



*St. Stephen's Traditional Episcopal Church*

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## **Cookbook 2003**

For several years, St. Stephen's has held Study Groups on Wednesday evenings during Advent and Lent. During these sessions, the nourishment for mind and soul has been complemented by nourishment for the body—wonderful soups and the best bread in Baltimore. More recently, a Reading Circle has been formed to occupy the remaining Wednesdays. And even though the Reading Circle was started during the summer, the participants have found themselves hungering for soup as the perfect accompaniment to the entertainment of the spoken word.

This cookbook contains some of the favorite soup recipes of the parishioners of St. Stephen's. It is a companion to the Cookie Walk Cook Book, which contains our parishioners' favorite cookie recipes (many of which are featured at St. Stephen's famous annual Cookie Walk).



*Beautiful Soup, so rich and green,  
Waiting in a hot tureen!  
Who for such dainties would not stoop?  
Soup of the evening, beautiful Soup!*

*Beautiful Soup! Who cares for fish,  
Game, or any other dish?  
Who would not give all else for two p  
ennyworth of beautiful Soup?*

*Beau—ootiful Soo—oop!  
Beau—ootiful Soo—oop!  
Soo—oop of the e—e—evening,  
Beautiful, beautiful Soup!*

## **A Treasury of Wednesday Evening Soup Recipes**

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*Any soup will taste better if made with home-made stock, rather than canned broth or bouillon (which can be very salty). Stock can be made ahead of time, whenever the ingredients are available, and then frozen for future use.*

### Meat Stock

2 cups cooked lean meat and bones  
4–5 cups cold water  
 $\frac{1}{4}$  teaspoon salt  
1 cup chopped vegetables (carrots, turnips, celery, parsley)  
1 small onion  
1 cup tomatoes  
 $\frac{1}{2}$  teaspoon sugar  
4 peppercorns  
 $\frac{1}{4}$  teaspoon celery salt

Bring the meat, bones, and water just to the boiling point, turn down the heat, and simmer uncovered for 30 minutes. Remove the scum and add the remaining ingredients. Continue to simmer, partly covered, about 1 hour. Strain the stock and chill it. Remove the fat, reheat and season to taste before using.

### Vegetable Stock

$\frac{1}{2}$  cup finely chopped onion  
2 tablespoons butter  
dash of white pepper  
dash of cayenne  
 $\frac{1}{2}$  teaspoon salt  
bouquet garni (3 or 4 sprigs parsley or chervil,  $\frac{1}{2}$  bay leaf, 2 sprigs fresh thyme, 2 cloves)  
 $\frac{1}{4}$  cup each carrots, turnips, parsnips  
2 cups diced celery ribs and yellow leaves  
(1 cup shredded lettuce)

Saute the onions in the butter. Add the remaining ingredients and enough water to cover. Bring to a boil, cover partially, and simmer about  $1\frac{1}{2}$  hours or until the vegetables are very tender. Strain and chill. Degrease before using, if necessary.