

**VOCABULARY:**

CONSOMME'

BRODO

BRODETTO

BRODETTATO

ZUPPA

ZUPPA CRUDO O.SOFFRITO

MINESTRA

MINISTRINA

MINISTRONE

STUFATO

STRACCIATELLA

POLPETTE

POLPETTONE

## KEN'S SOFFRITTO (SOFFRITTO DI CHEN)

Diced onions, celery, carrots, and fennel bulb, blended with herbs of choice such as Italian broad leaf parsley, sage, pancetta, or diced prosciutto and a minced red pepper. Sautee in a large stock pot, using a couple of tablespoons of olive oil, until the soffritto starts to become translucent. Normally it takes about 6 to 7 minutes. Then I add 1/4 to 1/2 cup of white wine and the juice of a whole lemon. Let it simmer for a couple of minutes until it gives off a rich aroma, and add about a half teaspoon of salt and black pepper.

That becomes your core or base stock for many dishes including building the broth for the minestra.

Note , For this soffritto I omitted the sage, diced pork, and red pepper.

## MINISTRA MARITATA (WEDDING SOUP)

THERE ARE 3 DISTINCT STEPS:

### STEP 1

PREPARE THE SOUP STOCK BY FIRST MAKING THE SOFFRITTO

IF YOU ARE USING GREENS THAT HAVE LARGE STALKS, SUCH AS SWISS CHARD, DICE THE STALK PART AND BRAISE WITH THE SOFRITTO.

ADD THE CHICKEN STOCK OF YOUR PREFERENCE. I USUALLY BUY A LOW-SODIUM CHICKEN BROTH AND CHICKEN BONE BROTH --2 QUARTS MAKE ABOUT 8 SERVINGS.

ADD A CUP OF WATER AND 1/2 CUP OF WHITE WINE

BRING TO A LOW BOIL

### STEP 2

WHILE THE SOUP IS LOW BOILING ADD THE POLPETTE. IF THEY ARE UNBAKED, ADD AND BOIL FOR ABOUT 20 MINUTES, IF THEY ARE PRE-BAKED OR PRE-COOKED, COOK FOR ABOUT 15 MINUTES BEFORE YOU ADD THE GREENS.

### STEP 3

ADD PREWASHED AND CHOPPED GREENS OF YOUR CHOICE. I USE A CUP AND A HALF EACH, OF SWISS CHARD, ESCAROLE, AND SPINACH. I ALSO ADD A CUP OF SLICED MUSHROOMS. WHEN I USE SPINACH, THAT IS THE LAST ITEM I ADD TO THE MINISTRA SINCE IT COOKS VERY FAST.

LET ALL THE INGREDIENTS SIMMER AT A LOW BOIL FOR ABOUT 15 MINUTES. CHECK TO SEE IF ALL THE INGREDIENTS ARE COOKED. SOUP IS A MATTER OF TASTE, I PREFER A MORE CHUNKY SOUP, WHILE OTHERS PREFER A VERY SMOOTH AND WELL-BLENDED SOUP.

YOU CAN ALSO ADD A PRECOOKED PASTA PRIOR TO SERVING. I USE ORZO, BUT WHEN I MAKE THIS SOUP I USUALLY PLAN LEFTOVERS SO I CAN VARY THE CONTENTS THE NEXT DAY.

IT IS NOW READY TO SERVE SPRINKLED WITH A GRATED CHEESE SUCH AS PARMISAN OR ROMANO, ACCOMPANIED BY FRENCH BREAD. THIS IS A STAPLE WINTER DISH AND CAN BE A HEARTY MAIN COURSE OR A SMALLER FIRST COURSE, DEPENDING ON THE CONTENTS.

BUON APPETITO, KEN

## POLPETTE DI POLLO( Serves 6 people)

### Ingredients

3 cups of breadcrumbs(depending on consistency may need to add a little more to make into a firm paste-your choice on breadcrumb).

1 1/2 pounds of ground chicken

1/2 cup of grated Parmesan cheese

2 eggs

1 tablespoon of olive oil.

2-3 tablespoons of finely minced Italian parsley

salt/pepper, garlic, and onion powder to taste, likewise herbs of your choice.

Start by mixing the milk into the bread crumbs, to moisten them, then add the other ingredients and mix with two beaten eggs. Mix all together into a firm paste. They are ready to roll into a small polpetta, a little smaller than a 50-cent piece.

To cook, two options, roll them out and then lay them on a cookie sheet and bake for about 15 minutes at 350-degree oven. Once some of the meat oil comes out you can lay them into the soup and cook for an additional 10 -15 minutes. You can also bypass this step and make the polpetta and set them into the low-boiling soup, for about 20 minutes. Traditionally the polpetta is cooked in the soup, however, lately, many people prefer to bake out some of the animal fats before cooking them in the soup.