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Warm Up to a Bowl of Soup this Winter

Nothing screams “comfort” quite like a steaming, hearty bowl of soup paired with a crusty loaf on a cold day. Whether you’re entertaining guests or cooking a simple weeknight dinner, these recipes will be a welcome warm up this winter.

Our Mediterranean-inspired Roasted Eggplant Soup is a little out of the ordinary, but is simple to make. Eggplants and Roma tomatoes are roasted in a hot oven to bring out their natural sweetness before being simmered with sautéed onions and garlic, diced tomatoes and roasted red pepper. Basil, thyme and lemon juice are added at the end to add complexity to the soup before being finished off with a dusting of Parmesan cheese.

For a more traditional dish, our Three Onion Soup is a play on the classic French onion soup, using sweet onions, leeks and shallots, though some may argue that the Gruyère cheese toasts are the best part.

ROASTED EGGPLANT SOUP

Ingredients:

- 2 eggplants (about 1 lb each)
- 4 Roma tomatoes, cored and halved lengthwise
- 2 tbsp extra-virgin olive oil
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 2 tbsp grapeseed oil or canola oil
- 3 cups chopped onions
- 4 cloves garlic, finely chopped
- 6 cups no-salt-added vegetable broth or chicken broth
- 1 can (28 oz/796 mL) diced tomatoes
- 1 1/2 cups chopped drained roasted red peppers, patted dry

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2 tbsp chopped fresh basil
2 tbsp chopped fresh thyme
1 tbsp fresh lemon juice
Salt and freshly ground pepper
Freshly grated Parmesan cheese

Method:

1. Preheat oven to 425°F.
2. Prick eggplants all over with a fork. Cut each eggplant in half lengthwise.
3. Brush both sides of eggplant and tomato halves with olive oil. Sprinkle with 1 tsp salt and 1/2 tsp pepper.
4. Place eggplant and tomato halves, cut side down, in a non-stick foil-lined rimmed baking sheet.
5. Bake until eggplant is tender, about 45 minutes.
6. When cool enough to handle, peel eggplant; discard peel. Cut eggplant into 1 inch cubes; set eggplant and roasted tomatoes aside.
7. Heat grapeseed oil in a Dutch oven over medium heat. Add onions and sauté until softened, about 5 minutes.
8. Add garlic and sauté for 1 minute.
9. Add eggplant, roasted tomatoes, broth, diced tomatoes and roasted peppers; stir to combine. Bring to a boil.
10. Reduce heat and simmer, uncovered, stirring occasionally, for 20 - 30 minutes. Remove from heat.
11. Purée mixture in batches in a blender, filling blender no more than half full for each batch.
12. Stir in basil, thyme and lemon juice. Season to taste with additional salt and pepper.
13. Serve topped with Parmesan cheese. Serves 10 as a starter.

THREE ONION SOUP

Ingredients:

1/4 cup salted butter
4 large sweet onions, sliced (about 12 cups)



2 cups sliced leeks (white and tender light green portions only)
2 cups sliced shallots
1 tsp caraway seed
1/4 cup dry sherry
1/4 cup dry white wine
3 sprigs fresh thyme
1 bay leaf
6 cups no-salt-added beef broth
12 toasted baguette slices, 1/2 inch thick
2/3 cup shredded Gruyère cheese
Salt and freshly ground pepper

Method:

1. Melt butter in a Dutch oven over medium-low heat. Add onions, leeks, shallots and caraway seed; cook, stirring occasionally, until onion mixture is golden brown and reduced, about 45 - 50 minutes.
2. Increase heat to medium-high. Add sherry, wine, thyme and bay leaf; cook, stirring, until liquid is reduced by half. Add broth and stir to combine. Bring to a boil.
3. Reduce heat and simmer, uncovered, stirring occasionally, for 20 - 30 minutes.
4. Meanwhile, to prepare cheese toasts, preheat oven to 375°F.
5. Place baguette slices on a parchment paper-lined rimmed baking sheet. Sprinkle cheese over baguette slices.
6. Bake just until cheese is melted.
7. Remove soup from heat. Remove and discard thyme and bay leaf. Season to taste with salt and pepper.
8. Serve topped with cheese toasts. Serves 6 as a starter.