



## **Super Simple "Soupe au Pistou" + Fresh Fast French Bread + Elegant French Basil Sorbet**

By Dylan Sabuco

**Prep Time 25 / Cook Time 40 / Serves 4 - 6**

### **Shopping List**

FRESH

1 medium russet potato or sweet potato

3 garlic cloves or 1 1/2 tsp garlic powder

2 green onions

1 carrot

2 handfuls of fresh basil leaves

FROZEN

1 C frozen fruit (pineapple, peach, blueberry, strawberry, raspberry—your choice)

PANTRY

1 can cannellini beans **\*\*(for LEGUME ALLERGY sub 1 potato)\*\***

1 T salt

1/2 tsp ground black pepper

2 T vegetable oil

3 1/2 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***

1 T active dry yeast or baking powder

1 C granulated sugar

HAVE ON HAND

6 C water (if possible, have 1 C of the water warm and 1 1/2 C cold)

## Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls) and Rock and Saw.

**chop:** to cut something into small, rough pieces using a blade.

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**season:** to add flavor to food with spices, herbs, and salt.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**shape:** to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

## Equipment

Large pot

Cutting board + kid-safe knife

Can opener

Measuring spoons

Liquid measuring cup

- Wooden spoon
- Ladle
- Oven
- Muffin pan
- Large bowl
- Dry measuring cups
- Cutting board
- Blender (or pitcher + immersion blender)

## Ingredients

### Super Simple "Soupe au Pistou"

- 1 medium russet potato or sweet potato
- 2 green onions
- 1 carrot
- 1 handful of fresh basil leaves
- 1 T vegetable oil
- 1 pinch of all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- 1 tsp salt
- 1/2 tsp ground black pepper
- 2 garlic cloves or 1 tsp garlic powder
- 1 can cannellini beans, drained for **\*\* (LEGUME ALLERGY sub 1 potato)\*\***
- 3 C water

### Fresh Fast French Bread

- 1 C warm water
- 1 T granulated sugar
- 3 C all-purpose flour + more for kneading **\*\* (for CELIAC/GLUTEN ALLERGY sub 3 1/2 C gluten-free/nut-free all-purpose flour)\*\***
- 1 garlic clove, minced or 1/2 tsp garlic powder

1 T active dry yeast or baking powder

2 tsp salt

1 tsp vegetable oil \*\*

## Elegant French Basil Sorbet

1 handful of fresh basil leaves

3/4 C granulated sugar

1 1/2 C cold water

1 C frozen fruit (pineapple, peach, blueberry, strawberry, raspberry—your choice)

## Food Allergen Substitutions

### Super Simple "Soupe au Pistou"

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour for all-purpose flour.

**Legume:** Substitute 1 potato

### Fresh Fast French Bread

**Celiac/Gluten/Wheat:** For 3 C all-purpose flour, substitute 3 1/2 C of gluten-free/nut-free all-purpose flour.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

### Elegant French Basil Sorbet

## Instructions

### Super Simple "Soupe au Pistou"

#### intro

As the name implies, this soup recipe is simple and quick to whip together. "Soupe au Pistou" (Soup oh PEACE-too) is a hearty French classic that generally consists of potatoes, beans, and basil pesto. This recipe won't deviate from the original. The longer this soup simmers the more flavorful it becomes. This makes this recipe the perfect soup for anyone who needs a go-to recipe that you can throw on a back burner in the afternoon, and by dinnertime you have the perfect, hearty meal ready-to-go.

#### chop + drizzle

Start by chopping **1 potato, 2 garlic cloves, 2 green onions,** and **1 carrot** into a rough, large dice. Measure **1 tablespoon of vegetable oil** and drizzle that into a large pot over medium heat. Place all the chopped vegetables in the large pot.

#### sauté + sprinkle

Sauté the vegetables for about 5 to 7 minutes while sprinkling **1 pinch of flour, 1 teaspoon salt,** and **1/2 teaspoon black pepper** into the pot.

#### simmer + stir

Add **1 can of drained cannellini beans** and **3 cups of water** to the pot. Simmer the soup, stirring occasionally, for at least 20 minutes or until the potatoes are tender.

#### season + tear + serve

After simmering the soup to your desired consistency, season with the remaining **1 teaspoon of salt.** Tear and toss in **1 handful of basil leaves.** Serve immediately. The longer the soup sits with the fresh basil the more flavorful it will become; however, the basil will wilt and begin to turn a very dark green, almost black color. Serve this Super Simple "Soupe au Pistou" alongside Fresh Fast French Bread (see recipe) and cleanse your palate with Elegant French Basil Sorbet (see recipe). Bon Appetit!

### Fresh Fast French Bread

#### measure + combine

Measure **1 cup warm water, 1 tablespoon sugar,** and **1 tablespoon yeast** and combine them in a large bowl. Gently stir the ingredients. This will activate the yeast, which is an important step in making the bread rise. Allow the yeast to sit in the bowl for 5 minutes.

#### measure + mix + knead

Measure and add **3 cups of flour** and **2 teaspoons of salt.** Mince **1 garlic clove** and add that as well. Mix the ingredients together using a wooden spoon. Mix the ingredients together using a wooden spoon. Once a loose ball of dough forms, pour the contents into the bowl onto a large cutting board and knead. As you gently fold the dough and knead it, sprinkle on a little extra flour to prevent sticking.

#### preheat + shape

Preheat the oven to 350 F. Divide the dough into 12 pieces and roll into smooth balls. Grease the wells of a muffin pan with **1 teaspoon of vegetable oil,** then place each bread roll in the greased pan. Place the muffin pan in the oven and bake for 15 minutes or until golden brown on top.

#### dip + dunk + serve

Dip and dunk your bread in the Super Simple "Soupe au Pistou" (see recipe) or serve alongside things like olive oil and cheeses for a great pairing.

### Elegant French Basil Sorbet

## measure + blend

In a large pitcher or in a stand blender, combine **1 handful of basil leaves, 3/4 cup sugar, 1 1/2 cups cold water**, and **1 cup frozen fruit** of your choice. Blend this mixture until a creamy, smooth texture.

## adjust + serve + freeze

Adjust the consistency of the sorbet by adding more splashes of cold water if too thick and more frozen fruit if it's too watery. Serve the sorbet immediately and then freeze the leftovers in an airtight container. Enjoy!

## Featured Ingredient: Basil!

Hi! I'm Basil!

"Ciao (chow)! I'm Basil! But you can also call me Genovese basil (that's Italian, from Genoa). My leaves are usually used fresh, added late in cooking to keep my flavor. If you combine me with olive oil, garlic, pine nuts, and Parmesan cheese, you'll have a yummy, green Italian sauce called "pesto," which is good on pasta. You'll also find me on a delicious but simple pizza from Naples, Italy, called "pizza margherita." Besides fresh basil leaves, Neapolitans (people from Naples) traditionally top this pizza with a tomato sauce from San Marzano tomatoes, fresh mozzarella cheese, a drizzle of olive oil, and a sprinkle of salt. Of course, basil is good in dishes from many countries!"

### History

A long time ago, Greeks and Romans believed basil would only grow if you screamed wild curses and shouted while sowing the seeds. They also thought that if you left a basil leaf under a pot, it would turn into a scorpion!

Basil may have originated in India; there are speculations that it originally came from tropical areas spanning from Southeast Asia to Central Africa.

Ancient Egyptians used to use basil to embalm the dead and prepare for burial.

In Italy, basil is considered a token of love, and in Romania, if a girl gives a sprig of basil to her boyfriend, they are engaged.

### Anatomy & Etymology

Basil is a part of the mint family. There are 50 to 150 species, including Genovese (Italian) basil (the most common), Thai basil, cinnamon basil, lemon basil, lettuce basil, spicy globe basil, and green ruffles basil! Each type of basil has a unique aroma and taste.

Leaves of the basil plant tend to be oval-shaped, shiny, and smooth-edged. Their edges cup slightly.

Basil plants can grow to be from 8 inches to 4 feet high.

Basil has seeds that can germinate after 10 years!

Basil will grow small flowers that look like spikes at the top of the plant. The flowers are edible, but we generally eat and use just the leaves.

The word "basil" comes from the Greek "vasilikos," which also means "royal." It is believed that basil was once used in royal perfumes.

## How to Pick, Buy, & Eat

Basil grows best in hot climates. When harvesting basil, pinch or cut the leaves at the stem from the top of the plant down. Select a few large leaves rather than snipping the whole stem. Choose leaves that are bright and free from blemishes. Picking leaves encourages the plant to produce more leaves.

You could also try growing basil in a pot on your kitchen window sill, so it's easy to pick what you need when you need it.

Wash basil gently and pat dry. When you buy basil from the store, it will often come with its stems. Trim the ends of the stems and store in a glass of water as you would a bunch of flowers. Basil stores best at room temperature.

Use fresh basil leaves in salads, salad dressings, sauces, pasta, marinades, and sandwiches. Basil leaves in cold water make a nice summer refresher, or add some mint with the leaves to make a digestive hot tea.

Basil can be dried or blanched and frozen. Dried basil enhances the flavor of tomato soup.

## Nutrition

Basil contains 98% of our DV of Vitamin K1 in just one-half of a cup! Vitamin K1 is essential for blood clotting. For example, when we get a cut, we need our blood to clot so that the bleeding will stop and our cut will heal.

Basil contains carotenoids—those powerful plant-based nutrients that protect our cells from oxidation (rust) and enhance immunity.

Essential oils found in basil not only give it its aromatic and therapeutic scent but are also anti-inflammatory.

Basil has been shown to act as an adaptogen. Adaptogens are natural substances that help us respond in a healthful way to stress. So the next time you're feeling stressed, grab a handful of basil, hold it to your nose, and breathe in deeply. Then, toss it in your salad and eat it.