

What to prepare before class:

1. Brussels Sprouts Soup with Bacon 2024

Brussels Sprout Soup with Bacon

Ingredients:

- 5 TBSP** of frying oil - adjust if needed
- ½ LB** of bacon - diced
- 1 ½ LB** of Brussels sprouts - rinsed and cut into halves*
- 1** large onion - peeled and finely chopped
- 2** medium potatoes - cut into large pieces
- 4 cups** of chicken broth
- 2 cups** of water
- 1 cup** of heavy cream
- 1 clove** of garlic - peeled and grated
- 1 TSP** of salt**
- ½ TSP** of ground pepper

*It is easiest to buy frozen Brussels sprouts. If you do so, do not cut it and simply put it frozen into the pot (or previously defrosted). For best results, use fresh Brussels sprouts.

**This recipe assumes that you are working with a sodium-free broth (a broth with no salt added). If you are working with a broth that includes sodium, adjust the amount of salt based on your preference.

Tools:

- Measuring Spoons & Measuring Cups
- Chef's Knife & Cutting Board
- Large Sauce Pan or Medium Pot (about 6 QT)
- Wooden Spoon or High-Temperature Silicone Spatula
- Medium Mixing Bowl (about 3 - 4 QT)
- Immersion Blender or Food Processor or Blender
- Small Hand Grater or Garlic Press (for garlic)

Additional preparation steps:

No additional preparation steps are needed.

Bonus recipe:

Leek Soup

6 servings

Ingredients:

4 TBSP of frying oil - adjust if needed

2 leeks

3 medium potatoes – peeled and cut into large pieces

6 cups of chicken or vegetable broth

1 cup of heavy cream

2 cloves of garlic - peeled and grated

Pinch of nutmeg

1 TSP of salt *

½ TSP of ground pepper

*This recipe assumes that you are working with a sodium-free broth (a broth with no salt added). If you are working with a broth that includes sodium, adjust the amount of salt based on your preference.

Best served with:

Croutons

Bread of any kind

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Sauce Pan or Medium Pot (about 6 QT)

2 Plates

Wooden Spoon or High-Temperature Silicone Spatula

Immersion Blender or Food Processor or Blender

Small Hand Grater or Garlic Press (for garlic)

Additional preparation steps:

No additional preparation steps are needed.

Bonus Recipe:

Croutons

4 - 6 servings

Ingredients:

5 slices of bread - diced *

1 TBSP of frying oil

1 TBSP of Extra Virgin Olive Oil

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¼ **TSP** of ground pepper - ideally freshly ground

¼ **TSP** of salt - ideally freshly ground

*Any kind of bread can be used, although croutons work best when made from white bread or baguettes.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Fry Pan or Large Stir Fry Pan - Wok or Large Sauté Pan (12" or more)

Wooden Spoon or High-Temperature Silicone Spatula

Additional preparation steps:

No additional preparation steps are needed.

Please let me know if you have any questions: tom@cookinghub.com