, and salads are made, and delivered to Flour locations every day. Frank came up with the idea for this soup based on his Italian-American family’s “Sunday gravy.” The recipe uses both fresh and canned tomatoes, and both roasted and fresh fennel. Joanne eats a bowl of it every day.

Note from Clover: this recipe is in grams as most restaurant recipes are. Feel free to use an online calculator to convert to cups and spoons. But we recommend starting to cook by weight. You can buy a small scale for about \$10, it’s more precise, and it saves you dishes to do because you’re not dirtying measuring spoons and cups!

Ingredients:

252 grams fresh tomatoes
463 grams chopped canned tomatoes
221 grams tomato juice, saved from canned tomatoes
107 grams yellow onions, sliced
5 grams fresh garlic, minced
43 grams Extra Virgin Olive Oil
36 grams unsalted butter
Vegetable stock
3 grams fresh tarragon
250 grams fresh fennel

Procedure (yields 2 quarts)

1. Slice and seed fresh tomatoes (lightly squeeze to remove excess water) and process in a food processor until a rough blend is achieved.
2. Clean and slice fennel bulbs, reserve half to be roasted. The rest will be added to the soup fresh to simmer.
3. Preheat oven to 400 degrees. Toss the fennel in olive oil salt and pepper, place on sheet pan, and roast until tender and caramelized.
4. To build the soup, start by browning garlic in olive oil in a pot. Once golden, add onions, butter, and both roasted and fresh fennel.
5. Add tomatoes and vegetable stock.
6. Cover and let simmer for 10 to 15 minutes until tender. Blend this mixture with an immersion/hand blender til it is smooth but still chunky.
7. Add tomatoes and simmer for 1 to 1.5 hours, finish with fresh chopped tarragon and serve!

Duck and Olive Soup

Rachael Collins, Juliet



If you go to Juliet a few times, chances are you'll start to get recognized and feel like part of the family (unless you are already part of the family, like I am, oops!). Owners Katrina Jazayeri* and Josh Lewin have created an all-day restaurant with a team who cooks right in front of you. That team was named to Bon Appetit's 50 Best New Restaurants, and as we found out, Chef Rachael Collins (who cooked with Jodi Adams before coming to Juliet) was born for TV. Go watch her on our series, or head to Juliet, sit at the counter, and watch her cook. The menu changes every few months to focus on a different part of the world or time in history (next up is a Persian New Year celebration), but some things (like this soup, or Texas-inspired breakfast tacos, are year-round staples.)

*my sister

Ingredients:

Butter

2 cups small dice mirepoix (onions, carrots, celery)

1 quart diced duck thigh (cooked confit style, recipe follows)

2 quarts duck stock (recipe follows)

1 quart jelly reserved from duck confit

1 pint chopped green olive (Castelvetro recommended)

Procedure (yields 2 quarts)

1. Sweat mirepoix in butter (with salt) until soft. DO NOT BROWN!

2. Add remaining ingredients.

3. Bring to boil.

4. Taste and adjust seasoning.

DUCK STOCK

Scale this recipe up or down for the amount of bones. Pot coverage is more important than the amount of water, bones should be covered by a few inches. This should reduce slightly in the pot, but not a lot; simmer gently. Don't boil, don't add water during the cooking, don't skip the salt.

5 lbs duck bones, necks, and wing tips, roasted

3 gallons water

3 large onions onion, large dice

1 large carrot, large dice

3 ribs celery celery, large dice

3 sprigs thyme

1 each fresh bay leaf

6 each peppercorn

3 each coriander seed

pinch of kosher salt

Roast mirepoix in hot oven until caramelized.

Combine duck bones with water and bring to boil (cover the pot, save an hour)

Skim any foam that rises to the top and discard.

Add remaining ingredients, return to boil.

Reduce heat and simmer at least 6 hours, careful not to boil. Taste before straining (for duck flavor only, DO NOT ADD ADDITIONAL SALT YET!)

DUCK CONFIT

Fennel duck cure:

2 Tbsp toasted, cracked fennel seed

1 tsp toasted, cracked black pepper

1 box kosher salt

Cure duck overnight using fennel cure.

Cook submerged in duck fat at 300 degrees, until bone pulls away from meat.

Begin checking at 2 hours.

If you aren't sure that it is done, IT ISN'T YET.

Strain fat through chinois, slowly, there will be liquid at the bottom that you want to reserve separately to add to the soup.

Carefully pick cooked meat from bones while still warm, but cool enough to touch.