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**Food 4 Thought Series
2010**

***“To feel safe and warm on a
cold wet night, all you really
need is soup.”***
~Laurie Colwin



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**Food 4 Thought Series
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Soups & Artisan Breads



- **Make soups from your food storage!**
- **Recipes for Artisan Breads**





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“Soup puts the heart at ease, calms down the violence of hunger, eliminates the tension of the day, and awakens and refines the appetite.”

Auguste Escoffier



No-Knead Ciabatta Bread

4 cups bread flour (can use 3½ cups white and ½ cup wheat)
 ¼ teaspoon yeast
 2 cups water
 1½ teaspoon salt

1. Mix all ingredients together in a large bowl with a spatula or wooden spoon. The dough will seem too dry, then too wet, then will come together and will form a nice, sticky dough. Cover bowl with foil and allow to rise for 18 hours at room temperature (around 65°F).
2. Use spatula to fold over on itself several times.
3. Spray work surface with water and cover with plastic wrap.
4. Sprinkle plastic wrap with flour. Scrape dough onto floured surface and use fingers to pull and work into a long, flat shape.
5. Be careful not to rip or tear the dough as you are shaping. Dough does not need to be regularly shaped.
6. Prepare a heavy duty baking sheet with oil and sprinkle cornmeal over it. Take ends of plastic wrap and bring dough just to edge of pan. Flip over onto cornmeal. If it doesn't flip well, just pick up and reshape.
7. Allow to rise 2 hours.
8. Bake for 35 to 45 minutes in a 425°F oven.

Makes one loaf.

(Adapted from Chef John, <http://foodwishes.blogspot.com>)





Herb Oil

- 2 cups olive oil, warmed to about 100° F.
- Add 1 cup chopped fresh herbs (basil, parsley, oregano, tarragon, rosemary, thyme, cilantro, savory, sage).
- Add 1 tablespoon coarse or kosher salt, 1 teaspoon coarsely ground black pepper and 1 tablespoon granulated garlic or 5-6 cloves fresh garlic, minced or pressed.
- You may also add 1 teaspoon paprika, 1 teaspoon ground cayenne pepper, 1 tablespoon fennel seeds, 1 teaspoon onion powder, or 1 tablespoon dried minced onion.
- Store any leftover herb oil in refrigerator for up to 2 weeks.

Pre-Rising Toppings: Marinated sun-dried tomatoes; olives; roasted garlic; fresh herbs; walnuts, pine nuts, or other nuts; sautéed mushrooms, red or green peppers or onions.

Pre-Baking Toppings: Blue cheese, fresh mozzarella or feta cheese, cooked ground meat or meat strips. Also coarse salt or sugar.

During Baking Toppings: Add the last 5 minutes of baking. Parmesan, Romano, Mozzarella, Jack, Cheddar or Swiss cheeses.

(Adapted from: Peter Reinhart's *The Bread Baker's Apprentice*.)



Making Soups from Food Storage Ingredients

Why store food?

We never know when an emergency may happen and we may not be able to obtain food or drink. The emergency may be the loss of a job or natural catastrophes such as floods, earthquakes, or storms. The Civil Defense and Red Cross as well as certain religious organizations, have recommended storing food and drink for your family in case of such emergencies.

How do we store it?

It is important to understand what to store and how to store it. In addition, learning how to cook with your food storage ingredients how to rotate them is important. Using food storage in your menu planning can save money, add nutrition to your diet, and expand your family's menu choices. If food storage is not used and rotated with fresh items, it will become a waste of time, money, and resources.

What do I store?
Store what you eat.
Eat what you store!

A clever way to use food storage

Homemade dried soup mixes are a great way to use your food storage! You can use a variety of dry spices, dehydrated foods, as well as powdered milk, dried beans, and a variety of other ingredients. These are a quick fix on a cold, wintery evening and can be easily made with a few fresh ingredients and little time and energy. Try the following recipes, and adjust dried spices and amounts to suit your own tastes. You can even experiment with your own dried mixes! Enjoy!



Basic Cream Soup Mix

2 cups powdered non-fat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 tablespoons dehydrated onion or vegetable flakes
2 teaspoons Italian Seasoning (or a combination of your favorite seasonings)
Optional: ½ cup mashed potato flakes

Directions:

Combine all ingredients and store in closed plastic bag or air-tight container until ready to use. It does not need to be refrigerated.

Yield: Equal to 9 cans of cream soup

To substitute for 1 can of cream soup:

Combine ⅓ cup of dry mix with 1¼ cups cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

Creamed Soup Adaptations:

Add any of the following ingredients for a delicious soup.

Potato: to cooked soup, add 1 cup cooked potato cubes

Mushroom: to cooked soup, add 1 4-oz. can mushrooms

Tomato: Heat 2 cups tomato sauce; do not boil. Slowly add warmed tomato sauce to cooked soup with a whisk. This will help control curdling.

Broccoli Cheese: Combine dried soup mix with ⅓ cup fresh or frozen broccoli and water. Cook and stir until thickened. Add 1 cup grated cheese and mix until well blended.

(Adapted from: SOS Soups or Sauces. Proctor, D. & Serfustini, E., online publication: <http://extension.usu.edu/fsne/files/uploads/Recipes/Soup%20or%20Sauce%20Book.pdf>)



4. Line a 17x12-inch sheet pan with baking parchment. Drizzle ¼ cup olive over the paper and spread it to cover the surface. Transfer the dough to the sheet pan and maintain its rectangular shape as much as possible.
5. Spoon half of the herb oil over the dough. Use your fingertips to dimple the dough and spread it to fill the pan. Avoid tearing or ripping the dough and keep the thickness as uniform as possible. Use additional herb oil as needed to coat the entire surface.
6. Preheat the oven to 500°F. Place pan in the oven and then lower the temperature to 450°F and bake for 10 minutes.
7. Rotate the pan 180° and continue baking for 5 to 10 minutes or until it begins to turn a light golden brown. Remove from oven and transfer the bread onto a cooling rack. Let cool about 20 minutes before slicing and serving.

(Adapted from: Peter Reinhart's *The Bread Baker's Apprentice*.)



Focaccia

Makes one 17 x 12-inch focaccia

5 cups unbleached high-gluten or bread flour
2 teaspoons salt
2 teaspoons instant yeast
6 tablespoons olive oil
2 cups water, room temperature
1/4 to 1/2 cup Herb Oil (see recipe following)

1. Stir together the flour, salt, and yeast in large mixing bowl. Add oil and water and mix until all ingredients form a wet, sticky ball. Mix for 5-7 minutes or until a smooth, sticky dough is made. It should clean the sides of the bowl but stick to the bottom.
2. Sprinkle enough flour on the counter to make a bed about 6-inches square. Transfer the dough to the bed of flour and dust liberally with flour and pat the dough into a rectangle. Wait 5 minutes for the dough to relax.
3. Coat hands with flour and stretch the dough to twice its size. Fold it, letter style, over itself to return it to a rectangular shape. Mist the top of the dough with spray oil, dust with flour and loosely cover with plastic wrap. Let rest for 30 minutes. Stretch and fold the dough again, mist with spray oil, dust with flour and cover. After 30 minutes, repeat one more time. Let rise for one hour, it should not double in size.



Chicken Noodle Soup Mix

¼ cup dried red lentils **or** ¼ cup dried carrots
3 tablespoons dried minced onion
3-4 tablespoons chicken bouillon granules
½ teaspoon dried dill weed
⅛ teaspoon celery seed
⅛ teaspoon garlic powder
1 bay leaf
Approx. 1 cup uncooked egg noodles

Directions:

In a clear pint jar, layer ingredients in order listed above, beginning with lentils or carrots. Add enough noodles to finish filling the jar. Close tightly.

To prepare soup:

Boil 8 cups water a large Dutch oven . Empty jar of soup mix into water. Reduce heat, cover, and simmer about 15 minutes. Discard bay leaf before adding one (10 oz.) package frozen mixed vegetables and 2 cups cooked, diced chicken.* Cook approximately 5 minutes more, or until vegetables and chicken are heated through and tender.

*Turkey may be substituted for chicken.

Serves 8 to 10.

(Adapted from: <http://all.recipes.com>)





Minestrone Soup Mix

Makes enough mix for 2 to 2½ quarts of soup (8 to 10 generous servings)

- 2 tablespoons plus 1 teaspoon good-quality beef bouillon granules (may substitute vegetable bouillon granules)
- 3 tablespoons minced dried onions
- 3 tablespoons coarsely chopped dry-packed (not oil-packed) sun-dried tomatoes (or dried vegetable flakes).
- 2 teaspoons dried oregano leaves
- 1 teaspoon dried marjoram or thyme leaves
- ½ teaspoon dried minced garlic (may substitute garlic powder; do not use garlic salt)
- Scant ¼teaspoon crushed red pepper flakes (or ¼ teaspoon ground black pepper)
- 2 to 3 tablespoons dried celery
- ¼ cup uncooked pearl barley
- ¼ cup dried red or brown lentils
- ¼ cup dried green or yellow split peas
- ¼ cup dried kidney beans
- ¼ cup dried light colored beans
- ½ cup dried medium-size pasta

Ingredients to add to prepared soup:

- 1 lb. browned hamburger or sausage
- 1 (15-oz) can crushed tomatoes
- 1-2 cups vegetables, frozen or canned

Directions:

Combine the dry spices, barley, lentils and split peas and put in plastic bag. Then layer the beans into clean, glass jar: kidney beans and white beans.

Pack the pasta separately in a small, sturdy plastic bag and tuck it into the top of the jar along with the spice mixture bag. Close tightly. The soup mix can be stored at room temperature for up to 2 months.



Multi Grain Rolls

Ingredients	Percent	Pounds	Ounces	Grams
Flour	100%	1.36	5.76	616.886
Wheat Flour	50.00%	0.68	10.88	308.448
Water (55° F)	100.00%	1.36	5.76	616.886
Yeast	1.50%	0.0204	0.3264	9.25344
Brown Sugar	20.00%	0.272	4.352	123.3792
Salt	2.00%	0.0272	0.4352	12.33792
Rolled Oats	5.00%	0.068	1.088	30.8448
Sunflower Seeds	5.00%	0.068	1.088	30.8448
Flax Seeds	5.00%	0.068	1.088	30.8448
Wheat Bran	5.00%	0.068	1.088	30.8448

1. Mix all ingredients except oats, seeds, and bran. Mix at first speed (low) for 4 minutes. Mix at second speed for 5 minutes.
2. Mix oats, seeds, and bran and add during the last two minutes of the 5 minute mixing.
3. Dough temperature should be 76°.
4. Let rise 90 minutes.
5. Shape into 1.5 oz. balls. Place on greased or parchment paper lined sheet pan.
6. Allow to rise 60 to 90 minutes.
7. Bake at 400°F in a pre-steamed oven.
8. Bake 10-15 minutes.

Larger Recipe—Dough:

- Bread Flour 2.5 pounds = approx. 3 ¼ unsifted cups
- Whole Wheat Flour 1.25 pounds = approx. 1 ¾ unsifted cups
- Water 68 F 2.5 pounds = approx. 2 ½ cups
- Fresh Yeast 2 ounces = approx. 4 tsp instant yeast
- Brown Sugar 8 ounces = approx. ½ cup
- Salt 1 ounce = approx. 2 teaspoon
- Rolled Oats 2 ounces = approx. ¼ cup
- Wheat Bran 2 ounces = approx. ½ cup
- Sunflower seeds 2 ounces = approx. ⅛ cup

(from Chef Adalberto Diaz Labrada, UVU Instructor)



HONEY WHEAT BREAD

Ingredients	Percent	Pounds	Ounces	Grams
Flour	100.00%	1.34	5.44	607.814
Wheat Flour	69.00%	0.9246	14.7936	419.3986
Whole Milk	59.00%	0.7906	12.6496	358.6162
Salt	2.00%	0.0268	.4288	12.15648
Honey	10.00%	0.134	2.144	60.7824
Butter	15.00%	0.201	3.216	91.1736
Fresh Yeast	2.00%	0.0268	0.4288	12.15648
Water (55°F)	40.00%	0.536	8.576	243.1296

1. Add all ingredients in order listed to bowl. Mix 4 minutes at first (low) speed, then 5 minutes at second speed.
2. Temperature of dough should be 76°F.
3. Let rise 90 minutes.
4. Pre-shape into 2 lb loaves. Let rest 20 minutes.
5. Shape into loaf on greased sheet pan or line with parchment paper.
6. Allow to rise for 60 to 90 minutes.
7. Bake at 350°F in a pre-steamed oven.
8. Steam the oven after the bread has been loaded.
9. Bake for a minimum of 25-30 minutes.

(from Chef Adalberto Diaz Labrada, UVU Instructor)



To prepare soup:

Remove the pasta & spice packet from the jar and set aside. Soak kidney beans and white beans over night or do a quick soak by boiling them in water for 2 minutes. Remove from heat, cover, and soak 1 hour. Drain water after either method.

Combine the soaked beans and spice mixture with 9 cups of hot water in a large pot over medium-high heat. Bring to a boil then reduce the heat to medium. Cover and cook for 50 to 55 minutes, until the beans are tender. Adjust the heat as needed so the soup is barely bubbling. Add 1 can (15 oz.) whole or crushed tomatoes (do not add before beans are tender or it may make the beans tougher and take longer to cook). If the soup is too thick, add more water or tomato juice to achieve the desired consistency, then increase the temperature to medium-high to bring it to a boil.

Add 1 lb. of browned hamburger or sausage and any combination of vegetables. (Suggestions: 1 cup of green beans, 1/2-1 cup cooked carrots, etc.) Add the pasta from the packet. Cover and cook, stirring occasionally, for 10 to 15 minutes, until the pasta is *al dente* (barely tender). Add salt and pepper or other seasonings to taste.

Ladle portions into individual soup bowls and garnish with grated Parmesan cheese, if desired.

Cover and refrigerate the cooked soup for 3 to 4 days. The soup usually thickens upon refrigeration; thin it with water before reheating. The cooked soup can be frozen in an airtight container for up to 2 months.

Crock Pot Directions: To adjust recipe for the slow cooker, estimate 3 to 4 hours on low for every hour of conventional cooking. Estimate about 2 to 2 ½ hours on high for each hour.

(Adapted from: *All American Cookbook* Author, Nancy Baggett. Find her original recipe at <http://www.kitchenlane.com/>)



Chicken Rice Soup Mix*

- 2 cups uncooked long grain white rice⁺
- ¼ - ½ cup chicken bouillon granules
- 4 teaspoons dried tarragon
- 4 teaspoons dried parsley flakes
- 1/2-1 teaspoon pepper, to taste

Directions:

Thoroughly combine all ingredients. Cover, label and date. Store in a cool dry place for up to 6 months.

⁺can use long grain brown rice; store up to 3 months

To prepare soup:

In a saucepan, combine 3 cups water, 1 tablespoon butter or margarine and ⅔ cup soup mix. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until the rice is tender. Add more water as needed for desired amount of broth.

*This recipe can also be used to make a rice side dish. Decrease water to 2 cups and allow to sit, uncovered for 5 to 10 minutes before serving.

⁺If using brown rice, simmer 45-50 minutes or until rice is tender.

(Adapted from: <http://allrecipes.com>)

Soup Mix in a Jar

- ½ cup beef bouillon granules
- ¼ cup dried minced onion
- ½ cup dried split peas
- ½ cup uncooked twist macaroni
- 1 cup uncooked tri-color spiral pasta
- ¼ cup barley
- ½ cup dried lentils
- ⅓ cup white rice

Directions:

Layer ingredients (except pasta) in a quart jar. Put tricolor spiral pasta in a separate plastic bag and that will fill the rest of the jar.

To prepare soup:

In a large kettle, brown 1 lb. ground beef or stew meat cut into bite-size pieces in a little olive oil. Remove tricolor pasta from top of jar and set aside. Add the rest of the contents of the jar to the kettle with 12 cups water. Bring to a boil and simmer 45 minutes. Add pasta and simmer an additional 15 minutes.

Serves 12.

(Adapted from: <http://allrecipes.com>)



BAGUETTE & BÂTARD

Ingredients	Percent	Pounds	Ounces	Grams
Flour	100%	1.17	2.72	530.702
Water (55°F)	50.00%	0.585	9.36	265.356
Malt	1.00%	0.0117	0.1872	5.30712
Yeast	1.00%	0.0117	0.1872	5.30712
Salt	3.00%	0.0351	0.5616	15.92136
Poolish	100.00%	1.17	2.72	530.702

1. Mix poolish with flour and water for 2 minutes on low speed until just incorporated. Allow to rest for 20 minutes.
2. Add yeast and salt and mix for another 4 minutes on low, then 5 minutes on medium speed. Dough temperature should not be higher than 76° F.
3. Place dough in oiled container, making sure that the internal dough temperature is 75° F. If not place in a warm environment until that temperature is achieved.
4. In an ideal situation the dough will get three stretch and folds after the first 30 minutes and every 30 minutes after.
5. Total bulk fermentation should be about 90 minutes.
6. Divide dough into 12 oz. increments and pre-shape into Baguette (long & thin loaves) and Bâtards (round loaves). Allow to rest for about 20 minutes.
7. Shape dough again for last time (same as before). Allow to rise additional 30-60 minutes.
8. Bake at 450°F in a pre-steamed oven. Steam the oven after the bread has been loaded.
9. Bake for a minimum of 20 - 25 minutes.

(from Chef Adalberto Diaz Labrada, UVU Instructor)



POOLISH (Preferment)

1.

Ingredients	Percent	Pounds	Ounces	Grams
Flour	100%	0.58	9.28	263.088
Water (70°)	100%	0.58	9.28	263.088
Yeast	0.10%	.00058	0.00928	0.263088

Combine 70° water and yeast and stir until completely dissolved.

Combine flour with yeast mixture and blend together to a smooth consistency.

Cover with plastic wrap so that no crust forms.

Place in a controlled environment around 68-70° for 18 hours or overnight.

(from Chef Adalberto Diaz Labrada, UVU Instructor)



Creamy Potato Soup Mix

- 2 cups instant mashed potatoes
- 1½ cups nonfat dry milk
- 2 tablespoons instant chicken bouillon
- 2 teaspoons dried minced onion
- 1½ teaspoons seasoned salt
- 1 teaspoon dried parsley
- ¼ teaspoon dried whole thyme
- ¼ teaspoon ground white pepper
- ⅛ teaspoon turmeric*



Directions:

Combine all ingredients in a large bowl, mixing until completely blended. Store in airtight container.

*NOTE: if you don't have turmeric, omit it. It gives a little flavor and color to the soup but is not necessary.

To prepare soup:

Place ⅓ to ½ cup soup mix in a soup bowl or mug. Add 1 cup boiling water slowly while mixing with a whisk or fork and stir until smooth. Let soup sit 1 to 2 minutes to thicken slightly. If too thick, add a little more water and whisk. Salt and pepper to taste. Add shredded cheddar cheese or parmesan cheese if desired.

Yield: makes approximately 6 bowls of soup

(Adapted from *Family Living: Simply delicious food gifts* booklet)



Mexican Bean Soup Mix

Bean Soup Mix

1 pound black beans
1 pound red beans
1 pound great Northern beans

Seasoning Mix

3 tablespoons dried parsley flakes, divided
4½ teaspoons chili powder, divided
3 teaspoons salt, divided
1½ teaspoons crushed dried red pepper flakes, divided
¼ teaspoon garlic powder, divided
¼ teaspoon ground black pepper, divided

To make soup mix:

Combine all beans in a large bowl and stir together. Divide evenly between 3 resealable plastic bags (about 2 heaping cups each).

Combine 1 tablespoon parsley, 1½ teaspoons chili powder, 1 teaspoon salt, ½ teaspoon red pepper flakes, ¼ teaspoon garlic powder, and ¼ teaspoon black pepper in each of 3 small resealable plastic bags.

Give 1 bag of beans and 1 bag of seasoning mix with the following recipe:

To Make Mexican Bean Soup:

Rinse 1 bag (about 2 cups) beans well. Place in a Dutch oven and cover completely with water; soak overnight.

In a large skillet, brown 1 pound ground beef or pork sausage, 2 onions (chopped) and 2 cloves of garlic (minced). Drain beans and return to Dutch Oven. Add meat mixture, 1 can (16 ounces) whole peeled tomatoes, 1 can (4½ ounces) chopped green chiles, and 1 bag (about 2 tablespoons) seasoning mix. Add enough water to cover all. Stirring occasionally, simmer 3 to 4 hours or until beans are tender. Add more water as needed. Salt and pepper to taste.

Yield: 8 to 10 servings

(Adapted from *Family Living: Simply delicious food gifts* booklet)



The Art of Artisan Breads

Artisan breads are different from other breads for a number of reasons.

First, most artisan breads use simple, basic ingredients—yeast, flour, water, and salt. In addition, nearly all artisan breads use a pre-ferment (i.e., a bit of fermented dough that is added to the bread) such as a poolish, biga, or sourdough starter. This added fermentation is what gives artisan breads a more robust flavor than regular breads.. But more than flavor, using these starters favorably affects crust (thickness and color), crumb (texture), and shelf life.

Second, artisan breads typically take more time to make than regular bread. A good artisan bread can take between 20 and 40 hours to create. This can include time for the pre-ferment to develop, as well as additional time to rise before baking. Third, artisan breads are often baked in a stone/brick oven to give a hardier crust, with a soft, chewy interior. You can also achieve this effect in a conventional oven through steaming during baking, or spritzing the loaves with water during baking. The use of a baking stone in a conventional oven can also enhance the crust and texture of the bread. Following are several recipes to help you begin your Artisan Bread journey. Enjoy!