

## Salute to Hollywood: Golden Soup

*A salute to the Hollywood Foreign Press Association, the Golden Globe Awards, and the Beverly Hilton Hotel's Executive Chef Matthew Morgan for his all-vegan menu and Golden Soup recipe provided at [www.people.com](http://www.people.com).*

- 2 Tbsp. extra-virgin olive oil
- 2 ½ lbs. golden beets, peeled and chopped into 1/2-in. pieces (6 cups), green tops reserved
- 1 medium yellow onion, roughly chopped (2 cups)
- 2 medium carrots, peeled and roughly chopped (1 1/2 cups)
- 4 garlic cloves, roughly chopped
- ½ cup dry white wine
- 1 (48-oz.) container vegetable stock
- 1 cup water
- 1 tsp. orange zest plus ½ cup fresh juice (from 2 oranges)
- 1½ tsp. kosher salt
- ¼ cup chopped roasted salted pistachios



Heat oil in a large pot over medium. Add beets, onion and carrots. Cook, stirring occasionally, until onion starts to caramelize, 15 to 18 minutes. Add garlic; cook, stirring constantly, until fragrant, 1 minute. Add wine, and use a wooden spoon to scrape up browned bits from bottom. Add stock and water. bring to a boil over medium; reduce heat to medium low. Cover and cook until beets are very tender, about 1 hour. Remove from heat; let cool 20 minutes.



Puree cooled soup in a blender until smooth; water can be added for desired consistency. Return puree to pot. Stir in orange zest, juice and salt. Chill 30 minutes or until ready to serve.

Thinly slice beet green tops. Ladle soup into bowls, and sprinkle with greens and pistachios. Drizzle with more olive oil, if desired. Recipe courtesy of [www.people.com](http://www.people.com) and the Beverly Hilton Hotel's Executive Chef, Matthew Morgan.

## Vegetable Chowder

2 1/2 cups water  
1 1/2 cups chopped potatoes  
1 cup sliced carrots  
1/2 cup sliced celery  
1/4 cup chopped scallions  
1/4 cup non-dairy butter  
1/4 cup unbleached wheat flour  
2 cups unsweetened non-dairy milk or cream  
2 1/2 cups shredded vegan cheddar cheese  
2 cups organic frozen or fresh corn  
Freshly ground sea salt and black pepper to taste

Garnish:

Chopped fresh parsley

Crackers

Vegan parmesan cheese

Combine water, potatoes, celery, carrots, scallions, salt and pepper in a large saucepan. Turn the heat to medium-high and cook for 5 minutes then turn the heat down to low and simmer for an additional 20-30 minutes until the potatoes are tender. Add corn and adjust the liquid volume removing some of the broth if needed to ensure the soup is creamy.



In a medium saucepan melt the butter. Add the flour and stir until thickened. Slowly pour the milk in a little at a time. Stir and wait until the mixture thickens between each new addition of milk. Once the milk has been completely mixed in add the grated cheese and stir until the cheese melts and blends into the sauce.

Pour the cheese mixture into the saucepan with the vegetables, stir until mixed well. Add freshly grated salt and pepper to taste. Garnish with chopped fresh parsley, crackers, and a sprinkle of optional vegan parmesan cheese.



## Chipotle Tomato Bisque

1/4 cup olive oil  
5 celery stalks, chopped  
1/2 cup chopped shallot  
1 bunch scallions, chopped (green and white parts)  
1/2 teaspoon garlic, chopped  
2 cans (28-ounce size) tomatoes (good quality such as Muir Glen)  
1 quart vegetable broth  
1/2 bottle dry white wine (optional)  
1 cup soy cream  
2 tablespoons lime juice  
2 tablespoons chipotle sauce (to taste)  
1 1/2 teaspoon Mexican oregano  
1 bay leaves

Garnish:

Vegan sour cream  
Kelly's Croutons  
Chopped chives

Heat the oil in a heavy-bottomed pot over medium-high heat. Add the celery, shallots, scallions and garlic. Cook stirring occasionally until the vegetables begin to caramelize, about 10 minutes. Add the remaining ingredients. Bring to a boil and then drop the temperature to low and simmer for 30 to 35 minutes.

Remove the bay leaves. Use an immersible blender to puree the soup or process it in a blender being careful while handling hot soup. Adjust the seasonings to taste and garnish with vegan sour cream blended with lime juice, vegan croutons, and chopped chives.



## French Onion Soup

*On the original class menu, we traded this recipe for the Salute to Hollywood's Golden Soup. Here's the recipe featured recently at Jensen's Foods*

1/3 cup vegan butter  
3 large sweet onions  
2 bay leaves  
2 sprigs fresh thyme  
2-3 cloves garlic  
2 cups La Crema or Layer Cake red wine\*  
3 tablespoons unbleached flour  
2 quarts vegetable broth  
3 tablespoons Tamari  
1 French baguette, sliced  
1 7 oz. package Chao Creamy Original Cheese



Peel the onions, divide them by cutting through the center between the root and stem end. Cut each half in half again then cut them into thin long slivers slicing down through the layers.

Heat a medium stock pot, add the vegan butter, onions, thyme, and bay leaves. Cook on medium high for 20-25 minutes stirring frequently until the onions are golden brown. Add the garlic continue sautéing an additional 2-3 minutes.

Pour the wine over the onions and garlic, cook it down until the majority of the liquid has evaporated. Remove the thyme and bay leaves.

Sprinkle the flour over the onion mixture, stir and cook 2-3 minutes then add the vegetable broth, tamari, and freshly ground salt and pepper to taste.

Heat an oven to broil. Slice the baguette and tear the slices of cheese into pieces. Ladle the soup into an ovenproof bowl, top with two slices of bread and a layer of cheese. Place under the broiler until the cheese melts. Transfer the hot soup to a plate and serve with an additional sprig of fresh thyme.

\* Visit [www.barnivore.com](http://www.barnivore.com) for a listing of vegan wines.

Recipe courtesy of Instructor Liz Gary. For information on more local community classes and special events visit [www.newoptionsfoodgroup.com](http://www.newoptionsfoodgroup.com).