



Total Locals Club

Recipes for pairing with Total Locals
Club January 2008 Selections

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Black Bean, Chorizo and Kale Soup

Serves 4-6

- ½ lb. Spanish Chorizo, coarsely chopped
- 2 Tbsp. olive oil
- 1 large onion, chopped
- 2 garlic cloves, finely chopped
- ¼ tsp. hot red pepper flakes
- ½ tsp. cumin
- ¼ tsp. salt
- 4 cups chicken broth
- 2-3 small cans black beans, rinsed and drained
- ¾ lb. Kale (or Swiss Chard)

Cook Chorizo, onion, garlic, pepper flakes, cumin and salt in oil in a 3-quart heavy stock-pot over moderate heat, stirring until the vegetables are softened about 10 minutes (careful not to burn the garlic). Add broth and beans and simmer, partially covered for approx. 15 minutes. Lightly mash beans with a potato masher to thicken. Stir in Kale and simmer until tender another 5 minutes.

The Bestest Baked Butternut Squash Soup

Serves 4-6

- 2 Butternut Squash, 1 lb. Each, peeled, seeded and cut into small chunks (if you are lucky you can find pre-cut bags of Butternut Squash!)
- 2 carrots, peeled and cut into small chunks
- 1 large onion, chopped
- 3 cups chicken broth, low-sodium
- 1 Tbsp. honey
- 1/8 tsp. each of mace, ground ginger, cinnamon and allspice
- ¼ tsp. salt
- ¼ tsp. ground fresh black pepper
- ¼ cup Italian parsley, finely chopped
- Sour Cream or Crème Fraiche & Scallions for topping

Place squash, carrots and onion in a shallow roasting pan and pour broth over vegetables, (for a double recipe, use two 9 1/2 X 13 Pyrex dishes and double ingredients), add honey and all of the spices including salt and pepper. Cover

with aluminum foil and bake until vegetables are tender, about 45-50 minutes.

Ladle vegetables first and then broth into large soup pot. Using an immersion blender, purée until smooth. Re-heat soup and garnish with sour cream and scallions for individual servings.

The Perfect Onion Soup

Serves 6

- 3 Tbsp. butter
- 1 Tbsp. Olive oil
- 5-6 Large Sweet Onions, thinly sliced (Vidalia or Maui)
- 2 large Shallots
- ½ tsp. salt
- 2 large cloves garlic, thinly sliced
- 2 Tbsp. Flour
- 2 Qt. Beef Broth, hot
- 2 C. Dry Red Wine
- 1 Tbsp. Balsamic Vinegar
- ½ tsp. Thyme
- Black pepper to taste
- 1 Baguette, sliced
- ½ lb. Gruyere Cheese, shredded
- 3 Tbsp. grated Parmigiano-Reggiano
- 3 Tbsp. melted butter

Melt the butter and olive oil in large stock-pot, adding the onions and shallots. Cover and cook over low heat for 20-25 minutes, stirring occasionally. Raise the heat, uncover and add sugar and salt. Cook until onions have a deep, rich color. Reduce the heat, adding the garlic, stirring for 1 minute. Blend in the flour and cook out the flour taste for 2-3 minutes. Remove from heat and add 1 cup of the hot broth stirring until smooth, after which you add the remaining broth, wine, vinegar, thyme and pepper and bring to a boil. Lower the heat, simmer slowly with cover slightly off for about 1 hour. When you are ready to serve, pre-heat broiler. Place slice of baguette on top of each serving, sprinkle on Gruyere, some Parmesan and some melted butter and place in broiler for a few minutes.