



300
Sensational
SOUPS

Carla Snyder & Meredith Deeds



Silky Cream of Corn Soup with Chipotle

We made this soup in the summer with fresh local corn and thought it tasted like summer in a bowl. But even if you make it in the winter, using frozen corn, it will still taste great.

Tip

If you use fresh corn, you'll need about 4 ears. Throw the cobs in the soup as it cooks; they will give up even more corn flavor. Just fish them out before puréeing. For almost-fresh flavor, use frozen white corn. It has more taste and better texture than the larger yellow kernels.

Serves 6 to 8

¼ cup	olive oil	50 mL
1 cup	chopped onion	250 mL
¼ cup	chopped celery	50 mL
2	cloves garlic, minced	2
½ tsp	dried oregano	2 mL
4 cups	fresh or frozen corn kernels (see tip, at left)	1 L
4 cups	chicken or vegetable stock	1 L
1 cup	milk	250 mL
½ tsp	salt	2 mL
¼ tsp	freshly ground black pepper	1 mL
¼ tsp	chipotle chile powder or cayenne pepper	1 mL
¼ cup	torn fresh basil	50 mL
	Garlic Croutons (see variation, page 368)	

1. In a large pot, heat oil over medium-high heat. Add onion and celery; sauté until starting to soften, 2 to 3 minutes. Add garlic and oregano; sauté until garlic is fragrant, about 1 minute. Add corn and stock; bring to a boil. Reduce heat and simmer until corn is tender and flavors are blended, about 20 minutes.
2. Using an immersion blender, pulse the soup in 3 or 4 quick spurts to partially blend it, leaving it chunky (or process half the soup in a food processor or blender in batches, then return to the pot). Stir in milk, salt, black pepper and chipotle powder; bring to a simmer over medium heat, stirring often. Taste and adjust seasoning with salt, black pepper and chipotle powder, if necessary.
3. Ladle into heated bowls and garnish with basil and croutons.



Roasted Yellow Pepper Soup with Cilantro Cream

Roasting the peppers gives this lovely golden soup a vibrant flavor. The green Cilantro Cream on top makes it as pretty as a picture.

Tip

If not using homemade chicken stock, be sure to purchase a low-sodium brand.

Serves 4 to 6

2 tbsp	unsalted butter	25 mL
2	cloves garlic, minced	2
¼ cup	finely chopped shallots	50 mL
½ tsp	dried thyme	2 mL
½ tsp	salt	2 mL
¼ tsp	freshly ground black pepper	1 mL
6	roasted yellow bell peppers (see tip, page 31), coarsely chopped	6
5 cups	chicken stock (approx.)	1.25 L
	Freshly squeezed lemon juice	
	Cilantro Cream (see recipe, page 365)	

1. In a large pot, melt butter over medium-low heat. Add garlic, shallots, thyme, salt and pepper; sauté until shallots are softened, about 6 minutes. Add yellow peppers and stock; cover and simmer until peppers are very soft, 12 to 15 minutes.
2. Using an immersion blender, or in a food processor or blender in batches, purée soup until smooth, thinning with a little more stock, if necessary. Return to the pot, if necessary, and add lemon juice to taste. Taste and adjust seasoning with salt and pepper, if necessary.
3. Ladle into heated bowls and top each with a dollop of Cilantro Cream.

Wild Mushroom and Navy Bean Soup

Wild mushrooms are so easy to find in grocery stores nowadays that it is a crime not to use them. They add big flavor to soups, and we love the colors and shapes for the visual interest they add.

Tip

To clean mushrooms, you can either rinse them quickly in water or wipe them with a damp paper towel. Mushrooms will be much happier in your refrigerator if you store them in a paper bag.

Serves 6

¼ cup	unsalted butter	50 mL
1½ lbs	wild (exotic) mushrooms, sliced	750 g
3	cloves garlic, minced	3
1 cup	thinly sliced green onions	250 mL
½ tsp	salt	2 mL
2 tbsp	all-purpose flour	25 mL
6 cups	beef or mushroom stock	1.5 L
½ cup	dry white wine	125 mL
2	cans (each 14 to 19 oz/398 to 540 mL) navy beans, drained and rinsed	2
1 cup	whipping (35%) cream	250 mL
Pinch	cayenne pepper	Pinch
	Freshly ground black pepper	
¼ cup	minced fresh chives	50 mL

- 1.** In a large pot, melt butter over medium heat. Add mushrooms, garlic, green onions and salt; sauté until mushrooms have released their liquid and are browned, about 10 minutes. Sprinkle with flour and sauté for 2 minutes.
- 2.** Gradually whisk in stock and wine. Add beans and bring to a boil, stirring often. Reduce heat and simmer for about 20 minutes to blend the flavors. Stir in cream, cayenne and salt and black pepper to taste; reheat over medium heat until steaming, stirring often.
- 3.** Ladle into heated bowls and garnish with chives.



Soups On!, with a Side of Trending Recipes, Tips and Techniques

Soup recipes are trendier than ever and it's no surprise. With the ever-rising costs of food and energy alongside the demand for healthy and delicious meals, a good soup is both cost-effective and nourishing for the soul as well as the stomach.

This edition of *300 Sensational Soups* re-introduces all the same expertly written and tested recipes, and to meet the new demand, we've updated the cover to increase curb appeal. The book begins with a variety of stock basics and then moves on to 10 chapters devoted to all types of soup including Split Pea Soup with Pumpernickel Croutons, Beef and Ale Soup, Pumpkin Soup with Ham and Swiss Chard, Yellow Tomato Gazpacho with Cilantro Oil, and an entire chapter devoted to toppings and garnishes. This is the ultimate soup book, your one-stop guide for all things savory, simmering, and sensational.

AUTHOR BIOS

Carla Snyder is a caterer, artisan baker and food writer who has also taught cooking. She lives in Cleveland, Ohio. Meredith Deeds teaches cooking classes and has written extensively about food. She lives in Minneapolis, Minnesota. Carla and Meredith have co-authored three other cookbooks, including the James Beard Award-nominated *The Big Book of Appetizers* and *The Mixer Bible*.

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- Strategic social media campaign across publisher platforms and channels (Website, Facebook, Tiktok, Twitter, Instagram, Newsletters).
- Focus on special online and virtual opportunities for advertising and direct to consumer marketing.