

SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Southwestern Black Bean Soup



Born in Italy, Chef Massimo Capra culinary training began in Salsomaggiore, Parma. He then started his culinary journey at the famous Trattoria dall' Amelia in Mestre near Venice. Chef Massimo Capra came to Toronto in 1982 and worked at "Archers", a restaurant owned by a family member. Chef Massimo Capra is no stranger to television being the host of his own show *Gourmet Escapes*, a regular guest expert on the long running City TV *Cityline*, Global's *The Morning Show*, and Food Network shows, *Restaurant Makeover*, *Chopped: Canada*, *Top Chef Canada* and *Wall of Chefs*.



I am a soup lover, and living in a multicultural city like Toronto has allowed me to experience cuisines from around the world. Their soups may be very different, but every culture considers its own particular chicken soup one to cure all ills. This isn't a chicken soup but, with its Tex-Mex flavors, it is one of my favorites.
—Massimo Capra



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The Soup Sisters and Broth Brothers Cookbook
By Chef Massimo Capra



Makes about 8 servings

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| 2 cups (500 mL) dried black beans (see page 4) | 2 cups (500 mL) chopped tomatoes |
| 2 Tbsp (30 mL) vegetable oil | 3 jalapeño chilies, seeded and minced |
| 2 cups (500 mL) finely chopped onions | 2 tsp (10 mL) sweet Hungarian paprika |
| 1½ cups (375 mL) seeded and diced sweet red peppers | 1 tsp (5 mL) ground cumin |
| 1 cup (250 mL) peeled and finely chopped carrots | 1 cup (250 mL) finely chopped cilantro |
| 1 cup (250 mL) finely chopped celery | 1 Tbsp (15 mL) fresh lemon juice |
| 4 cloves garlic, minced | Salt and pepper to taste |
| 8 cups (2 L) vegetable stock | Sour cream for garnish |
| | Finely chopped chives for garnish (optional) |

Please note: Not only do using dried beans require overnight soaking or advance preparation but the actual cooking time is at least 2 hours. Using canned beans makes it much simpler to whip up a batch of soup fast. Purchase 3 - 19 ounce (540 mL) for 1 recipe or double the amount if you are doubling the recipe.



Aquacotta Soup by Chef Massimo Capra

Makes 4 healthy servings

This is a delicious Tuscan soup a bit similar to stone soup. Very few ingredients and very filling. The English name is *Cooked Water*.

- 5 Large ripe tomatoes, chopped
- 1 cup Chopped onion
- 1 Tbsp Minced garlic
- 1 cup Thinly sliced celery
- 1 cup Peeled and chopped carrot
- ½ bunch Parsley, chopped, *optional*
- 6 – 8 leaves Fresh basil, *if not available, don't use*
- 1 Chili pepper, seeded and chopped, *optional*
- 2 ½ L Water
- 4 Eggs
- 1 cup Romano cheese
- Olive oil, as needed
- Salt and pepper, to taste
- Bread

1. Chop the ripe tomatoes in large chunks and set aside.
2. Chop the carrots and onion, mince the garlic and thinly slice the celery. Set aside.
3. Preheat a pot and place a couple of spoons of oil in it, add the carrot, garlic, onion and celery and sauté until the vegetables are fragrant, add the tomato, basil, chili pepper and cook for a minute more.
4. Add the water and simmer for at least 15 minutes.
5. Season to taste with salt and pepper.
6. The soup should be dense and with a little broth, taste again for correct seasoning.
7. Crack the eggs in it and simmer until the eggs are done to your liking, add the chopped parsley.
8. Scoop and serve on a toasted bread and try to show the egg, sprinkle with olive oil and a good amount of grated Romano cheese.

Suggestions

After you toast the bread rub a garlic clove on both sides.

Use a chopstick to break the egg white so it cooks faster.