

.....  
**CURRY CORN CHOWDER**

- 2 tablespoons butter
- 1 onion, diced
- 2 ribs celery, diced
- 2 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 12 oz / 335 g mushrooms, diced
- 1 red, yellow, or green pepper, diced
- 4 cups chicken stock, or the equivalent of water and bouillon, or any other kind of stock — even water will work fine (but maybe increase the amount of seasonings)
- 2 potatoes, peeled, diced
- 1 tablespoon dried oregano
- 1 teaspoon dried thyme
- 1 to 2 x 11 oz / 310 g cans of whole kernel corn, undrained
- 1 tablespoon curry powder (I like Madras)
- 1 to 2 cups milk
- salt, to taste
- pepper, to taste

Melt the butter in a heavy-bottomed pot. Cook the onion and celery till softened, then add the garlic and red pepper, and cook with stirring for a minute or two. Add the mushrooms and peppers, then put a lid on the pot and let it cook for about 5 minutes — the mushrooms will exude a lot of juice, which you want to retain. Add the potatoes, oregano, thyme, and stock. Put a lid on the pot and simmer till the potatoes are tender. Add roux\* and cook, with stirring, till the soup boils and thickens.

Add the undrained corn and curry powder, and add as much milk as you'd like, up to 2 cups. Do not boil the soup again after you've added the milk. Season to taste with salt and pepper.

\* ROUX, for thickening

- 2 tablespoons butter
- 2 tablespoons flour

If you prefer the soup be a bit thicker, before adding the milk and final seasonings, do the following: in a saucepan, melt 2 tablespoons of butter and add the flour. Cook with constant stirring (use a whisk and be sure to get into the corners) till the flour starts to brown a bit and the mixture starts to smell nutty. Turn off the heat and add a few ladlefuls of soup liquid to the saucepan, whisking to incorporate the flour/butter roux into the liquid. When there are no floury lumps, transfer the contents of the saucepan into the soup pot, and stir to incorporate fully.

Makes 6 to 12 servings.

## **GAZPACHO**

- 1 red onion, chopped
- 2 red or green bell peppers (or one of each), chopped
- 1½ English cucumbers, chopped
- 8 cups canned peeled, chopped tomatoes in juice
- ½ head garlic, peeled and chopped
- juice of 1 fresh lime
- 1 x 6 oz / 179 g can tomato paste
- 3 tablespoons red wine vinegar
- ¾ cup extra virgin olive oil
- 3 to 5 cups water, as needed
- 1 tablespoon kosher salt
- ½ teaspoon cayenne pepper
- 3 sprigs fresh thyme

This recipe requires no cooking, but it does require an overnight "melding time" and some freezing time, so prepare it at least a day before you'll want it, or more.

First Day: In a large bowl, combine the red onion, bell peppers, cucumbers, canned tomatoes with juice, garlic, and lime juice and stir together. Add the tomato paste, red wine vinegar and the olive oil, and mix, making sure to dissolve the tomato paste. Add water to adjust the texture, then season with salt and cayenne pepper, adjusting to your preference. Add the sprigs of fresh thyme, making sure they are buried well within the soup. Cover the bowl tightly (or use a lidded bowl) and refrigerate overnight (at least 8 hours; more would be better).

The next day, remove the sprigs of thyme, then blend the soup in a food processor or blender till fairly smooth. Place half the soup in a covered container and keep chilled till ready to serve.

Makes about 4 quarts (1 gallon) / 4 liters, and can serve 16 as an appetizer or 6 to 8 as a main course. It's also very refreshing poured into cups, served instead of cocktails on a very hot summer's night.

.....

## **PAPAYA DESSERT SOUP**

- 1 ½ cups simple syrup (1 cup water + 1 cup sugar, heated together then cooled)
- 2 lemons, zested, juiced, strained
- 3 limes, zested, juiced, strained
- 3 Hawaiian papayas OR 1 Mexican papaya, peeled, seeded, and small diced
- 3 tablespoons thinly sliced candied ginger
- 2 tablespoons chiffonade fresh mint leaves
- 4 kiwi fruit, peeled and diced
- 2 cups berries, whole or diced (depending on their size)

Pour the simple syrup into a bowl containing the lemon and lime juice. Add the papaya, candied ginger, and mint. In a separate bowl toss raspberries and blackberries.

Place papaya mixture into each serving bowl. In the center place a spoonful of mixed berries and garnish with lemon zest.

## **NOODLE BOWL**

### **ingredients:**

- quick-cook instant noodles (instant ramen is fine)
- thai tam yam paste (we like "por kwan" brand) or seasoning envelope from the ramen packet
- vegetables like sprouts (bean sprouts and pea sprouts are good), water spinach, etc.
- any leftover meat or seafood, sliced or chopped, if you have it (i also like firm tofu, cubed or sliced)
- dumplings, cooked

### **you'll also need:**

- bowl or pot with a lid

### **method:**

Boil water. Place the noodles in a bowl or pot and pour boiling water over. Cover with a lid (a suitably sized plate makes a good lid for most bowls) and leave for 2 minutes. Add a spoonful of tam yam paste to taste (it's spicy) or add the seasoning packet from the ramen. Cover again and allow to "steep" for another minute. Mix to distribute the seasoning, and then add vegetables and meat and dumplings on top. If you wish, you can cover again and allow to heat up the additions for a minute before serving.