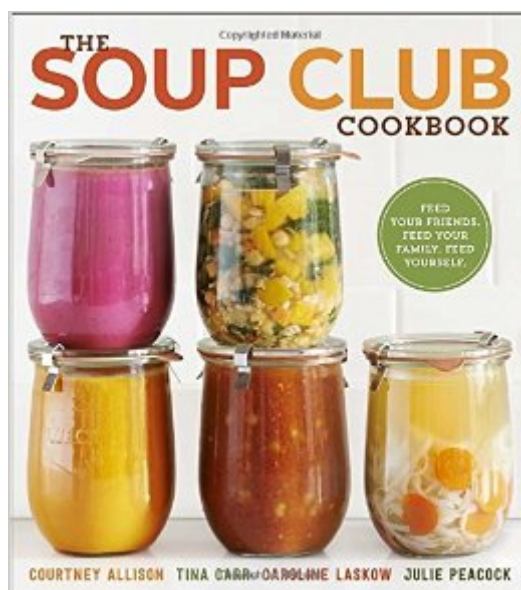


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# The Soup Club Cookbook: Feed Your Friends, Feed Your Family, Feed Yourself



## Synopsis

Food-sharing is the hot new thing in the "getting dinner on the table" conversation, and in *The Soup Club Cookbook*, four friends share not only their formula for starting a soup club--which gives you at least three meals every month when you don't have to worry about dinner--but also 150 fantastic recipes for soups and sides and storing tips for stretching those meals across the week. The Soup Club began when four friends (who, between them, have four husbands and ten hungry kids and several jobs) realized that they didn't actually have to cook at home every night to take pleasure in a home-cooked meal. They simply had to join forces and share meals, even if they weren't actually eating them together. Caroline, Courtney, Julie, and Tina happen to be neighbors, but a soup club is for anyone: colleagues, a group of workout buddies, a book club. All you need are a few people who simply want to have more home-cooked food in their lives. In a soup club each person takes a turn making soup--and sometimes other dishes for sides or for when everyone needs a break from soup, so if a club has four people, in a month each person will have dinner delivered three times--a dish that can start as a full meal and stretch into more dinners or lunches or even morph into a sauce. Soup is forgiving, versatile, and perfect for sharing; it can be spiced to taste, topped elaborately or not at all, and dressed up or down. It travels well and reheats beautifully. The *Soup Club Cookbook* also has dozens of tips for cooking in quantity and for tailoring soup to individual tastes and needs. Here, too, are simple guidelines for starting your own soup club, anecdotes, and a few cautionary tales that will inspire anyone to share food and eat well. Recipes include quick and easies, classics, twist on favorites, and dozens of flavor-rich new crowd pleasers: Carrot Coconut and Chicken Chili, Senegalese Peanut Soup, Faux Ramen, Red Lentil Curry Soup, Potato Cheddar Soup, Sun Dried Tomato Soup, Jeweled Rice Salad, Cheddar Cornbread, Summer Corn Hash, Soy Simmered Chicken Wings

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## Customer Reviews

At first, I just wanted this book for the soup recipes. And there are plenty of those! The range of the recipes is pretty wide, but if you're not a foodie, not many of them are going to appeal to you. There are also some very difficult to find specialty ingredients in a lot of the soups. If you live near a large metro area, it likely won't be difficult for you to acquire them. If you live in more rural areas, you'll have a lot more trouble with a lot of the ingredients. (We're talking about things like Marmite, specialty cheeses, fresh chestnuts, celeriac bulbs, sunchokes, masa harina, kombu, nori, etc.) There are also several non-soup recipes. I was thrilled with the recipes included. And the recipes are huge, which is a plus for this large family momma. But what really surprised me is how much I actually like the idea of a soup club. I usually shy away from dinner clubs, mostly because they just don't work for my family. But soup club is something I could really get used to. I look forward to finding a few friends to try soup club with me. You'll need a few things to make this cookbook work for you. You'll need a huge stock pot. The soup recipes are intended to be split among 4 families. That means each recipe makes 8-9 quarts of soup. (And if you're a large family mom, like myself, that means their might even be leftovers!) You'll need an immersion blender for several of the soups. You may need a food processor for several soups. And if you're starting a soup club, you'll need quart sized jars, small jars for garnishes, and canvas tote bags for delivery.

I cannot know if anyone else has pointed this out without reading all the reviews, but most soups freeze superbly. I usually cook for just two people (my husband and myself), but I like to make BIG soups and freeze several dinners at a time. These recipes are terrific for me, because they are just the right quantity for me to freeze. I don't mind spending several hours making ten or more meals! Not at all. I also like the idea of sharing with friends. And it seems that all I want to eat in winter is soup, soup, and more soup. Especially this very cold, very snowy winter (we live in Maine). The Japanese-style miso soups with noodles don't freeze well, but most of the other soups will. A few cautions: if a soup has potatoes, cook them separately at the time you are eating the soup and add them after it has thawed out. Potatoes do not freeze well. Do the same thing with previously frozen

peas; they don't refreeze well - for peas, you can just let them thaw, put them in your soup bowl and pour the hot soup over them - they are very good that way. Creamy soups might need to be pureed again (stick blender) after thawing. But these are very, very simple and quick work-arounds. I freeze lots of soups and these are the only work-arounds I've encountered. Thanks, Soup Club Ladies, for writing these recipes, almost all of which sound wonderful to me. There are lots to choose from as well.

This cookbook is really a collection of cook-and-share recipe ideas, so even though soup recipes form the bulk of the book, the last section of the book contains recipes for other types of foods that can be made in quantity and for sharing, such as recipes for salads and dressings; breads, grains, and pasta; etc. The soup recipes are quite diverse -- there are recipes that include meat and recipes that cater to vegetarians. Many of the ingredients are available year round and can be easily found in the local supermarkets. Others may be found more easily in ethnic or specialty health food stores. You can learn many things from this cookbook, including how to make vegetable, chicken, beef, and fish broths, and also different types of salad dressings from scratch, and different types of toppings for use in garnishing your soups or salads. Some of the tidbits shared regarding some ingredients can be quite useful and/or educational: for example, do you know why you should prefer medium-sized parsnips to bigger or smaller ones? or if you've always thought that you have to peel sunchokes (also known as Jerusalem artichokes), which can require a lot of patience, you might be happy to learn that as long as you scrub them well, you don't really need to peel them. The cookbook contains many colorful pictures, and the index is organized mostly around ingredients (for example, under the "eggplant" entry is the page index for "Baba Ghanoush," an eggplant-based, creamy dip).

I've been completely absorbed in this book for the last 48 hours. It's one you just can't put down if you're anything like me who loves making homemade soup, and has an eye for color and food drama. The book itself is just glowing with beauty and every page is a delight to the senses. I love all the canning jars they've used, especially the WECK jars as they have such a lovely flow to them and add to the aura of this cookbook. It's done with such simplicity, that's what makes it stand out so much. Well done, ladies! The recipes are varied and interesting; I'm about to embark on the **SENEGALESE PEANUT SOUP** first as this looks so appealing to me and I've not made it before. The recipes seem straight forward and easy to follow for just about anyone and these are recipes which can easily be changed for the Vegan/Plant Based people who prefer to stay away from

animal products. These people will know how to substitute whichever ingredients they need to. There is much more than just soup here....I also love the vinaigrette recipes for salads, etc. I make all my home salad dressings and always love to add a few more good recipes to the bunch. This book has them ! For me, a bowl of soup, a salad and a nice crunchy piece of baguette is one of the finest meals on Earth. It doesn't get any better than that.....Great idea for a book and a beautiful display of the culinary arts. This would make a fabulous gift for anyone who loves soup and more.....My compliments to the cooks !

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