

Carrboro Farmers' Market

Locally Grown ☞ Nationally Known

September 25, 2004

Cooking Demonstration

with **Sheri Castle** of **Creative Cooking with Sheri Castle**

Sweet Potato Soup

4 medium sweet potatoes (about 2 pounds)
2 tablespoons butter
1 large yellow onion, chopped (about 1 cup)
1 large leek, white part only, chopped (about 1 cup)
2 small celery stalks, diced
1 teaspoon ground cinnamon
1/2 teaspoon freshly ground nutmeg
4 cups low-salt chicken stock
1 1/2 cups whole milk or half-and-half
1/4 cup pure maple syrup, preferably Grade B
1 teaspoon salt
1/4 teaspoon pepper

To garnish: Terra Stix

1. Preheat the oven to 400°.
2. Pierce the potatoes in several places with a fork. Lay them on a foil-lined baking sheet and roast them until they are tender, about 30 minutes. Remove them from the oven and when they are cool enough to handle, remove the peeling. Put the potatoes in a bowl and break them up with a spoon. Set the potatoes aside.
3. Melt the butter in a large pot over medium-high heat.
4. Add the onion, leeks, celery, cinnamon and nutmeg and sauté them until the vegetables are soft, about 5 minutes.
5. Add the sweet potatoes and chicken stock and bring the mixture to a boil. Reduce the heat and let the mixture simmer until the potatoes are warmed through, about 5 minutes.
6. Puree the soup with an immersion blender or in a blender (working in batches).
7. Return the soup to the pot.
8. Stir in the half-and-half and maple syrup.
9. Stir the soup over medium-low heat until it is warm, about 5 minutes.
10. Season the soup with salt and pepper.
11. To serve, ladle the soup into bowls and sprinkle with Terra Stix.

Makes 6 to 8 servings.

Make-ahead note: You can make the soup up to one day ahead. Let it cool uncovered, then cover and refrigerate.

(over)

Chapel Hill ~ Carrboro Farmers' Markets

Locally Grown ☞ Nationally Known

Carrboro Farmers' Market ☞ Saturdays ☞ March 20 – December 19

Carrboro Farmers' Market ☞ Wednesdays ☞ April 14 – October 20

Southern Village Farmers' Market ☞ Thursdays ☞ May 6 – September 30

Roasted Red Pepper Soup

2 tablespoons olive oil	8 large red bell peppers, roasted, peeled and seeded
3 carrots, peeled and chopped	1 teaspoon salt
3 shallots, chopped	1/4 teaspoon cayenne pepper
2 garlic cloves, minced	1/2 cup pear nectar
4 cups chicken broth	Crème fraiche for garnish
1 ripe pear, cored, peeled and chopped	

1. Heat the oil in a large, heavy pot over medium heat.
2. Add the carrots, shallot and garlic and cook the vegetables until they are soft, but not browned.
3. Add the broth, pear and peppers.
4. Bring the soup just to a boil; reduce the heat and let the soup simmer until all of the ingredients are tender, about 10 minutes.
5. Purée the soup in a blender, with an immersion blender, or in a food mill. Strain the soup if you want it to be completely smooth.
6. Season the soup with salt and cayenne.
7. If the soup is too thick, thin it with juice or additional stock.
8. Serve hot or at room temperature, garnished with a dollop of crème fraiche.

Makes 6 to 8 servings.

Roasted Butternut Squash Soup with Marmalade Cream

Makes about 2 quarts, or 6-8 servings

1 large butternut squash (about 3 pounds)	Zest of 1 fresh orange (about 2 teaspoons)
4 cloves fresh garlic, peeled	1 cup fresh orange juice (about 3 oranges)
2 tablespoons extra-virgin olive oil	2 1/4 teaspoons mild curry powder
2 Granny Smith apples, peeled, cored and cut into 8 wedges	1 teaspoon salt
2 large onions, peeled and cut into 1-inch chunks	1/2 teaspoon freshly ground black pepper
2 – 2 1/2 cups chicken broth	1 1/2 cups whole milk

1. Preheat the oven to 400°.
2. Cut the squash in half lengthwise. Scoop out and discard the seeds. Place the halves, cut side up, on a large, lightly greased foil-lined baking sheet. Place the garlic cloves in the squash cavities. Drizzle the squash and garlic with olive oil. Add the apples and onions to the baking sheet.
3. Roast the squash, apples and onions until the squash is tender, about 45 minutes.
4. Remove the baking sheet from the oven and let the squash cool enough to handle. Using a spoon, scrape the flesh from the squash into a large saucepan. Discard the squash shells.
5. Add the roasted apples and onions, chicken broth, zest, juice, curry powder, salt and pepper to the saucepan and stir to mix. Bring just to a boil over medium-high heat. Reduce the heat to low and simmer slowly, uncovered, for 5 minutes. Remove the mixture from the heat.
6. Puree the squash mixture using a blender or immersion blender until smooth. If using a blender, do not fill the jar more than half full so that it won't blow out the top when you turn on the machine; you will need to purée the mixture in batches.
7. For optimal flavor, store the puree, covered and refrigerated, for at least 8 hours and up to 2 days. If you do not have this much time, it is okay, but you might need to add a little more seasoning.
8. Return the puree to the saucepan and stir in the milk.
9. Reheat the soup gently over low heat before serving. Taste the soup and add more salt and pepper, if necessary.
10. Garnish each serving with a 1-ounce spoonful of the Marmalade Cream. Serve immediately.

Marmalade Cream

Makes about 1 cup, enough to garnish one batch of soup

1 cup crème fraiche or sour cream (not non-fat)	1/4 teaspoon freshly grated nutmeg
1/2 teaspoon mild curry powder	2 tablespoons orange marmalade

1. Combine the ingredients in a small bowl, stirring to blend well.
2. For optimal flavor, store the cream, covered and refrigerated, for at least 8 hours and up to 2 days. If you do not have this much time, it is okay, but you might need to add a little more seasoning. Let the cream return to room temperature before serving.