



**COOKING CLASSES**  
AT SUR LA TABLE

**FREEZER FRIENDLY SOUPS**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Proteins

- 1 pound boneless, skinless chicken thighs

## Produce

- 3 large yellow onion
- 4 celery ribs
- 2 large carrots
- 1 small kabocha squash (or butternut squash)
- 1 head garlic
- 3-inch piece fresh ginger
- 1 medium jalapeno
- 1 bunch cilantro
- 2 cups baby spinach
- 1 bunch fresh thyme
- 1 1/2 pounds sweet potato or yam
- 1 large bunch kale, Lacinato or green curly
- 3 ounces shiitake mushrooms
- 6 ounces button mushrooms
- 6 ounces cremini mushrooms

## Dairy/Refrigerated

- 4 ounces unsalted butter
- 4 ounces heavy whipping cream

## Pantry Items and Wine

- Olive oil
- Kosher salt
- Black peppercorns, freshly ground
- 13 cups vegetable or chicken broth
- 4 ounces white wine (whatever you like to drink)
- All-purpose flour

## Dry/Canned Goods/Spices

- 1 TBSP madras curry powder
- 1, 28-ounce can diced tomatoes
- 1, 14-ounce can coconut milk
- 1 bay leaf
- 2, 14-ounce cans white beans such as cannellini or Great Northern
- 1 ounce dried mushrooms, like porcini or shiitake

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- Chef knife
- Cutting board

## Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cup
- Can opener
- Tongs
- Wooden spoons
- Vegetable peeler
- Mixing/prep bowls, various sizes
- Small spatula or fork

## Cookware

- 2 Large Dutch ovens, or large saucepans
- 1 medium Dutch oven, or medium saucepan

## Appliances

- Blender or immersion blender

## Other

- Freezer safe food storage containers

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **All Recipes**

1. Wash and dry all produce

## CHICKEN AND KABOCHA SQUASH STEW

**Yield:** 8 servings

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*2 tablespoons olive oil, divided*  
*1 pound boneless, skinless chicken thighs*  
*Kosher salt and freshly ground black pepper*  
*1 large yellow onion, finely diced*  
*1 celery rib, finely diced*  
*1 large carrot, peeled and finely diced*  
*1 small kabocha squash, peeled, seeded, and diced*  
*1 tablespoon garlic, minced*  
*2 tablespoons ginger, minced*  
*1 medium jalapeño, seeded and finely diced*  
*1 tablespoon madras curry powder*  
*1 bunch cilantro stems minced, leaves set aside for garnish*  
*3 cups chicken broth*  
*1 28-ounce can diced tomatoes with juice*  
*1 14-ounce can coconut milk*  
*2 cups baby spinach, roughly chopped*

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- 1. To prepare the chicken:** To a large Dutch oven set over medium-high heat, add oil. Pat chicken dry with paper towels and season generously with salt and pepper. When oil is shimmering, add the chicken, working in batches if necessary, and cook until well browned. Transfer the chicken to a plate.
- 2. To make the soup:** Add remaining olive oil to pan and add onions, celery, and carrots. Cook while stirring until vegetables are softened, 4 to 6 minutes. To the pan, add the squash, garlic, ginger, jalapenos, curry powder, and cilantro stems, sauté until fragrant for 1 to 2 minutes.
3. To the pan add the chicken broth and diced canned tomatoes, simmer until squash is tender, about 30 minutes.
4. To the cutting board, place the chicken thighs and cut into 1" cubes, add to soup and allow to cook until chicken is cooked through 5 to 10 minutes.
5. Reduce heat to low and add coconut milk and spinach, stir to combine. Allow spinach to cook until wilted, about 2 minutes. Taste and adjust seasoning with salt and pepper.
- 6. To serve:** Taste and adjust seasoning with salt and pepper. Portion soup into serving bowls and garnish with cilantro leaves.

7. **To freeze:** Allow soup to cool and transfer to freezer-safe containers. When ready to serve, allow to defrost bring to a boil and serve with fresh cilantro.

***Recipe variations:***

- To make the soup spicier, increase the amount of jalapenos, or add additional serrano chilis.
- To make this soup weeknight-friendly, substitute 1 whole rotisserie chicken that has been cubed or shredded.
- If kabocha squash cannot be found, substitute with butternut squash.

## KALE AND WHITE BEAN SOUP

**Yield:** 6 servings

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*2 tablespoons olive oil*

*1 large yellow onion, diced*

*1 large carrot, diced*

*1 clove garlic, minced*

*1 tablespoon fresh thyme, minced*

*1 1/2 pounds sweet potato, diced*

*1 bay leaf*

*2, 14-ounce canned white beans, such as cannellini or Great Northern*

*6 cups vegetable or chicken broth*

*4 cups kale, de-stemmed, chopped*

*Kosher salt*

*Freshly ground black pepper*

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1. **To make soup:** To a large saucepan set over medium-high heat, add the oil. When the oil is shimmering, add the onion and carrot and cook, stirring occasionally, until the vegetables are tender, about 6 minutes. Add the garlic and thyme and cook until fragrant, about 1 minute.
2. To the saucepan add the sweet potato, bay leaf, and white beans, stir to incorporate. Add chicken stock and bring to a simmer until sweet potatoes are tender.
3. To the soup, add the kale and stir to incorporate. Allow soup to simmer until kale is wilted, 8 to 10 minutes. Taste and adjust seasoning with salt and pepper.
4. **To serve:** Portion soup into individual soup bowls and enjoy.
5. **To freeze:** Allow soup to cool and transfer to freezer-safe containers. When ready to serve, allow soup to defrost and bring to a boil.

### **Recipe variations:**

- This soup can be made with any canned beans and dark greens. Try substituting garbanzo beans and spinach.
- Spice things up by adding dry spices with the garlic and thyme, try cumin and coriander with black beans and cilantro or turmeric and garam masala with garbanzo beans and spinach.

## MUSHROOM BISQUE

**Yield:** 4 servings

Use a variety of fresh and dried mushrooms for this soup to get the best flavor.

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*1 ounce dried mushrooms, like porcini or shiitake*  
*1 cup boiling water*  
*4 ounces unsalted butter, room temperature, divided*  
*1 large yellow onion, diced*  
*2 cups celery, diced*  
*2 cloves garlic, minced*  
*1 cup shitake mushrooms, sliced*  
*2 cups cremini mushrooms, sliced*  
*2 cups button mushrooms, sliced*  
*4 ounces white wine*  
*1/4 cup all-purpose flour*  
*4 cups chicken stock, or vegetable stock*  
*4 ounces heavy whipping cream*  
*Kosher salt*  
*Freshly ground black pepper*

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1. **To rehydrate mushrooms:** To a small heatproof bowl add the dried mushroom and the boiling water, set aside to steep for 20 minutes
2. **To make soup:** To a medium Dutch oven set over medium-high heat and 3 ounces butter and allow to melt. Once butter has melted and foaming has subsided add the onion and celery, allow to cook while stirring frequently until tender, about 5 minutes. Add the garlic and cook until fragrant, about 1 minute.
3. To the Dutch oven add the shitake, cremini, and button mushrooms, cook until soft, about 5 minutes. Add white wine, stir to combine, and allow to boil until reduced by half, about 5 minutes.
4. To a small bowl add the flour and remaining 1 ounce of butter. Using a silicone spatula, mix to combine and create a paste. Add the paste to Dutch oven and stir to coat vegetables. Slowly add in stock, while stirring, and bring to a boil.
5. Remove dried mushrooms from soaking liquid and transfer to a cutting board. Roughly chop the mushrooms. Add the chopped mushrooms and the soaking liquid to the Dutch oven, being careful to not add any sediment that may be left behind.

6. Reduce the heat to medium-low and simmer until dried soaked mushrooms are tender, about 10 minutes. Add the heavy cream, stir to combine. Taste and adjust seasoning with salt and pepper.

7. **To puree soup:** Using an immersion blender, puree the soup until smooth. Increase the heat and allow soup to come to a simmer. Taste and adjust seasoning with salt and pepper.

8. **To serve:** Portion soup into individual serving bowls and enjoy.

9. **To freeze:** Allow soup to cool and transfer to freezer-safe containers. When ready to serve, allow soup to defrost and bring it to a simmer. Add 2 ounces of heavy cream and whisk to incorporate.

**Recipe variations:**

- This soup can be enhanced with the addition of minced truffles or truffle oil.
- Garnish the soup with minced chives, parmesan cheese, and croutons.