

Champagne Sunday Brunch

Fabulous.

Sundays 10:30am-2:00pm
Reservations Suggested

#1 Voted Central
PA's Readers' Choice
Brunch Winner!
— Central PA Magazine 2006, 2007

Eden Resort Inn
and Suites

222 EDEN ROAD \\\ LANCASTER
717-569-6444
www.EdenResort.com

NOW OPEN

*"A neighborhood joint
with class"*


AMUSE
AMERICAN BISTRO

103 West Main Street Anville, PA

717-867-1776

www.amuse-bistro.com

B.Y.O.B.

Soup's On!

There's an old Southern Italian proverb that goes something like this: "Soup does seven things: It calms hunger, slakes thirst, fills the belly, cleans the teeth, makes you sleep, helps you digest and puts color in your cheeks."

The Italians weren't the only ones to wax poetic about soup. Auguste Escoffier, the patriarch of French cuisine, wrote, "Soup puts the heart at ease, calms down the violence of hunger, eliminates the tension of the day, and awakens and refines the appetite." And Beethoven is credited with saying that only the "pure of heart" can make good soup.

With a job description like that, why doesn't soup get its fair shake at the dinner table? Soup is often relegated to starter status, meant to titillate the appetite rather than satisfy it. But soup, perhaps more than any other dish, has tremendous potential for greatness, and many soups are quite easy to make.

Historically, soups were made from whatever people had in their cupboards at the time. Even today, a pantry raid can produce fantastic results — practically anything and everything can be put into a soup. Often the ingredients, by themselves, seem meager, mundane. Think of a French vichyssoise, a cold soup. Sure, it's got a fancy name, but it's made from very simple ingredients: potatoes, leeks, onions, cream and chicken stock. When they come together, however, a good vichyssoise can be divine.

It helps to start with a good base. Begin by recycling vegetable scraps or chicken carcasses to make stock. Unused fronds of celery and fennel, potato skins, tops and peels of carrots, extra bits of onion and garlic, a squeezed lemon, wilting fresh herbs — all of these make excellent, aromatic ingredients for a homemade vegetable stock.

After roasting a chicken, save the bones and picked-over body, store it in a freezer bag and simmer for hours with herbs, garlic, onions and other aromatics to make a do-it-yourself chicken stock. As an added bonus, stocks freeze very well. After cooling a stock down to room temperature (you don't want any icky bacteria), you can dole it out into ice-cube trays or other freezer-safe containers.

Of course, you can buy store-bought stocks and soups, but why? Apart from baking fresh bread, there's nothing quite so satisfying and calming — and simple — as having a homemade pot of soup simmering on the stove.

Cold soups, such as vichyssoise and gazpacho, rule the summer months, but hot soups reign on cold winter nights. All of the food at Bayou, at Second and Harris Streets in downtown Harrisburg, is meant to warm you up. "We are one of, if not the only, authentic Creole restaurants in town," says Bayou head chef Scott Catalone.

Bayou boasts chef Matthew Black's authentic Creole recipes, including seafood jambalaya, spicy pecan fried chicken, shrimp étouffée, and po' boys made with fried catfish, blackened flank steak, oysters or shrimp. A crowd favorite is Bayou's chicken-and-sausage gumbo, a delightfully thick and hearty soup that is a meal all by itself. It's a labor-intensive soup, which requires the roasting and picking of two whole chickens (don't forget to save the carcasses!) and a simmering time of six to seven hours. The effort is well worth it, as the strong flavors of the gumbo are sure to please and impress.

A favorite in my family is my mother's country vegetable soup. It's simple to make and is jam-packed with vegetables, including spinach, cabbage, carrots, Great Northern beans and zucchini. You can experiment with this soup by swapping some veggies for others. Another idea is to add a few dollops of pesto to

**Practically
anything and
everything can be
put into a soup.**

the soup to add a more Mediterranean flair. Though we typically sprinkle fresh-grated Parmesan on top of the soup, you can also simmer the soup with the rind of a Parmesan wedge for even more salty-cheesy flavor. To make it a vegetarian vegetable soup, replace the chicken broth with vegetable broth.

There are lots of eateries in Central PA that are doing much more than opening a can of soup and dumping its contents into a pot for a quick reheat, including Annie Bailey's Irish Pub in Lancaster and the Firehouse in Harrisburg.

Food from the British Isles has the unfortunate — and undeserved — reputation of being bland and boring. Soups and stews have always played a prominent role in British cooking, as they're simple, use at-hand ingredients and add a bit of warmth to damp, dreary weather. Lancaster residents have the luck of the Irish on their side with Annie Bailey's Irish Pub, located on King Street. The menu is not exclusively Irish fare, though it does include some Gaelic favorites, such as shepherd's pie and bangers and mash. In addition to an alternating soup of

the day, Annie Bailey's serves an Irish take on French onion soup. Its five-onion bisque blends sweet onions, leeks, Irish ale and just a hint of cream, and is topped with a Cashel bleu-cheese crostini.

Chef Sara MacNamara at the Firehouse makes a bevy of ever-rotating soups for her patrons. Depending on the day of the week, diners can choose from a variety of popular favorites, from cream of potato and cream of crab to chicken corn and New England clam chowder. MacNamara's soups are filling enough to be a meal by themselves, but they work in harmony with the Firehouse's menu of inventive salads, pastas, and meat and

seafood entrees. There's a reason why people eat soup when they're sick or cold, or need a pick-me-up, and why the popular feel-good book series references chicken soup. Soups, particularly the old favorites that MacNamara has perfected, have the power to make us feel nostalgic and comforted all at once.

Take the Italians, Escoffier and Beethoven to heart — drag out your biggest stockpot and get cooking. Whether you whip up a gumbo, chili, beef stew or a cream of whatever you can imagine, something wonderful may happen. Pureness of heart, of course, is a separate matter.

— STEPHANIE ANDERSON WITMER

recipes to go!

BAYOU CHICKEN & SAUSAGE GUMBO

2 cups okra, sliced	¼ cup Creole seasoning
¼ cup garlic, minced	1 cup flour
"Trinity" (2 cups each diced celery, onions, green peppers)	2 whole chickens, roasted and picked clean
½ pound unsalted butter	1 gallon chicken stock
1 pound andouille sausage, quartered and diced	Salt and pepper, to taste

In a large stockpot, sauté okra, garlic and "trinity" in butter until vegetables are brown. Add sausage and Creole seasoning, and cook through. Stir in flour to make a roux. Cook roux until dark brown, about 15 to 30 minutes over medium heat. Add chicken pieces and chicken stock, and simmer covered for 6 to 7 hours, stirring occasionally, until gumbo is thick. Add salt and pepper to taste.

Top gumbo with sliced green onions and serve with dirty rice.

Makes 12 8-ounce servings.

Recipe courtesy Chef Matthew Black, Bayou, Harrisburg

FIVE-ONION AND FENNEL BISQUE

2 medium Vidalia onions, lightly chopped and sautéed	2 Tablespoons unsalted butter
1 red onion, lightly chopped & sautéed	¼ cup white wine
½ cup scallions, minced	2 cups chicken stock
2 leeks, white and pale green parts only, chopped	1¼ cup water
1 bulb fennel, cored and chopped	1 teaspoon salt
2 garlic cloves, minced	½ teaspoon white pepper
	1 cup heavy cream
	⅛ teaspoon grated nutmeg
	¼ cup Pernod

Sauté onions, leeks, fennel and garlic in butter in a 6-quart sauce pan, covered, over moderate heat until soft (about 15 minutes). Add wine and cook until evaporated. Add stock, water, salt and pepper. Simmer until vegetables are tender. Stir in cream and simmer until slightly thickened (about 20 minutes). Purée soup and add nutmeg and Pernod and serve. Makes 12 servings.

Recipes courtesy Annie Bailey's Irish Pub

Visit www.centralpa.org and click on "A La Carte" for Country Vegetable Soup, New England Clam Chowder and Pumpkin Bisque With Cinnamon Croutons recipes.



Elizabeth's

An American Bistro

Wine Spectators'

Award of Excellence

for six consecutive years.

2002 to 2007

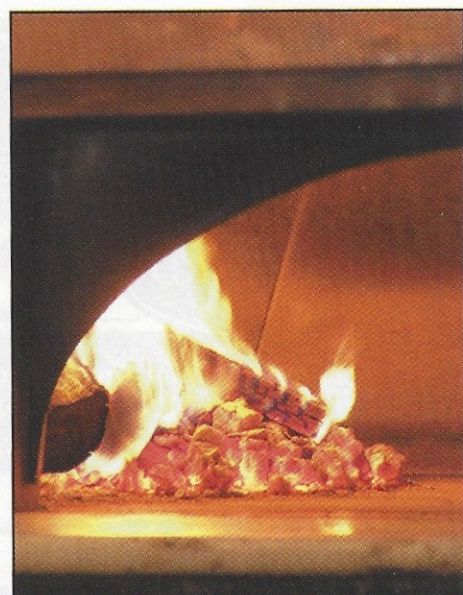
412 Market St., Lewisburg, PA 17837

570.523.8088 ~ elizabethsbistro.com

Open Wednesday thru Saturday

Dinner 5:00 pm - 9:00 pm

Lunch 11:30 am - 2:00 pm



TRATTORIA FRATELLI

"Best Italian in Central PA - 8 years running"
-Central PA Readers' Choice Restaurant Survey

502 East Lehman Street - Lebanon, PA
www.tratfrat.com menu-map-more
717-273-1443