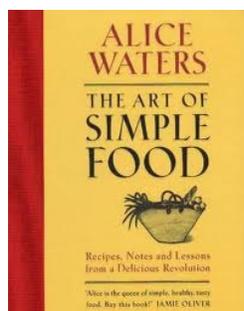




Nick Lee's Pick:

Carrot Soup

I like this soup because it is incredibly simple and easy to make, yet has endless variations. I love it hot or cold and can take it so many different directions by adding spices.



Melt in a heavy-bottomed pot:

4 tablespoons (1/2 stick) butter

Add:

2 Onions, sliced

1 thyme sprig

Cook over medium-low heat until tender, about 10 minutes.

Add:

2 1/4 pounds carrots, peeled and sliced (about 6 cups)

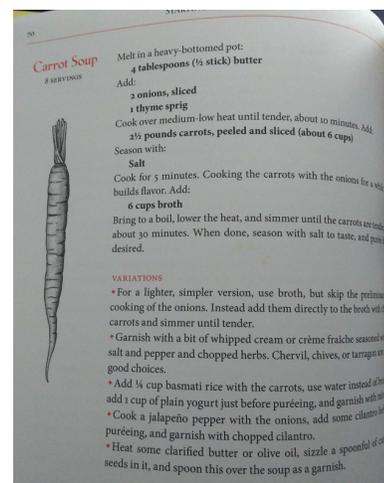
Season with:

Salt

Cook for 5 minutes. Cook the carrots with the onions for a while until it builds flavor. Add:

6 cups Broth

Bring to a boil, lower the heat, and simmer until the carrots are tender, about 30 minutes. When done, season with salt to taste, and puree if desired.





Claire Sullivan's Pick:

Soupe au pistou

There is no soup that says “summer” quite the way this one does. I have vivid memories of my dad making this during the summers when we would visit my grandmother in France. The pistou (pesto), which is made using a whole bunch of extremely fragrant, peak-of-the-season basil is used generously as a condiment. If you can get your hands on a slice of toasted levain, rub it with fresh garlic and dip it into the broth for a glorious texture and flavor combination.

Recipe by David Lebovitz

Makes about 5 quarts (5l) of soup

Try to have all the vegetables diced and sliced about the same size, which makes for a nice presentation. Of course, you can vary the vegetables according to what's available. Feel free to add any other herbs when sauteing the vegetables. If you wish to use canned beans, use 2 cups (300g, drained) or for a real treat, use 2 cups of fresh cooked shelling beans. There are a variety of ways to make this soup. Some people will cook the beans in one large pot with 3 quarts (3l) of water, then just add the vegetables once the beans are tender. I like to cook or “sweat” vegetables, in a saute pan first, which encourages extra flavor out of them.

For the soup

- 2 quarts stock
- 1 cup (200g) dried beans
- 2 bay leaves
- 3 tablespoons olive oil
- 2 medium onions, peeled and diced, or 3 leeks, cleaned and sliced
- 2 teaspoons chopped fresh thyme
- 2 medium carrots (6 ounces, 170g) carrots, peeled and diced
- 2 medium zucchini (1 pound, 450g) diced
- 8 ounces (260g) green beans, tips removed and cut crosswise into quarters
- 6 cloves of garlic peeled and minced or thinly sliced
- 1 tablespoon sea salt and freshly ground pepper, to taste
- 1 cup (250g) fresh or frozen peas
- 1 cup (100g) dried pasta; any small variety will do such as orzo, vermicelli, elbows, or shells
- For the pistou
- 1 large clove of garlic, peeled
- pinch of salt
- 2 cups (40g) gently packed fresh basil leaves
- 1/4 cup (60ml) olive oil
- 1 small tomato; peeled, seeded, and diced
- 1 1/2 ounces (45g) Parmesan cheese, grated



Directions on next page

Staff Picks of Favorite Summer and Spring Soup Recipes



1. Rinse and sort the beans. Soak the beans overnight covered in cold water.
2. The next day, drain the beans and put them in a large saucepan with the bay leaves and enough water to cover the beans with about 1 1/2 quarts (1.5l) of water.
Cook the beans for about an hour, or until tender, adding more water if necessary to keep them immersed. Once cooked, remove the beans from the heat and set aside.
3. In a Dutch oven or large stockpot, heat the olive oil.
4. Add the onions or leeks and cook, stirring occasionally, until soft and translucent.
5. Add the thyme, diced carrots, zucchini, green beans, garlic, and salt. Season with pepper, and cook, stirring occasionally, until the vegetables are completely cooked. Add the cooked beans and their liquid, then the peas and pasta, plus 2 quarts stock. Bring the soup to a boil, and simmer a few minutes until the pasta is cooked.
6. While the soup is cooking, make the pistou.
7. Pound the garlic to a paste in a mortar and pestle (or use a food processor) with a generous pinch of salt.
8. Coarsely chop the basil leaves and pound them into the garlic until the mixture is relatively smooth.
9. Drizzle in the olive oil slowly, while pounding, then pound in the tomato and cheese. Taste, and season with more salt if desired.

To serve: Ladle hot soup into bowls and add a generous spoonful of pistou to the center and swirl gently. Keep extra pistou within reach because you'll likely want to add more to the soup as you go.

References: Lebovitz, D. (2016). *Soupe au pistou*. Retrieved from <https://www.davidlebovitz.com/soupe-au-pistou-french-vegetable-soup-recipe/>



Raquel Vigil's Pick:

White Bean Soup with Parmesan Rind and Kale

I live in the Richmond district of San Francisco where it is cold most spring and summer nights. I love making this soup when days are hot and the fog rolls in and the nights turn cold. I usually serve this recipe with homemade crotons to use stale bread.



(photo from NYT cooking)

Adapted from the New York Times

Ingredients

- 4 tablespoons extra-virgin olive oil
- 6 cloves of garlic, peeled and roughly chopped
- ¼ onion finely chopped
- 10 ounces Parmesan rinds, enclosed in cheesecloth or muslin
- ½ teaspoon red-pepper flakes
- 2 cups roughly chopped kale
- Kosher salt
- 1 (15-ounce) can white beans (such as Great Northern or cannellini) or chickpeas, drained and rinsed
- 4-5 cups broth
- Freshly grated Parmesan, for serving
- Parsley, for serving
- Lemon juice, for serving

Step 1:

To make the parmesan broth: In a large pot, heat 2 tablespoons olive oil over medium-high. Add half garlic and onions, and cook until golden brown, 2 to 3 minutes. Add the Parmesan rinds, 4 cups water and bring to a boil. Reduce heat to a simmer and cook, uncovered, until the broth tastes full and rich.

Step 2:

To make the soup: In a large pot, heat the remaining 2 tablespoons olive oil over medium-low. Add remaining garlic and onions and the red-pepper flakes and cook, just until fragrant, 2 to 3 minutes. Add parmesan broth

Step 3:

Increase the heat to medium, add beans and the greens and salt to taste. Cook, stirring, until the greens are wilted, 1 to 2 minutes. Add more broth if you need it. Cook until greens are tender. Salt to taste.

Step 4:

Serve with grated parmesan cheese, chopped parsley and a squeeze of lemon juice.