



RECIPE BOOK

2023



WELCOME!

We extend a warm and hearty welcome to you as we come together once again for the latest edition of our beloved Soup Bowls. In light of the ever-changing world, we are overjoyed to have you join us on this culinary journey, just as you have done in years past.

This year, we are excited to showcase an array of exceptional recipes from renowned restaurants, coupled with the exquisite handcrafted pottery from the talented artisans of the Penticton and Summerland Potters Guilds.

Within the pages of this recipe book, you will find a treasure trove of delectable soup recipes from both evenings of Soup Bowls. We hope that these recipes will not only tantalize your taste buds but also provide you with the opportunity to recreate your favorites in the comfort of your own kitchen, ensuring that the spirit of Soup Bowls lives on throughout the year.



We wish to express our heartfelt gratitude to our invaluable supporting sponsors, whose contributions have played an integral role in making Soup Bowls possible. Our soup sponsors, bread sponsors, and wine and beer sponsors have all played their part in creating the magical atmosphere of this event. We encourage you to visit these establishments and show your support, just as you have by gracing us with your presence at this gathering.

It brings us immense joy to see each and every one of you here with us in person, as we come together to celebrate the art of soup and the sense of community it fosters. We hope you have a truly 'souper' evening, filled with warmth, flavor, and the company of fellow soup enthusiasts.

With warmest regards,

The Soup Bowls Team

**Some participating restaurants and soup makers did not supply a full recipe in time for print, so if you really love it, you'll have to ask in person!*

 = Vegan  = Vegetarian  = Gluten Free  = Dairy Free

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the Bench
MARKET

BRIT BAR

BRODO
KITCHEN



Doyon's



gratify



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NARAMATA
INN

Neighbourhood
BREWING

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ANGRY VEGAN

Chef Yesenia McWhinney's Irish Stew

INGREDIENTS

- 2 cups** Dry Lentils
- 5 ribs** Celery, Chopped
- 1** Onion, Chopped
- 3 tbsp** Oil
- 4 cloves** Garlic, Minced
- 5 cups** Potatoes, chunked
- 1 can** Vegan Stout, or beer of your choice
- 5 cups** Carrots, chopped
- 1/2 can** Tomato Paste
- 2** Bay Leaves
- 3 tbsp** Brown Sugar
- 2-3 tbsp** Dried Thyme
- 1/2 litre** Angry Vegan Mushroom Gravy
- 8 cups** Veggie Broth
- 1/2 cup** Flour (to thicken)
- To taste** Salt & Pepper

DIRECTIONS

Serves 8, with usually a bit of leftovers for the freezer

In a large pot, add oil when hot. Add onions and sautee, then add lentils, celery garlic, bayleaves, and thyme. Sautee for about 5 minutes. Don't burn!

Then add 8 cups of water, and cook lentils for about 15 minutes. Add carrots, then cook for about 5 minutes. Add potatoes, tomato paste, 8 cups of veggie broth, and brown sugar. Bring to a small boil.

In a separate pot, dissolve the 1/2 cup of flour with a little bit of water, then pour it into the stew. Lastly, add Angry Vegan Gravy and let simmer for about 5 more minutes. Then add your vegan stout beer.

Give it a good stir and taste. Add salt and pepper as desired!

"Considered #1 in pentiction for street food, and comfort food. We pour our heart and soul into our recipes to bring you flavours out of this world."





THE BENCH MARKET

Chef Alannah Halington's Spiced Pumpkin Soup

INGREDIENTS

900 g	Pumpkin, cubed
175 g	Onion, chopped
2 cloves	Garlic
2 tbsp	Olive Oil
1 sprig	Fresh Thyme
450 g	Very Ripe Tomatoes, chopped
4 tsp	Tomato Paste
5 cups	Vegetable Stock
To taste	Salt & Fresh Ground Pepper
A pinch	Nutmeg

"The Bench Market is celebrating 18 years of feeding the local community and visitors with the freshest local food - serving breakfast, brunch & lunch along with organic coffee & espresso drinks. And their retail shelves are filled with a wide variety of unique Okanagan/BC fine foods. Come & see how they're keeping it local & making it fresh!"

DIRECTIONS

Serves 8 people. Put pumpkin, onion, garlic, oil & thyme in a pot. Cover and sweat on low for about 10 minutes. Add the chopped tomatoes and tomato paste. Stir in stock, salt & pepper and a pinch of nutmeg. Simmer until pumpkin is tender. Discard thyme stalk and puree. Season to taste.



the Bench
MARKET





BRITBAR

Chef "Gordon Ramsay's" Simple Rustic Soup

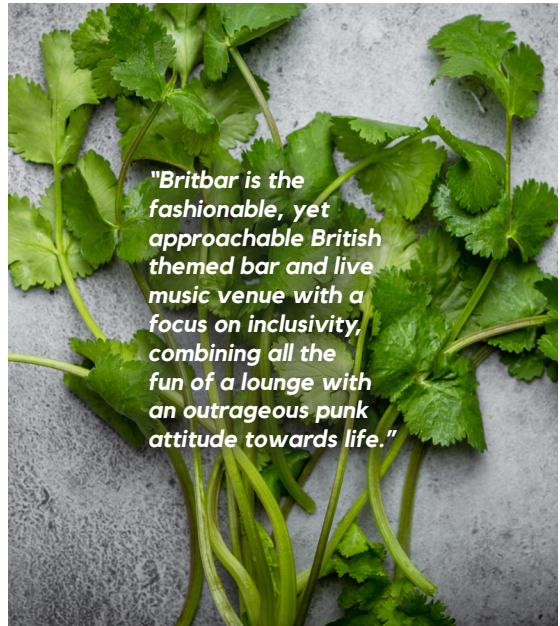
INGREDIENTS

- 1 Onion, diced
- 2 cloves Garlic, crushed
- 1 Tomato, diced
- 2 cups Vegetable Stock
- 2 tbsps Curry Powder
- 1 tsp Garam Masala Powder
- 1 tsp Salt
- 1 tsp Brown Sugar
- 1 oz Fresh Cilantro, chopped
- 1 tsp Tomato Paste
- 2 oz Canola Oil

DIRECTIONS

Serves 2.

Heat pan. Reduce heat and add oil, onions and salt. Fry until onions are brown. Add garlic and fry for 2 minutes. Add curry powder and fry for 2 minutes, stirring to prevent spices burning. Add tomato paste and a little water to loosen the paste and fry for 2 minutes. Add tomato, stock and brown sugar and simmer for 5 minutes. Blitz with hand blender and serve. Dust with garam masala and chopped cilantro.





BRODO KITCHEN

Chef Stephanie Roy's Pork Ramen Broth, Shrimp & Shiitake Dumplings

INGREDIENTS - Dumpling

Wrappers: 250 gram flour, 130 gram water. Combine!

- 1 cup** Prawn, chop small
- 1 cup** Celeriac + Squash, brunoise cut
- 1/2 cup** Pickled Shiitake Mushroom, brunoise cut
- 2** Scallion, cut small
- 1 tbsp** Ginger
- 1/2 tsp** soy sauce, salt, sesame oil
- 1** orange, zest
- 1/4 tsp** chinese five spice

INGREDIENTS - Broth

- 5 litre** Chicken/pork broth
- 2 pc** Kombu
- 2 cups** Dry Shiitake
- 1 lb** Bacon
- 1 bunch** scallion-small cut
- 1** onion-diced
- 2** carrot-diced
- Season with** sake/mirin/soy sauce/black pepper

DIRECTIONS

Serves 10.

IT'S A SECRET. YOU'LL JUST HAVE TO ASK STEPHANIE IN PERSON WHEN YOU VISIT BRODO KITCHEN!





CANNERY BREWING

Chef Darcy Gartner and Chef Taylor Van Ryssel's Potato, Bacon, Leek Soup

INGREDIENTS

- 4 Medium Potatoes, Peeled & Diced
- 3 Large Carrots, Diced
- 1 Large Leek, Diced
- 3 Celery Stalks, Diced
- 2 Medium Onions, Diced
- 1/2 lb Bacon, Diced
- 1.5 litre Vegetable Stock
- 3 cups Cream
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Paprika
- 1 tbsp Dried Thyme
- 1 tbsp Dried Rosemary
- To taste Salt & Pepper

DIRECTIONS

Place a large pot over medium-high heat. When pot is hot, add the chopped bacon and cook, stirring occasionally until crisp, about 5 minutes. Transfer the bacon to a paper-towel-lined plate to drain, set aside.

To the same pot with the bacon drippings, add the diced leek, celery, and onion. Cook, stirring occasionally for 7-8 minutes or until the onions start to soften.

Add remaining ingredients to the pot, except for the bacon. Bring the pot just to a boil then lower the heat to a simmer. Cook for 20-22 minutes or until potatoes are very tender.

Remove from heat, blend about half of the soup in a blender and blend until soup is creamy with some chunks remaining.

Stir the blended soup back into the pot. Taste and season with salt and pepper as needed. Stir in bacon and garnish with optional toppings.



GARNISH - CHILI OIL, INGREDIENTS

2-3 tbsp	Chili Powder
2 tbsp	Chili flakes
1-2 tsp	Paprika
1/2 tsp	Chinese Five Spice Powder
1 tsp	White Sugar
1/2 tsp	Salt
1 cup	Vegetable Oil

STORAGE

Once completely cool transfer to a jar with a lid. Seal tight and store in room temperature in a cool, dry place. Use a clean spoon every time you scoop some of the chili oil to prevent any contamination. It usually keeps for 3 to 6 months

DIRECTIONS

Add all the dry ingredients, except the oil, in a large heatproof bowl. Mix well. Meanwhile, heat the oil in a saucepan over medium low heat until small bubbles start to appear, and the oil is hot, around 200° to 225°F/100° to 110°C. You can test the heat by dipping a wooden chopstick and it should form bubbles or you can also drop a few chili flakes to see if it immediately sizzles. (**Note: when the oil is too hot or starts to smoke, I recommend turning off the heat and allowing the oil to cool down slightly before pouring it over the dry mix. Oil that's too hot can burn the sediments and create bitter chili oil.**)

If the chili flakes dropped in the oil immediately sizzle, it's good to go. Turn off the heat and carefully pour the oil over the dry chili mix. Mix everything well. Taste the sediments and feel free to season with more salt and sugar to taste, if needed. If you want more spice, you can add more chili powder. Strain and let cool completely.

GARNISH - KALE CHIPS, INGREDIENTS

3 oz	Kale Leaves, stems removed (about 4.5 cups)
1 tbsp	Olive oil
1/4 tsp	Salt
1 tbsp	Apple Cider Vinegar

DIRECTIONS

Wash the kale thoroughly. Rub the leaves with your hands to remove any dirt from the curly leaves. Then rinse under running water. Remove the stems. You can either pull the stem off the leaf from the bottom up or by cutting it with a small knife. Depending on the size of chips you want, you can also cut the leaves into smaller bite-size pieces. Dry the kale leaves as much as possible. You can do this with a salad spinner or by pat-drying them with a clean towel or paper towels. It's important that it is as dry as possible to have crispy, crunchy kale chips. Pour the olive oil over the kale leaves. Massage the kale with your fingers to make sure all leaves are coated with the oil. Then season with salt to taste.

To Bake in Oven

Lay the kale chips in a single layer on a lined baking tray or a large, rimmed baking sheet. Make sure the leaves are not too crowded so they can cook evenly. Bake the kale chips in the oven at 300 F/150 C for 20 to 30 minutes. Toss/turn carefully midway, so the leaves cook evenly. Keep an eye on the chips as they can burn easily. Bake until the edges start turning slightly brown.

To Air Fry

Place the seasoned kale leaves in the air fryer basket in a single layer. A bit of overlap is OK but don't place whole leaves on top of each other. Air fry at 375 F/190 C for 4-5 minutes. It's best to check on them after 3 minutes to see if they are done to your liking.

STORAGE

Let the kale chips cool down completely. Then, you can keep them in an air-tight container in your cupboard/pantry for up to 7 days. Though they are best within the first 2-3 days.



DOYON'S DISHES

Chef Ann Doyon's Basic Hamburger Soup

INGREDIENTS

2 lb	Ground Meat
3 boxes	Bone Broth
6	Potatoes, peeled and diced
2 cups	Macaroni, boiled and drained
4 cloves	Garlic peeled and diced
3 cups	Tomatoes chopped
1	Bay leaf (remove after)
1 cup	Celery, chopped
1 cup	Carrots, chopped
1 cup	Onion, chopped
2 cups	Beans, boiled and drained
1 cup	Barley, boiled and strained
1 cup	Green onions, chopped
2 cups	Diced veggies of your choice
2 tsp	Worcestershire sauce
3 tbsp	Soy Sauce
2 tsp	Franks Red hot sauce
2 sprigs	Thyme
2 sprigs	Rosemary
2 sprigs	Oregano
4 cups	Water

DIRECTIONS

Cook meat and drain, Set aside.

Pre boil all items needed and put aside.

In a pot add veggies with a drizzle of olive oil and cook till soft.

Add water and all ingredients.

Bring to a boil and simmer for an hour on low. Serve with bread and enjoy!

"Ann caters for private functions and private dinners. To book send an email or message at AnnDoyon.com. Her culinary skills are known through the Okanagan valley for her use of local ingredients and decadent dessert pairings with local wines."



Doyon's





THE DREAM CAFÉ

Chef Matt Martin's Pear and Parsnip Soup

INGREDIENTS

Parsnip
Pear
Onion
Butter
Veggie Stock
Cream
Thyme
Maple Syrup
Salt to Taste
Tarragon Oil
Pear Relish

DIRECTIONS

The mysterious Matt Martin will only tell you the recipe if you attend a Dream Cafe function, so I guess you better head on down to one of their amazing shows!





GRATIFY

Chef Thomas Knudson's Thai Coconut Curry

INGREDIENTS

- 113 g Button Mushrooms
- 150 g Carrots
- 113 g Baby Bok Choy
- 2 1/2 tbsp Roasted Garlic Oil
- 1/8 tsp Turmeric
- 1/8 tsp Cayenne
- 1/2 cup Coconut Milk
- 1 litre Vegetable Stock
- 1 tbsp Lime Juice
- 1/2 cup Edamame Beans
- 1/4 cup Coconut Sugar
- To taste Salt & Pepper
- 1 tbsp Puree Garlic
- 2 tbsp Puree Ginger
- 28 g Red Curry Paste

DIRECTIONS

Serves 5+

Saute all vegetables, ginger and garlic together in garlic oil.

Once veg are cooked, add all the other ingredients and bring to a boil.

Once boiled, serve!

Add (coconut) rice or rice noodles if desired.



"Premium sweet & savoury foods. Everything at gratify is naturally gluten-free, dairy-free (100% vegan) and with no refined sugars. Cafe-style with lunch, grocery items, cakes, and more!"



HWY 97 BREWING

Chef Kelly Adam's Oink Oink New England Creamy Clam Chowder

INGREDIENTS

1	Medium White Onion, Diced
2 Stalks	Celery, Diced
2 Large	Carrots, Diced
1 Stalk	1 Fresh Leek, Diced
1 lb	Bacon, Cubed
2	Medium Potatoes, Cubed
390 ml	Baby Clams, Drained & Rinsed
20 oz	Clam Nectar, Canned
20 oz	Highway 97 Brewing Lite-Duty Lager, Brewed in Penticton!
1 litre	Heavy Whipping Cream
Pinch	Sea Salt & White Pepper, Black Pepper
Dash	Lea & Perrins

DIRECTIONS

Start by cooking the bacon until almost half way, add all veggies except potatoes. Keep potatoes set aside. Sauté vegetables and bacon mixture on low until onions are clear and bacon is thoroughly cooked. Add shot of Highway 97 Brewing's Lite Duty Lager beer to deglaze. Add butter and potatoes and sauté just a little more. Add remaining Lite Duty Lager beer and enough clam nectar to cover everything. Simmer on low for approximately 20 minutes or until potatoes are cooked. Add whipping cream and bring to a moderate boil. Add Roux (flour & bacon fat) until desired thickness. It will get thicker as it sits so don't over do it! Easy Peasy. Add more beer if desired. Add all seasonings and the baby clams that you set aside earlier. Let cook for 10-15 minutes. Ensure everything is well blended together and the party is started!

"We're here for the beer, but the food is great too! All recipes are made from scratch in our kitchen by chefs with real creativity and a love for good food. No deep fryers here... only baked and fresh on this menu!"





HONEY TOAST CAFÉ

Chef Kristen Ferguson's Beef & Barley Soup

INGREDIENTS

1	Seasoned Cubed Chuck
5 Large	Carrots
5 Stalk	Celery
1	Onion
1 head	Garlic
1	Soul of your Enemy
8 cups	Beef Broth
2 tsp	Paprika
1/2 cup	Red Wine (one swig for you, the rest for the soup)
3 tbsp	Worcestershire sauce
2 tsp	Sage
6	Chopped up potatoes
4	Chopped tomatoes
1/4 cup	Sugar
1/2 cup	Uncooked Barley

DIRECTIONS

Fry chuck, carrots, celery, onion, and garlic in the bottom of a large cauldron until onion is sweaty and everyone's getting along.

Add beef broth, paprika, red wine, worcestershire sauce, sage, potatoes, tomatoes and sugar.

Bring to boil, reduce to simmer until potatoes are soft.

Sprinkle uncooked barley on top of the soup (don't mix) and continued to simmer for 30 min.

Make some bread! Call a friend. Get cozy and eat. Forgive your enemy and be happy.





KRISTINE LEE

Chef Kristine Lee's Cream of Mushroom Soup

INGREDIENTS

- 4 cups** Dried Mushrooms
- 1** Large Onion, Diced
- 5 cloves** 5 cloves
- 6 cups** Broth, vegetable (or chicken)
- 2 cups** Heavy Cream
- 4 cups** Fresh Mushrooms
- To taste** Salt
- To taste** Pepper
- To taste** Thyme
- To taste** Paprika



FRIEND OF THE GALLERY

PAG
KRISTINE LEE

DIRECTIONS

Soak 4 cups of dried mushrooms. Caramelize 1 large onion with 5 cloves garlic and a large pinch each salt, pepper, thyme. Drain mushrooms and resoak 3 or 4 times. Drain last time leaving some mushroom water. Put mushrooms in pot with 2 cups chicken or vegetable broth. Add pepper, more thyme, paprika. Add caramelized onions. Add 4 cups chicken or vegetable broth. Add 2 cups heavy cream. Simmer for a bit.

Puree everything. Fry 4 cups of fresh mushrooms in batches in butter with salt, pepper, thyme, paprika. Add fried mushrooms to puree. Season to taste!



NARAMATA INN

Chef Jacob Deacon-Evans's Sunchoke Cream with Beef Marmalade "Croutons"

INGREDIENTS

600 g	Sunchokes Washed, peeled & sliced
50 g	Butter (unsalted)
4 cloves	Garlic (Nice big, sweet garlic like red Russian), peeled & thinly sliced
1	Leek white part only, washed & thinly sliced
2	Sweet Onions (walla walla or similar), peeled & thinly sliced
800 ml	Chicken or vegetable stock
600 ml	Whipping cream (#1)
150 ml	Whipping cream (#2) Whipped to soft peaks
To taste	Sea Salt

DIRECTIONS

Sunchokes (also known as Jerusalem artichokes) are one of the highlights of the winter, sweet & nutty they are actually the bulbs of a native Canadian sunflower. At the Inn we get ours from Localmotive organic farm in Summerland. *Quick tip; once the sunchoke are cleaned and peeled leave them in cold water to stop them discolouring.* Begin by gently sautéing the onions, garlic, leeks & a pinch of salt in the butter over low heat. The goal here is to get all the vegetables super soft & sweet smelling without taking on any colour. Drain the sunchoke & add to the pot with the stock, bring it all gently to a simmer then add the cream (#1), continue to cook until the sunchoke are soft enough to smash with a spoon.

Carefully puree the whole soup in a blender & pass through a fine strainer. Add the soup back to a pot & bring to a boil, immediately remove from the heat & stir through the whipped cream (#2). Season to taste with salt & divide between the bowls.

Chef's Note: We like to garnish this soup with all kinds of different things! It lends itself beautifully to toasted nuts, mushrooms, fried sage, sour cream or as we are doing for this soup bowls event, "croutons" of maple braised beef & mushrooms!



"Located in the heart of the village, Naramata Inn is a 115 year old heritage building. Originally built for the founders of the village, the Inn has evolved into a boutique hotel with 2 restaurants & aims to showcase the best our region has to offer."

NARAMATA
INN



NEIGHBOURHOOD BREWING

Chef Luke Charlton's Roasted Corn & Bacon Chowder

INGREDIENTS

4 cups	Bacon (diced)
4 cups	Celery (diced)
4 cups	Carrots (diced)
4 cups	White onion (diced)
4 cups	Potato (diced)
1 cup	Butter
1 cup	Flour
2 tbsp	Minced garlic
2 tbsp	Salt
1 tbsp	Black pepper
2 tbsp	Thyme
2 lb	Corn (frozen)
4 cups	Veg stock
8 cups	Milk
2 cups	Heavy Cream

DIRECTIONS

Place corn on baking sheet and roast in oven at 350 degrees until corn starts to brown.

In a stockpot on medium- high heat, sauté bacon until cooked.

Add the butter, garlic, onions, carrots, and celery. Continue to cook with the salt and pepper until carrots are tender.

Mix in the roasted corn and thyme. Then add flour and mix in until a roux forms and cook for 2-3 minutes.

Add the veg stock slowly while stirring to avoid lumps.

Add the milk and stir in well. Also add the potatoes. Continue to heat the soup while stirring frequently. Turn the heat down if necessary.

Once the potatoes are tender, add the cream and stir. Enjoy!!



Neighbourhood
BREWING



OROLO

Chef Casimir Macdonald's French Onion Soup

INGREDIENTS

- 0.5 kg** Sweet Onion, Caramelized
- 0.2 litre** Veal Stock, Slow Extraction
- 0.16 oz** Thyme, Bouquet Garnis
- 0.0125** Sherry, Deglacer
- 0.04 kg** Maasdammer Cheese,
Shredded on top of crostini
- 1 piece** Crostini, Toasted

DIRECTIONS

Only the chef knows.... Ask in person next time you stop by OROLO!

"OROLO – named for the study of time, horology, OROLO offers food and wine lovers an elevated dining experience in a comfortable atmosphere in the heart of Okanagan wine country."





THE PASTA FACTORY

Chef Debra William's Roasted Tomato Gin Soup

INGREDIENTS

3 lb	Roma or Plum Tomatoes, cut in half
8 cloves	Peeled Garlic
3 tbsp	Olive Oil
to taste	Salt and Pepper
1/2 tbsp	Olive Oil
2	Sweet Yellow Onions, thinly sliced
1/4 cup	Butter
1 tbsp	Tomato Paste
2 stalk	Celery, chopped
1	Carrot, diced
1/2 tsp	Dried Oregano
2 cups	Vegetable Broth
2 tbsp	Honey
1/2 cup	London Dry Gin
1/4 cup	Half-and-Half

DIRECTIONS

Preheat oven to 400 degrees F. Line a large baking sheet with parchment paper. Place halved tomatoes and garlic cloves on the baking sheet and drizzle with 3 tablespoons of olive oil. Generously season with salt and pepper. Roast in the oven for 40-45 minutes.

While the tomatoes are roasting, you can make the caramelized onions: Add 1/2 tablespoon olive oil to a large pot and place over medium heat. Add the onion slices and stir to coat the onions with olive oil. Cook, stirring occasionally. Check onions every 5-10 minutes until they have completely caramelized and turned golden in color. This usually takes 20 minutes. Set aside.

In your pot melt the butter, add the tomato paste and allow to brown a touch. This brings out a deep rich tomato flavour. Add the celery, carrots, dry oregano, salt, pepper and sweat vegetable until they are tender.

Once tomatoes and garlic are done roasting, allow them to cool for 10 minutes, then add them to a food processor or high-powered blender and blend until smooth. Next add basil and caramelized onions and sauteed vegetables and blend again. Alternatively, you can add the tomatoes and onions to the large pot and use an immersion blender.

After blending, transfer back to pot, turn to medium low heat and add in the vegetarian broth, gin, honey, and half-and-half. Check your seasoning, add more salt and pepper if needed. Allow tomato soup to simmer 10 minutes before serving. To serve, garnish with parmesan cheese and serve with grilled cheese, if desired. Serves 4.





SHARRON BROWN & DONNA FALK

Chef Donna Falk & Chef Sharron Brown's Apple Soup

INGREDIENTS

3	Apples
1 cup	Potato
1/2 cup	Onion
1/4 cup	Celery
1/2 cup	Carrots
To taste	Salt & Pepper
2	Bay leaves
2 cups	Chicken broth

DIRECTIONS

Cut apples, potatoes, onion, carrots celery and garlic into 2" pieces. Put on a sheet pan in a single layer to maximize caramelization and drizzle generously with olive oil, salt & pepper.

Roast at 375 for 40 minutes. Add roasted vegetables, bay leaves and chicken broth to a pot and bring to a simmer. Reduce heat, cover, and gently simmer 10 to 15 minutes. Using an immersion stick or blender purée the soup and serve with your favourite garnish!



FRIENDS OF THE GALLERY

FAG

SHARRON BROWN
& DONNA FALK



SLACKWATER BREWING

Chef Scott Macfadyen's Thai Inspired Chicken Noodle Soup

INGREDIENTS

- 7 oz** Spaghettini or linguini, cook as per package instructions
- 1 oz** Olive oil
- 1 lb** Shredded Chicken
- 1** Each, large onion, carrot, & red pepper
- 1 tbsp** Each, minced garlic & ginger
- 6 cups** Chicken Stock
- 8 oz** Mushrooms, thinly sliced
- 1-3 tbsp** Sambal Olek
- 2 handfuls** Baby Spinach
- 1 can** Coconut milk
- 1** Lime - Squeezed

DIRECTIONS

Cook noodles as per package instructions.

Cook veggies in oil, with ginger and garlic until soft. Add shredded chicken. When veg soft add chicken stock slowly. Add mushrooms to chicken stock base. Add Sambal Olek 1 tbsp at a time, testing to your preference. After simmering for 10 mins add spinach. Add coconut milk to soup then add in cooked noodles. Squeeze lime and add juice just before serving.

Garnish with fresh cilantro and green onions. Alternatively you may add crushed peanuts, chiles, thai basil or whatever you prefer!



Chef Scott Macfadyen's Pistou Soup

INGREDIENTS

- 1 Large Onion, medium dice
- 1 tbsp Minced garlic
- 3 Leeks, sliced in half and cut into half moon shapes
- 3 Large carrots, medium dice
- 3 Potatoes, yellow skin, medium dice
- 4 tbsp Olive Oil
- 8 cups Water or Vegetable Stock
- 2 cans Crushed Tomatoes
- 2 cans Beans (Romano, or your favourite)
- To taste Salt & Pepper
- 1 tbsp Pesto (Basil Preferred)

DIRECTIONS

Cook potatoes, carrots, leeks, garlic and onion in olive oil in large pot. When onions translucent, add stock. Then, add crushed tomatoes, and beans. Season with salt and pepper. When all ingredients are in pot, simmer for 10 minutes. Serve and garnish with a bit of pesto.

"Slackwater Brewing - Fresh beer, for those who like nature... and beer. Paired with a restaurant menu of elevated comfort food; developed by our chef who worked and trained with Canada's first Iron Chef, Rob Feenie, and has over 30 years of experience."





SOCIALE ENOTECA

Chef Julian Wooldridge's Fennel and Sausage Minestrone

INGREDIENTS

1 tbsp	Olive oil
1 lb	Mild Italian sausage (casings removed)
1	Onion (chopped)
1	Carrot (chopped)
1 stalk	Celery (chopped)
1 head	Fennel (diced)
1 clove	Garlic (minced)
1/2 tsp	Dried thyme
1	Bay leaf
1 litre	Drained & rinsed canned white beans, preferably cannellini
2.5 litre	Chicken stock
1 cup	Canned diced tomatoes with their juice
2 tsp	Salt
1 tsp	Fresh-ground black pepper
2/3 lb	Spinach
To taste	Grated Parmesan (for serving)



DIRECTIONS

In a large pot, heat the oil over moderately high heat. Add the sausage and cook, stirring frequently, until browned, about 5 minutes. Remove the sausage with a slotted spoon. Reduce the heat to moderate. Add the onion, carrot, celery, garlic, thyme, and bay leaf to the pot and cook, stirring occasionally, until the vegetables soften, about 10 minutes.

Meanwhile, combine 2 cups of the beans and 0.5 litre of stock in a blender and puree until smooth. Add the tomatoes, the bean puree, the remaining stock, the salt, and the pepper to the pot. Bring to a boil, skimming any foam that rises to the surface. Stir in the sausage, the remaining 2 cups beans, and the spinach. Simmer until the spinach wilts, about 3 minutes. Serve the soup topped with grated Parmesan, and pass more Parmesan at the table.



STEPHANOS LIAPIS

Chef Stephanos Liapis Spicy Corn Chowder with Pico De Gallo

INGREDIENTS

- Soup

- 1-2 tbs Olive Oil
- 1 Onion, Chopped
- 1 tsp Paprika
- 2 sprigs Fresh Thyme
- 2 Bay Leaves
- 1 lb Russet Potatoes, Peeled and Diced
- 1 cup Cooked White Beans (Cannellini or Navy Ok)
- 1 Jalapeno Pepper, Minced
- 2 Cloves Garlic, Minced
- 1/2 cup Corona Beer (Lager/Pale Ale Ok)
- 1 litre Veg Stock
- 5 cups 5 Cups Corn Kernels (Fresh from Cob, Frozen, or Canned Ok)
- 1/4 Cup Lime Juice (Fresh)
- 1/2 Cup Cilantro, Chopped
- To taste Salt and Pepper

INGREDIENTS

- Pico De Gallo

- 2-3 Large Ripe Tomatoes, Diced
- 2-3 Fresh Green Onions, Finely Chopped
- 1 Jalapeno Pepper, Minced
- 1/2 cup Cilantro, Chopped
- 2 tbs Lime Juice
- To taste Salt and Pepper
- 3 Cups Tortilla Chips (To Serve)

DIRECTIONS

Combine all of the Pico ingredients (Except tortilla chips) In a mixing bowl!

DIRECTIONS

Heat oil in large soup pot over medium heat. Sauté onions until soft, add paprika and thyme. Stir. Add potatoes, beans, and bay leaves then season with salt and pepper and stir. Add jalapeno and garlic. Stir. Add beer, bring to boil to evaporate alcohol. Add veg stock, cover, and bring to boil. Simmer until potatoes are tender (10-15 minutes). Add corn and continue simmering for another 5-10 minutes. Blend partially with hand held immersion blender, or remove approx. 1/2 of the soup and blend in upright blender (Careful hot! Use tea towel on top of blender lid). Then mix blended soup back into pot. Taste and adjust seasoning if needed. Serve, topped with tortilla chips and a spoonful of pico de gallo.

FRIENDS OF THE GALLERY

PAG

STEPHANOS LIAPIS





STILL FOOD BISTRO

Chef Tyson Still's Corn Chowder

INGREDIENTS

3 tbsp	Oil
2.5	Onion, diced
38 cloves	garlic, minced
3	Red peppers, diced
4 Stalks	Celery
9 cups	Veg broth
2 lb	Potato, cubed
1.5 cups	Cashew cream
14 cups	Corn
2 tsp	Smoked paprika
2	Bay leaves
2 tsp	Thyme
To taste	Salt & pepper

"We are a plant based bistro & coffee bar located at 75 Front Street. We serve breakfast, lunch dinner and an assortment of craft cocktails, beer, wine & cider!"

DIRECTIONS

Saute onions, celery, red peppers for about 5 mins then add garlic, thyme, smoked paprika for another couple mins.

Add all potato, corn, veg broth & bay leaves with all other ingredients and simmer for 15 min or till potato is fork tender then add cashew cream for about 5 - 8 min.

Take out about 3-4 cups of the chowder and puree then add back into the chowder pot stirred till combined.

Enjoy with your family and friends!



*« A first-rate soup is more creative than a second-rate painting. »
- Abraham Maslow*



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