

SoupFest
for
The United Way

Recipe
Collection

first edition



Introduction and History of SoupFest

SoupFest is an annual fundraiser put on by the Peterborough Social Planning Council (PSPC) in collaboration with Community Care Peterborough, Community Opportunity and Innovation Network (COIN), and the Trent Center for Community Based Education (TCCBE). The event raises funds for the United Way of Peterborough and District. Between fifteen and twenty local restaurants take place and donate soup, breads, and desserts to be served for lunch at the event. It is an all you can eat event, with all proceeds going to the United Way.

SoupFest had humble beginnings in 1995 as a partnership between PSPC and COIN as a means of raising funds for the United Way of Peterborough & District. In its first year, staff of the two organizations made soup in their own kitchens and sold tickets to other staff members and community partners. The PSPC boardroom was the venue over lunch hour. It was a huge success and SoupFest was launched.

Over the past eleven years, SoupFest has grown to include donations from approximately twenty local restaurants from everything from soup to bread. In 2007, SoupFest raised \$1,014 for the United Way.

This recipe collection showcases a variety of soup recipes from different community restaurants that have been involved with SoupFest.

Special thanks to:

BE Catering

The Black Horse Pub

Brio Gusto

The Holiday Inn

Kenner Collegiate

The Natural Blends Cafe

The Olde Stone

The Ritz Market Deli

TASS

World 2 Go Foods

Table of Contents

Welcome	5	The Olde Stone	
		Mom's Tomato Soup	24
Buying Locally and Organically in Peterborough	6	The Ritz Market Deli	
Making Stock	8	Butternut Squash & Apple Soup	26
Vegan and Vegetarian Substitutions	11	TASS	
		Chicken Tortellini Soup	28
BE Catering		World 2 Go Foods	
Butternut Squash & Sweet Potato Soup	12	Potato & Leek Soup	30
The Black Horse Pub			
Curried Yam Bisque	14		
Brio Gusto			
Roasted Pear & Fennel Soup	16		
Holiday Inn			
Sweet Potato & Soup Apple Soup	18		
Kenner Collegiate			
Beef Barley Soup	20		
Natural Blends Cafe			
Cafe Carrot Soup	22		

Welcome to the SoupFest Recipe Collection

The United Way of Peterborough and District sponsors a variety of food programs within the Peterborough community, including Kawartha Food Share, Community Care Peterborough, and Food for Kids. These organizations work to ensure that everyone has access to satisfying, nutritious foods.

SoupFest for the United Way is a community event that emphasizes the importance of food within the community of Peterborough. Sharing food with each other is a valuable social custom that celebrates our connection to the people we care about, our community, and the land around us. Preparing food with care from basic ingredients is flavourful and rewarding. Taking the time to savour and enjoy food that has been carefully and uniquely prepared is important in our busy world. Cooking food from scratch using local ingredients when available, supports farmers and affirms our connection to the land and its harvest.

Enjoy these soups with those that you care about with the knowledge that you are supporting projects that make food accessible to everyone.

Thank you and Enjoy!

Buying Locally and Organically in Peterborough

Saturday Morning Farmer's Market

Peterborough's Saturday Morning Farmers' Market has been a tradition in the city since 1825. The market is located at the corner of Lansdowne Street and George Street in the Memorial Centre's parking lot. It runs from 7am to 1pm all year round but moves inside the Morrow Building during the winter months. The market provides a wonderful opportunity to interact with local farmers and food producers. Just chat with the farmers to make sure the food you are buying is indeed local and organic. The market has a wide range of food available from fruits to vegetables to herbs to meats to breads to eggs and more! Many products that are sold here are difficult to find anywhere else.

Wednesday Morning Farmer's Market

Peterborough's Wednesday Morning Farmers' Market is located on Charlotte Street between George Street and Water Street during the summer months and in Peterborough Square from October to December. The market is open from 9am to 2pm. It is small and unique, selling exclusively local products, much of which is organic. Products range from fruits and vegetables to meats and handicrafts. This market is a great way to buy local!

Kawartha Choice

Kawartha Choice is a regional initiative focused on promoting products grown and produced in the Kawartha region through labelling these products with the 'Kawartha Choice' label. The label identifies local products for consumers, creating awareness for local foods and making it easier for people to support local farmers. The 'Kawartha Choice' logo is an assurance of quality and integrity of locally grown products. The Kawartha Choice website, www.kawarthachoice.com, offers maps and listings of food retailers offering local products, farmer's markets and farm gate sales to make farm-fresh foods accessible. Look for the Kawartha Choice logo and label when shopping to support the local food industry.

Ontario Natural Food Co-op (ONFC)

The ONFC is a member-owned and directed wholesaler providing high quality natural and organic foods, household items, and personal care products at affordable prices. ONFC contributes toward the development of a sustainable food system by supporting organic farmers and community-based co-ops. ONFC has delivery routes throughout Ontario and Western Quebec. To become a member go to www.onfc.ca or call 905-507-2021. Food co-ops provide alternatives to supermarket shopping as they give the consumer more control over the quality, source, and cost of their food.

Jo-Anne's Place Health Foods

Jo-Anne's Place was established in 1976 and is located at 940 Water Street in Peterborough. It carries a wide range of natural and organic food products as well as beauty products and health supplements. It is open Monday to Thursday from 9am to 5:30pm, Fridays 9am to 7pm and Saturdays 9am to 5:30pm

The Main Ingredient

The Main Ingredient has two locations in Peterborough: 326 Charlotte Street and 400 Lansdowne Street. It is a bulk food store that carries many organic and natural products. It also carries regional milk, eggs, cheese and yogurt as well as fair trade coffee, chocolate and sugar.

YWCA Just Food Box

Just Food is a YWCA initiative that makes food boxes available to workplaces and neighbourhoods for a reduced cost. The food is sourced locally whenever possible with a purpose to provide the community with affordable nutritious food. The food box offers a bulk supplier price that saves the consumer 25% of grocery prices and the boxes eliminate trips to different grocery stores. The boxes consist of a variety of items. There are two different types and sizes of Just Food boxes: standard boxes with vegetables and staples such as bread and margarine, and fresh produce boxes of only fruit, vegetables, and herbs. Boxes cost between \$11 and \$20 per month, depending on size and content. Boxes are delivered to a central location for convenient pickup. For more information contact the YWCA of Peterborough: www.ywcapeterborough.org/whatwedo.htm.

Making stock

Making stock, or broth, is simple and inexpensive. Many soup recipes call for broth or stock, and the easiest way to do this is to make stock at home from vegetable scraps. Stock can be created from veggie peels and scraps left over from creating meals. Consider keeping a stock container in your fridge or freezer to store vegetable ends in. In making stock, almost any unwanted part of the vegetable can be used provided that it is washed and is relatively fresh. Consider cleaning out your fridge of any veggies that have been picked over or which are about to go bad. Some excellent ingredients to use are:

- “cut off” ends of veggies, such as carrot tops recipe.
- peels and skins including: squash, beet, potato, sweet potato, onion, and garlic skins
- celery leaves/hearts
- leeks, onions, or garlic
- peppercorns, bay leaves, or mustard seeds if it suits your recipe
- empty corn cobs
- fruit such as apples or pears

Never include broccoli, cauliflower, or cabbage as they impart a bitter flavour. Use tomatoes cautiously and only if a strong tomato flavour is desired.

Method:

For a more bold and flavourful stock, the ingredients can first be sauteed in a little bit of oil before the water is added. Your stock pot should consist of about one half vegetable parts and one half water. Whenever possible, use the water from steaming vegetables or boiling potatoes to make stock. You may add herbs and spices from the soup recipe or any that would compliment the flavour of the soup, but in general do not season the stock too much. Boil the stock for half an hour to an hour, then strain the stock so that just the liquid remains. Compost the vegetable remains. Add liquid stock to any recipe calling for broth or stock in the quantity indicated by the recipe. Store any leftovers in the fridge or freezer for another soup or for other recipes.

Stock made at home is nutritious, rich in flavour and more wholesome than commercially prepared broth which is often high in salt and fat.

To make chicken or beef broth, simply add chicken carcass or beef bones to the vegetables. Follow the same directions.

Vegetarian and Vegan Substitutions

In general, vegetarians will not eat meat or fish, or any meat or fish ingredient or derivative. In general, vegans will not eat any animal product including meat or fish in any form, in addition to not eating eggs or dairy and sometimes honey.

Almost any soup can be made vegetarian or vegan simply by omitting or replacing animal ingredients with other ingredients.

If you or someone that you cook for is vegetarian or vegan, here are some options to consider for substitutions:

- 1- chicken/beef broth: use vegetable broth
- 2- milk: soy milk, rice milk, almond milk, etc
- 3- cheese: soy cheese; ground cashews instead of parmesan/
grated cheese
- 4- mushrooms can sometimes be substituted for chunks of
meat; mushrooms have a rich flavour and a substantial texture
- 5- butter: margarine (without dairy ingredients) or oil
- 6- honey: maple syrup
- 7- tofu, nuts, and beans are vegetarian/vegan protein sources

Health food stores carry special vegetarian and vegan products as do most large grocery stores. Some stores carry soy-based imitation meat products which can be used to replicate a traditional recipe with meat in it.

BE Catering

BE Catering is located at 188 Hunter Street in Peterborough. They are a catering company that strive to make every event a success, big or small. They buy locally and organically whenever possible and make everything themselves, including pastries, breads, and hors d'oeuvres.

Photo of soup:

Butternut Squash and Sweet Potato Soup

¼ cup butter
3 cups peeled and diced butternut squash
2 cups peeled and diced sweet potato
1 cup chopped leeks
1 cup chopped carrots
3 cups chicken or vegetable stock
1 cup apple juice
1 tsp sea salt
1/8 tsp white pepper

- 1) melt butter in a large pot over medium heat and add the leeks
- 2) when the leeks become soft (not brown), add the rest of vegetables
- 3) cook for 5 minutes stirring a couple of times
- 4) add the apple juice and then the stock
- 5) let cook until the vegetables are soft
- 6) puree the soup and season with salt and pepper

Serves:

Nutrition Info:

The Black Horse Pub

The Black Horse Pub is located at 452 George Street in Peterborough. It is both a pub and a casual fine dining restaurant. It features outstanding local live music, great food and good friends.

Photo of soup:

Curried Yam Bisque

This is a very easy recipe requiring very little preparation and cooking time. Remember, less is more!

4 sweet potatoes
3 carrots
1 tbsp curry paste
2 cloves garlic, minced
4 cups of water
salt, pepper, and honey to taste

- 1) chop the carrots into rounds
- 2) saute the carrots in the bottom of the pot with the minced garlic and curry paste until the carrots are soft and garlic is browned
- 3) cube the sweet potatoes and add to the pot, stir occasionally for a couple of minutes, then add the water
- 4) cook until the sweet potatoes are soft
- 5) puree the soup
- 6) season with salt and pepper
- 7) drizzle with honey

Serves:

Nutrition info:

Brio Gusto

Brio Gusto is located at 182 Charlotte Street in Peterborough. Brio is Italian for 'full of life' and 'Gusto' is Italian for 'enthusiastic enjoyment'. Brio Gusto's menu provides a variety of worldwide inspired foods.

Photo of soup:

Roasted Pear & Fennel Soup

2 bulbs of fennel
8 pears
1 large onion
2 carrots
1/3 bunch celery
8 cups stock (approximately)
3-4 Bay leaves
2 tsp. dried oregano
1 tsp. dried basil
1 tsp. dried thyme
salt and pepper to taste

- 1) peel, quarter and seed pears
- 2) coarsely chop fennel (same size as chopped pears)
- 3) put pears and fennel in roasting pan and place in oven at 375°f until cooked
- 4) chop onions, carrots and celery and simmer in soup pot
- 5) season with basil, thyme, and oregano
- 6) add roasted pears and fennel into the soup pot along with bay leaves and cover twice over with stock
- 7) simmer until vegetables are soft
- 8) puree soup
- 9) season with salt and pepper
- 10) pour a bowl and garnish with sprigs of fennel

tip: cut all vegetables uniformly to allow for even cooking

Serves:

Nutrition Info:

Holiday Inn

The Holiday Inn Peterborough Waterfront is located at 150 George Street.

Photo of soup:

Sweet Potato & Sour Apple Soup

6 sweet potatoes
6 sour apples (granny smith or other tart variety of apple)
1 medium carrot
2 celery stalks
2 tbsp oil
½ onion
½ cup butter
½ cup flour
salt and pepper
½ cup chopped chives for garnish

1)

cut celery, carrots, and onion into small pieces
2) saute in oil until carrots are soft
3) peel and chop apples and potatoes and add to the other vegetables
4) cover everything with water and boil until the potatoes are soft
5) make roux (melt butter in a saucepan on medium heat, add flour, cook and stir frequently for 5 minutes until thick)
6) puree soup, mix in roux
7) season with salt and pepper
8) garnish with chives and creme fraiche (see below)

Creme Fraiche

1 cup 35% cream
½ lemon juiced

1) mix together
2) let stand on counter until thick

Serves:

Nutrition Info:

Kenner Collegiate Vocational Institute

Kenner Collegiate is a local vocational institute and intermediate school located at 633 Monaghan Road South in Peterborough. The students of the school's hospitality and culinary arts department have a student-run restaurant and catering service called CayKee's that serves a variety of appetizers, salads, mains, desserts, and beverages.

Photo of soup:

Beef Barley Soup

4 cups beef broth
1 cup pearl barley, boiled separately until soft and rinsed
1 cup carrots, diced
1 cup celery, diced
2 cups onion, diced
1-2 lbs raw beef, diced (better beef makes better soup)
3 tbsp olive oil
½ cup red wine
salt and pepper to taste
1 tbsp dried oregano

- 1) put oil in stockpot and saute beef and carrots together until beef is browned
- 2) add the rest of the vegetables and saute until onions are translucent
- 3) add oregano
- 4) when pot contents are hot and sizzling, add red wine
- 5) add beef broth and bring to a boil
- 6) turn down heat and simmer on low for 20min
- 7) add salt and pepper

Serves: 10

Nutrition info:

Natural Blends Cafe

Natural Blends Cafe is located in the Peterborough Public Library. It is a joint venture between the Community Opportunity and Innovation Network, Peterborough and District Association for Community Living, and the Peterborough Public Library. It provides on the site training for people with developmental needs.

Photo of Soup:

Cafe Carrot Soup

2 ½ cups carrots, peeled and sliced
¼ cup butter
1 medium onion, chopped
2 cloves garlic, minced
¼ cups long grain or basmati rice
5 cups water
2 chicken bouillon cubes or equivalent
salt to taste

1
) in a medium saucepan melt butter on low & sauté onions and garlic until tender
2) add the water, rice, carrots, and chicken bouillon
3) bring the mixture to a boil, cover and simmer on med-low heat for 25 minutes
4) puree soup
5) season with salt

S
erves 4

This soup freezes well.

Nutrition Info:

The Olde Stone Brewing Company

The Olde Stone is located at 380 George Street in Peterborough. The restaurant menu is built around serving the freshest products available. The brewing company is dedicated to brewing beer the old-fashioned way, using only natural ingredients, no preservatives and no additives.

Photo of soup:

Mom's Tomato Soup

½ cup butter
2 medium onions, diced
2 cloves garlic, minced
3 cans (796ml) pureed tomatoes
½ can (796ml) diced tomatoes
5 ½ cups tomato juice
¾ cup white wine
4 tsp basil
4 tsp onion powder
4 tsp garlic powder
2 tsp pepper
2 ½ tbsp white sugar
2 ½ oz vegetable stock
1/3 cup lemon juice
1 cup sour cream
1 ½ cups shredded cheddar cheese

- 1) melt butter in a large soup pot, add onions and garlic, and cook over medium heat until the onions are transparent and just starting to brown
- 2) deglaze the stockpot with white wine and lemon juice
- 3) add tomato juice, pureed tomatoes and diced tomatoes
- 4) mix in remaining ingredients, except cheese and sour cream, and bring to a simmer
- 5) pour into soup bowls, sprinkle with cheese and drizzle with sour cream

Serves 10

hint: put sour cream into a small-tipped bottle to drizzle fine lines over the soup

Nutrition info:

The Ritz Market Deli

The Ritz Market Deli is located at 195 Simcoe Street in Peterborough. The Ritz Market Deli would like you to know that all of their meat, salads, and sandwiches are prepared on premises and made fresh to order. Using local ingredients they prepare the quality products that you would expect to come from an old world delicatessen.

Photo of soup:

Butternut Squash & Apple Soup

1 butternut squash, peeled and diced
2 apples, cored, peeled and diced
½ red onion, diced
3 tbsp butter
pinch nutmeg
1 tbsp fresh thyme or 2 tsp dried
8 cups vegetable or chicken stock
salt and pepper to taste

1

- 1) melt butter and saute squash, apples, and onion until onion is soft
- 2) add thyme, nutmeg, salt and pepper, and continue cooking another 5 minutes
- 3) add stock and simmer on low heat until squash is soft
- 4) puree soup until smooth
- 5) season with salt and pepper

Serves:

Nutrition info:

Thomas A. Stewart Secondary School

Thomas A. Stewart Secondary School is a local high school located at 1009 Armour Road in Peterborough. Within this high school there is a student-run restaurant serving staff called the Magic Kitchen. All food is made by students in the hospitality classes. Food varies from hot, freshly baked pizza, to chicken enchiladas.

Photo of soup:

Chicken Tortellini Soup

10 cups chicken broth
1 carrot, julienned (cut into long thin strips)
1 onion, minced
½ zucchini, diced
2 cloves garlic, minced
1 tbsp parsley flakes
2 tbsp thyme
2 tsp poultry seasoning (or sage)
2 bay leaves
1 tsp salt
1 tsp pepper
2 cups cheese tortellini
2 cups cooked diced chicken

- 1) Combine broth and water (if using powdered broth)
- 2) Cut and add carrots, onion, garlic & spices
- 3) Reduce heat and simmer for 20 minutes
- 4) Add chicken and tortellini, simmer for another 10 - 15 minutes
- 5) Add zucchini
- 6) Reduce heat and cook until zucchini is tender-crisp
- 7) Taste and adjust seasonings as necessary
- 8) Remove bay leaves just before serving

Serves 12

Nutrition info:

World 2 Go Foods

World 2 Go Foods is a joint venture between Community Living Peterborough, Trent Valley Literacy Association and the Community and Opportunity Innovation Network. It employs persons who are developmentally challenged. World 2 Go Foods specializes in catering lunches, and makes a wide range of gourmet sandwiches and desserts.

Photo of soup:

Potato & Leek Soup

6 medium white potatoes, peeled & cut into cubes
3 cups chicken broth
2 leeks, chopped
1 tbsp margarine or butter
1 ½ cups half-&-half cream
salt to taste

- 1) in a medium sized soup pot combine potatoes and broth
- 2) simmer about 20 minutes over medium heat until potatoes are tender
- 3) while potatoes are cooking, in a separate frying pan melt margarine and sauté leeks until tender, approximately 10 minutes
- 4) add the leeks and cream to the potatoes and stir well
- 5) for a slightly smoother consistency and to thicken you can use a potato masher at this point.

Serves 4

Nutrition Info:

Almost A Full Moon

- Hawksley Workman -

let's make some soup 'cause the weather is turning cold
let's stir it together till we are both grey and old
let's stir it together till it tells us stories of its own
let's make some soup 'cause the weather is turning cold

pumpkin and parsnip, carrots and turkey bones
bay leaf and pepper, potato and garlic cloves
you stir a moment while I put more wood in the stove
let's make some soup 'cause the weather is turning cold

the moon's almost full and the candles are burning low
it's almost midnight and you wouldn't even know
the light gets reflected on freshly fallen snow
let's make some soup 'cause the weather is turning cold

we'll make enough to feed everyone we know
we'll make enough to feed everyone we know
no one is different and everyone's alone
let's make some soup 'cause the weather is turning cold

let's make some soup because everyone feels the cold
let's make some soup 'cause the weather is turning cold