

## ***Absolutely Ultimate Potato Soup***

Karena | [allrecipes.com](http://allrecipes.com)

1 pound bacon, chopped  
2 stalks celery, diced  
1 onion, chopped  
3 cloves garlic, minced  
8 potatoes, peeled and cubed  
4 cups chicken stock, or enough to cover potatoes  
3 tablespoons butter  
1/4 cup all-purpose flour  
1 cup heavy cream  
1 teaspoon dried tarragon  
3 teaspoons chopped fresh cilantro  
salt and pepper to taste

In a Dutch oven, cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but 1/4 cup of the bacon grease. Note: if you prefer not to use the bacon grease, please substitute butter or margarine.

In the bacon grease (or butter) remaining in the pan, saute the celery and onion until onion begins to turn clear. Add the garlic, and continue cooking for 1 to 2 minutes. Add the cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Return the bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.

In a separate pan, melt the butter over medium heat. Whisk in the flour. Cook stirring constantly, for 1 to 2 minutes. Whisk in the heavy cream, tarragon and cilantro. Bring the cream mixture to a boil, and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about 1/2 the soup, and return to the pan. Adjust seasonings to taste.

## ***Baby Red Potato Salad***

[www.skinnytaste.com](http://www.skinnytaste.com)

4 cups baby red potatoes, cut in small pieces  
1/2 cup green bell pepper, finely diced  
1/4 cup red onion, finely diced  
3 scallions, diced  
1 tsp dijon mustard  
1 tbsp extra virgin olive oil  
1 tbsp red wine vinegar  
1 tbsp reduced fat mayonnaise  
salt and fresh pepper

Boil potatoes in salted water until soft, approx 10 minutes. Drain and let cool.

While the potatoes are boiling, combine red onion, green pepper, mustard, olive oil, vinegar and mayonnaise and season with salt and pepper. Mix well and let the flavors marinate while the potatoes cook. Once the potatoes are done and cool, mix into the bowl and add scallions and additional salt and pepper to taste. Serve room temperature or refrigerate until ready to serve.

## *Baked Potato Soup*

Gina's Weight Watcher Recipes

Servings: 5 • Size: 1 cup • Points+: 5 pts

2 russet potatoes or 4 to 8 smaller potatoes washed and dried  
1 small head of cauliflower, stem removed cut into florets  
1 1/2 cups fat free chicken broth  
1 1/2 cups 1% reduced-fat milk  
salt and freshly cracked black pepper  
1/2 cup light sour cream  
10 tbsp reduced-fat shredded sharp cheddar cheese  
6 tbsp chopped chives, divided  
3 slices bacon, cooked and crumbled (you  
can use turkey bacon if you prefer)

Pierce potatoes with a fork; microwave on high for 5 minutes turn over and microwave another 3 - 5 minutes, until tender. Or if you prefer to use your oven, bake at 400° for 1 hour or until tender. Cool. Peel potatoes.

Meanwhile, steam cauliflower with water in a large covered pot until tender. Drain and return to pot. On medium heat, add chicken broth, milk, potatoes and bring to a boil. Use an immersion blender to puree until smooth. Add sour cream, half the chives, salt and pepper and cook on low another 5-10 minutes, stirring occasionally.

Remove from heat. Ladle 1 cup soup into each bowl. Top each serving with 2 tbsp cheese, remaining chives, and bacon.

## ***Bell Pepper Soup***

www.theveggietable.com

¼ c olive oil

1 small onion, chopped

4 large bell peppers (any color\*), seeded and diced

1 medium potato, diced

½-1 t salt

1 t red pepper flakes

1½-2 c vegetable stock

Heat the olive oil in the large saucepan. Add the onion and sauté for 3-4 minutes.

Add remaining ingredients except the stock. Cover, reduce heat, and sauté, stirring occasionally, until the peppers are tender, about an hour.

Pour half of the soup into the blender and purée, followed by the other half. Meanwhile, put the stock in the small saucepan and bring to a simmer. Optional: if you want a smoother soup, you can sieve it at this point.

Return the soup to the saucepan, stir in the stock (use more for a thinner soup), taste, and season.

Serve hot or cold, with any of these toppings: crème fraîche, sour cream, plain yogurt, chives, dill, scallions

# *Eggplant Crisps with Skordalia and Oven-Dried Tomatoes*

Chef John Harris | Bon Appétit | September 2003

## *Oven-Dried Tomatoes:*

- 6 plum tomatoes, cored, halved lengthwise, seeded
- 1/4 cup extra-virgin olive oil
- 1 garlic clove, chopped
- 1 teaspoon chopped fresh thyme

## *Skordalia:*

- 1 head of garlic
- 1 tablespoon extra-virgin olive oil
- 1 pound russet potatoes, peeled, cut into 3/4-inch cubes
- 6 tablespoons whipping cream
- 1/4 cup (1/2 stick) butter
- 1 tablespoon sour cream
- 1 cup sliced almonds, toasted, cooled, finely ground
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced

## *Eggplant:*

- 18 1/4-inch-thick round eggplant slices
- 4 cups whole milk
- 6 large egg whites
- 2 cups dry bread crumbs
  
- 4 cups vegetable oil (for frying)
- 3/4 cup thinly sliced fresh basil
- 1 cup oil-cured olives

**For tomatoes:** Preheat oven to 300°F. Line rimmed baking sheet with parchment paper. Mix all ingredients in large bowl. Arrange tomatoes, cut side down, on prepared baking sheet; drizzle any remaining mixture from bowl over tomatoes. Bake 1 hour; turn tomatoes over and bake until slightly dried but still tender, about 1 hour longer. Peel skin off warm tomatoes. (Can be made 2 days ahead. Cool, then cover and refrigerate.)

**For skordalia:** Preheat oven to 350°F. Cut top 1/2 inch off garlic head, exposing cloves. Place garlic in small ovenproof dish; drizzle with 1 tablespoon oil. Cover tightly with foil and bake until cloves are soft, about 50 minutes. Cool. Squeeze garlic head from bottom to release garlic from skins. Cook potatoes in medium saucepan of simmering salted water until tender when pierced with fork, about 12 minutes; drain. Bring cream and butter to simmer in large saucepan. Remove from heat; whisk in sour cream. Add potatoes to cream mixture and mash. Mix roasted garlic, ground almonds, lemon juice, and minced fresh garlic into potatoes. Season with salt and pepper. (Can be made 2 hours ahead. Cover and let stand at room temperature. Rewarm before using.)

**For eggplant:** Soak eggplant slices in milk in large bowl 1 hour. Drain; pat dry. Sprinkle eggplant lightly with salt. Whisk egg whites in medium bowl until frothy. Dredge eggplant in egg whites, then bread crumbs, coating completely; place on baking sheet. (Can be made 2 hours ahead. Cover and refrigerate.) Heat vegetable oil in heavy large skillet over medium-high heat to 350°F. Working in batches, add eggplant slices to skillet and fry until golden, about 2 minutes per side. Using slotted spatula, transfer to paper towels to drain. Sprinkle with salt and pepper.

*For serving:* Place 1 tablespoon skordalia in center of each of 6 plates. Top skordalia with 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon sliced basil, 1 oven-dried tomato half, 1 eggplant slice, 1 tablespoon skordalia, 1 tablespoon basil, 1 oven-dried tomato half, and 1 more eggplant slice. Garnish with olives and serve.

## ***Honey Glazed Roasted Vegetables***

[www.eggplantrecipes.net](http://www.eggplantrecipes.net)

1/4 cup Honey

1/4 cup Olive Oil

3 tablespoons Balsamic Vinegar

1 Garlic Clove, peeled and crushed

Salt, Pepper, and Dried Thyme, to taste

4-6 cups mixed halved Red Potatoes, sliced Zucchini,

thickly sliced Onions, Red Peppers, Carrots, Sweet

Potatoes, sliced Eggplant

Preheat oven to 400 F. Combine honey, olive oil, balsamic vinegar, crushed garlic, salt, pepper, and thyme in small bowl. Mix well. Arrange red potatoes, zucchini, onions, red peppers, carrots, sweet potatoes, and eggplant in roasting pan. Brush honey mixture over vegetables. Bake 30 minutes. Stir occasionally

## ***Poblano, Corn and Potato Gratin***

www.epicurious.com

3 teaspoons olive oil, divided

2 large fresh poblano chiles,\* stemmed, seeded, cut into 2 x

1/4-inch strips

1 1/4 pounds Yukon Gold potatoes, peeled, cut into 1/8-inch-thick rounds

1 cup frozen corn kernels, thawed

1 cup coarsely grated Oaxaca cheese or whole-milk mozzarella cheese, divided

1 1/2 cups half and half

2 tablespoons all purpose flour

3/4 teaspoon salt

1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F. Rub 9 1/2-inch-diameter deep-dish glass pie dish or cast-iron skillet with 2 teaspoons oil. Heat remaining 1 teaspoon oil in large nonstick skillet over medium-high heat. Add poblano strips and sauté until tender, about 5 minutes. Remove from heat. Arrange 1/3 of potato rounds, overlapping slightly, in prepared pie dish. Sprinkle 1/3 of poblano strips over, then 1/3 of corn and 1/3 of cheese. Repeat with 1/3 of potatoes, 1/3 of poblanos, 1/3 of corn, and 1/3 of cheese. Top with remaining potatoes, poblanos, and corn, reserving remaining 1/3 of cheese. Place pie dish on rimmed baking sheet. Whisk half and half, flour, 3/4 teaspoon salt, and 1/2 teaspoon freshly ground black pepper in small bowl. Pour over potato mixture in pie dish; press potatoes to submerge. Cover dish tightly with foil. Bake 30 minutes. Remove foil; sprinkle remaining cheese over gratin. Continue to bake gratin until potatoes are tender and cheese is golden brown, about 25 minutes longer. Let stand 10 minutes before serving.

## *Pot au Feu*

LoserkidGT2 | June 2, 2005 | Epicurious.com

12 medium leeks, trimmed  
12 carrots, peeled and halved crosswise  
12 stalks celery, halved crosswise  
1 large onion, quartered and studded with 4 cloves  
4 pounds boneless rump roast or top or bottom round  
2 pounds beef shanks, about 1 1/2-inches thick  
2 pounds oxtail or beef short ribs  
1 (2-pound) marrow bone, cut into 2-inch pieces  
1 bouquet garni  
1 tablespoon coarse sea salt  
1 teaspoon black peppercorns  
2 bay leaves  
6 small turnips, peeled and quartered  
1 medium rutabaga, peeled and cut into eighths  
1 1/2 pounds small new potatoes  
8 slices French bread, plus additional for passing with marrow bones  
2 cloves garlic, peeled

### Condiments:

Coarse sea salt  
Cornichons  
Pickled onions  
Grated horseradish  
Dijon mustard  
Whole grain mustard

**Preparation**In a large stockpot place 6 leeks, 6 carrot pieces, 6 celery pieces and onion. Tie each piece of meat individually to hold its shape during the long cooking time, and place on top of the vegetables. Add 2 marrowbones to the pot, tucking them between the meat, and the bouquet garni, salt and peppercorns. Add enough water to cover and bring to a boil over high heat. Reduce the heat and simmer partially covered for 3 hours, skimming any foam which forms on the top.

Strain the broth and discard the cooking vegetables. Return the broth and meats to the pot and add the bay leaves, and the remaining marrowbones and vegetables except the potatoes. Bring the broth to a simmer and cook, partially covered, for 1 hour, adding the potatoes after a 1/2 hour.

Remove the meat from the broth and discard the trussing strings. Carefully remove the vegetables from the broth, place them on a large serving platter, and moisten with some broth. Cover and keep warm.

Strain the broth and discard any remaining vegetables. Carve the meat and place on the serving platter with the vegetables.

Cover and keep warm.

Rub the bread with garlic and lightly toast before placing in the bottom of a shallow bowl. Pour equal amounts of broth over the croutons and serve as a first course. Pass the marrowbones at the table and serve with additional toast for spreading the marrow. Serve the meat and vegetables as a main course with desired condiments.

***Radish Top Soup***  
*Jean Pinard*

- 6 tablespoons butter
- 1 cup chopped leeks or onions
- 8 cups loosely packed radish leaves
- 2 cups diced peeled potatoes
- 6 cups liquid (water or chicken stock)
- Salt
- 1/2 cup cream (optional)
- Freshly ground pepper

Melt 4 tablespoons of butter in a large saucepan, add onions or leeks and cook until golden, approx 5 minutes. Stir in radish leaves, cover pan and cook over low heat until wilted, approx 8 to 10 minutes.

Meanwhile, cook potatoes until soft along with 1 teaspoon salt. Combine with radish tops and broth and cook covered for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with remaining butter, salt and pepper.

## *Russian Green Bean and Potato Soup*

Idealnut | [www.allrecipes.com](http://www.allrecipes.com)

This is a hearty Russian vegetable soup with a great flavor. Add seasonal veggies for more variety. Enjoy!"

1 tablespoon vegetable oil  
1 large onion, halved and thinly sliced  
4 red potatoes, cubed  
1/2 pound green beans, cut into 1 inch pieces  
5 cups vegetable, chicken, or beef broth  
2 tablespoons whole-wheat flour  
1/2 cup sour cream  
3/4 cup sauerkraut with juice  
1 tablespoon chopped fresh dill  
Salt and pepper to taste

Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes. Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes. Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes