

Shopping List

Produce

Onion

Rutabaga

Celery

Carrots

Sunchokes (Jerusalem Artichokes)

Turnips (with greens)

Parsnips

Garlic

Chives

Italian Parsley

Lemon

Bulk

Sea salt

Grocery

Chicken Stock

Meat

Pancetta or unsmoked bacon



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www.communityfoodcoop.wordpress.com
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Root Vegetable Soup



Community
FOOD CO OP

Root Vegetable Soup

INGREDIENTS

4 oz Pancetta or unsmoked bacon, diced into 1/4" pieces

1 1/4 c onion, diced 1/4"

2/3 c rutabaga, peeled and diced 1/4"

1/2 c celery, diced 1/4"

1/3 c carrots, peeled and diced 1/4"

3/4 c sunchokes (Jerusalem Artichoke), peeled and diced 1/4"

3/4 c turnips, peeled and diced 1/4"

1/2 c parsnip, peeled and diced 1/4"

2 large cloves of garlic, thinly sliced (a mandolin works great for this task)

3 c chicken stock

1/2 pepper

1 t sea salt

~ 2 c Turnip or Collard greens, sliced into chiffonade (thin strips)

Juice from one lemon

GARNISH

~1/8 c Italian parsley, minced

~1/8 c chives, very thinly sliced

~1/8 c celery leaves, minced

INSTRUCTIONS

1. Heat a large enameled cast-iron pot or other soup pot over medium heat.
2. Add the pancetta, stir, and cook until the pancetta is golden brown, about 8 to 10 minutes.
3. Add the onions, rutabaga, celery, and carrots and cook until the vegetables start to soften and the onions become translucent, about 6 minutes, stirring now and then.
4. Add the sunchokes, turnips, and parsnips and cook for an additional 8 minutes, stirring a few times.
5. Stir in the garlic and cook just until fragrant, about 1 minute.
6. Stir in the chicken stock, pepper, and salt. Bring the mixture to a boil, then cut the heat down to low, cover, and simmer for 5 minutes. The vegetables should be just tender.
7. Remove the pot from the heat, and stir in the turnip greens and about 1 T lemon juice. Taste and season as needed with additional salt and lemon juice.
8. Ladle into bowls and garnish with the parsley, chives, and celery leaves.

Tips from the Top Chef:

Don't be tempted to mince the garlic here. It should be sliced. If you mince it, the small pieces will cook faster and develop a bitter taste. The slices also contribute to the texture of the soup.

If you want to make the soup ahead, prepare it up to the point of simmering the vegetables in the seasoned stock. Cool it down, and refrigerate it for up to 2 days. Then reheat the soup and add the greens and lemon juice just before serving and garnishing.

If you don't have the root vegetables listed, then you can substitute with what you do have. The most important thing is to dice all the vegetables the same size so they cook quickly and evenly before the liquid is added. The vegetables retain better shape and flavor this way.



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Serves 4