

Recipes from previous Woodstove Cooking Workshops
Schumacher Farm Park
Courtesy of Steve Keip

CREAM OF MUSHROOM SOUP

- 4 Tablespoons Butter
- 10 Ounces Fresh Mushrooms, Sliced
- 1 Medium Onion, Coarsely Chopped
- 3 Tablespoons Flour
- 3 Cups Chicken Stock
- 1 Pint Half & Half
- Salt and Pepper to taste

Sautee Mushrooms in Butter, uncovered, until Mushrooms are tender and starting to brown. Add Onions and continue to cook until Onions are clear, but not browned. Dust the Mushroom mixture with Flour, and stir to coat and create the roux. Cook for a minute, stirring, to cook out the rawness of the Flour.

Add the Chicken Stock and bring to a boil, stir until thickened. Reduce heat and Simmer, covered, for 20 minutes.

Just before serving, add Half & Half, correct seasonings with Salt and Pepper, and reheat, but do not boil.

AVGOLEMONO SOUP

- 4 Cups Chicken Stock
- ¼ cup Orzo, uncooked
- 1 Large Egg
- 2 Egg Yolks
- 1 Lemon, grated for zest and then juiced
- Salt and Pepper

Bring Chicken stock to a boil in a medium stock pot.

In a medium bowl, whisk together the Egg, Egg Yolks, Lemon Zest and Juice until foamy and pale yellow. Set aside.

Add Orzo to Chicken Stock and cook until barely al dente, about 6 minutes. Remove from the heat. SLOWLY add 1/2 cup hot broth to the Egg Mixture in a slow steady stream, whisking constantly.

Pour Egg Mixture back into the stock pot, return to heat and simmer gently, stirring frequently until slightly thickened. DO NOT BOIL!! Remove from heat, taste to correct seasonings. Serve immediately.

STUFFED CABBAGE SOUP

- 2 Tablespoons Oil
- 1.5 Pounds Ground Beef
- 1 Medium Onion, chopped
- 3 Cloves Garlic, minced
- 1 28 ounce can Diced Tomatoes
- 3 Cups V-8 Juice
- 3 Cups Beef Broth
- 1 Cup uncooked Rice
- 1 Medium Head of cabbage, cored and coarsely chopped
- Salt and Pepper

In a large stock pot or Dutch oven, add the oil, and brown the Ground Beef until no pink is left. Add the Onion and Garlic and sautee until the Onion is clear, but not browned. Drain the grease.

Add the Tomatoes, V-8 and Beef Stock and bring to a boil. Taste for Salt and Pepper. Stir in the Rice. Reduce the heat to a simmer and add the Cabbage, stir well. Cook covered for 20 – 30 minutes, stirring occasionally, until the Cabbage is tender and the Rice is fully cooked. Add Salt and Pepper to taste, and more V-8 or Beef Stock if you like it thinner.

KALE, WHITE BEAN AND SAUSAGE SOUP

- 1 Pound Kielbasa , sliced lengthwise and then into ¼” half rounds
- 2 Onions, Coarsely Chopped
- 2 Tablespoons Olive Oil
- 4 Garlic Cloves, finely chopped
- 6 Carrots, halved lengthwise and cut into ¼” coins
- 5 Cups Chicken Broth
- 2 Teaspoons Salt
- ½ Teaspoon Black Pepper
- 1 Bay Leaf
- 1 Teaspoon finely chopped fresh Rosemary
- 2 15 Ounce Cans White Cannellini Beans, rinsed and drained
- 1 Pound Kale, chopped, stems and ribs removed

In a stock pot, sauté the Sausage until the fat has rendered and the meat is starting to brown. Remove Sausage and set aside. Add additional Oil, Onions, Garlic, Carrots and sautee Vegetables until Onions are clear but not browned. Add Chicken Broth, Salt, Pepper, Bay Leaf, and Rosemary. Return Sausage to the pot. Bring to a boil, reduce heat to a simmer. Add additional water if necessary. Simmer on low for 20 minutes. Add drained Beans and bring up to a simmer.

Add chopped Kale, and additional water if necessary to the pot. Simmer uncovered until Kale is just tender, about 10 minutes. Taste to correct seasonings.