



## TUV HASHAVUA: Best of the Week

### Beautiful Soup, So Rich and Green!\*

**My favorite vegetable soups** by Naomi Danis

Remember the Mock Turtle's song in *Alice's Adventures in Wonderland*, "Beau—ootiful soo—oop!" (If not, see below.)\*

Over the years some of my favorite soups have, through repetition and improvisation, become in my mind variations on a basic idea for a soup that is nondairy (pareve) but has a creamy texture. It's not so much a recipe as a method: In a large soup pot, sauté some onions and vegetables in olive oil. Add lots of water, up to a cup of rice, and salt to taste. Bring to a boil and cook until rice and vegetables are soft, then purée.

I present some soups in my repertoire:

#### Carrot Soup

Recently, in a large soup pot, I sautéed a couple of sliced onions in a few spoons of olive oil, added eight to ten large peeled sliced carrots – and this is optional, but I added three sliced fennels from that week's CSA share, including bulb, stalks and fringed tops. After a few minutes, I added the well-rinsed coarsely chopped carrot tops, a bunch of chopped parsley, a cup of uncooked rice, two to three quarts of water to cover, and salt to taste. (You can substitute potato for the rice; I most often use a fragrant brown rice such as basmati or jasmine.) Cook until all is soft and then puree. This soup is inspired by "Golden Carrot Soup (Goldene Mehren Zupp)" in Robert Sternberg's *Yiddish Cuisine: A Gourmet's Approach to Jewish Cooking*.

#### Zucchini Soup

In a large soup pot, in a few spoonfuls of olive oil, sauté two sliced onions and about eight cups of sliced zucchini. When softened, add more-than-enough water to cover, about a cup of uncooked rice, a bunch of fresh chopped dill, about two tablespoons of red wine vinegar and salt to taste. Boil till well-cooked and then puree. This one is good hot and is

Naomi Danis is managing editor of *Lilith* magazine – independent, Jewish and frankly feminist. Her most recent children's book is "It's Tot Shabbat."



August 27, 2013 | 21 Elul 5773

### THANK YOU TO OUR VOLUNTEERS

8/27 Pick-up [A Week]

Jessica Young

Janet Schultz

Steven Ovadia

Food Bank Delivery:

Farah Diaz-Tello

9/3 Pick-up [B Week]

Natalie Zych

Farah Diaz-Tello

Angelita Alvarado-Santos

Shira and Steve Golden

Food Bank Delivery:

Jessie Schwartz

### WAIT!! HOLD ON TO THOSE CARROT TOPS!

Don't throw the tops away – they are delicious in soup. Cut the green tops off the carrots to keep your carrots crisp, and store the tops and the roots separately. Rinse thoroughly before using, then chop the tender leaves, and discard the coarser stems.

TUV HA'ARETZ CSA at the Forest Hills Jewish Center

106-06 Queens Blvd. , Forest Hills, NY 11375  
718-263-7000, ext 250 | [tuv@fhjc.org](mailto:tuv@fhjc.org)

WEBSITES:

▪ FHJC: [www.fhjc.org](http://www.fhjc.org)

▪ Hazon: [www.hazon.org](http://www.hazon.org)

▪ Golden Earthworm:  
[www.goldenearthworm.squarespace.com](http://www.goldenearthworm.squarespace.com)

▪ Facebook: [www.facebook.com/tuvFHJC](http://www.facebook.com/tuvFHJC)

▪ Yahoo Listserv:  
[groups.yahoo.com/group/TuvForAllFHJC](http://groups.yahoo.com/group/TuvForAllFHJC)

▪ Twitter: [twitter.com/#!/tuvfhjc](https://twitter.com/#!/tuvfhjc)



**[B] WHAT'S IN THE BOX?****Green Bell Peppers****Spaghetti Squash****Yellow Potatoes****Scallions****Eggplant****Garlic****Tomatoes****FRUIT SHARE****Peaches****Nectarines****Apples****Pears****HERB SHARE****Mint****Oregano**

stalks of celery in olive oil. Add garlic and celery mixture to lentils and cook some more. Add juice of several lemons and salt to taste, and cook a bit longer.

I think of this as "peace soup." It is inspired by the lentil soup with lemon recipe from the first Hebrew language Arab-Israeli cuisine cookbook by Nawal Abu-Ghoch, Beeshool Aravi Eretz Yisraeli published in 1995. (If you like it, the recipe calls for chopped cilantro, which I usually omit.)



\* From where did the title of this article come? It's from *Alice's Adventures in Wonderland*, Chapter 10: *The Lobster Quadrille*

***Beautiful Soup, so rich and green,***

***Waiting in a hot tureen!***

***Who for such dainties would not stoop?***

***Soup of the evening, beautiful Soup!***

***Soup of the evening, beautiful Soup!***

***Beau--ootiful Soo--oop!***

***Beau--ootiful Soo--oop!***

***Soo--oop of the e--e--evening, Beautiful, beautiful Soup!***

***Beautiful Soup! Who cares for fish,***

***Game, or any other dish?***

***Who would not give all else for two P***

***Ennyworth only of beautiful Soup?***

***Beau--ootiful Soo--oop!***

***Beau--ootiful Soo--oop!***

***Soo--oop of the e--e--evening, Beautiful, beauti--FUL SOUP!***

**Spaghetti Squash Soup**

buzzle.com | Serves 6 to 8

6 cups spaghetti squash, chopped  
5 cups vegetable stock  
3 tbsp margarine or butter or oil  
2 tsp nutmeg  
1 tsp ginger paste  
1 cup water  
1 onion, chopped  
1 sweet red pepper, chopped  
A pinch of cumin  
Salt and black pepper, for taste  
Parsley, chopped for garnish

In a pot, boil vegetable stock and chopped spaghetti squash together on medium heat for about 10 minutes, stirring occasionally. When squash is tender, puree the mixture.

In a separate saucepan, cook margarine, onions, and red peppers until they turn soft and slightly brown. Add the spaghetti squash puree. Add water and keep stirring the soup for 5 minutes. Cook until the soup is as thick or slightly thin, as you like it. Add salt and pepper to taste. Garnish with parsley leaves and serve.

**Japanese-style Eggplant and Bell Pepper in Miso**

umamitopia.com | Serves 2

1 medium eggplant  
2 small green and/or red bell peppers  
1 tsp vegetable oil  
2 tbsp mirin  
1 tbsp miso paste  
1/2 tsp sugar  
1/8 tsp dashi powder (available at Asian food stores, such as Sakura on Austin St and Ascan Ave)

Cut the eggplant and peppers into chunks of the same size and shape. Heat oil in a pan till hot, then quickly stir-fry the peppers. When peppers are shiny, add the eggplant and stir-fry till done to your liking (you may add more oil if needed).

In a small bowl, mix together the mirin, miso, sugar, and dashi. Lower the heat a bit to prevent the sauce from burning, and pour the liquid into the pan. Mix and toss with the vegetables till coated and slightly thickened, then remove immediately from heat. May be served hot or at room temperature.

... Continued from Page 1

also especially good served cold.

**Tomato Soup**

In a large soup pot, sauté chopped onion and several cloves of chopped garlic for several minutes in a covered pot. Add a can of tomatoes, rice (or a potato), a couple quarts of water, a teaspoon of sugar, half a teaspoon ground black pepper, and salt to taste. Bring to a boil and cook until all is soft. Puree. Inspired by "Potage Crème Portugese" in Carol Cutler's *Six-Minute Soufflé*

**Lemon Lentil Soup**

This recipe is different than the ones above: it gets creamy from the starchy red lentils which dissolve on cooking sufficiently, so it doesn't need pureeing. (Great recipe to use if you are getting a garlic share from Yiddish Farm.)

In a large soup pot, bring a pound of red lentils to boil in several quarts of water. Meanwhile, in a separate frying pan, sauté several chopped garlic cloves and several