

# SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Okanagan Orchard Soup



Jennifer Schell is a highly acclaimed food and wine writer, cookbook author, host of iNwine, and former editor of BC Food & Wine Trails Magazine. Her three cookbooks, *The Butcher*, *The Baker*, *The Wine & Cheese Maker* (In the Okanagan (2 versions) & 'By The Sea') are Canadian bestsellers and have won numerous international awards. Her newest book, *The B.C. Wine Lover's Cookbook* published by Appetite Random House won best in Canada in the Gourmand International Cookbook awards. Jennifer was also the founder Soup Sisters (Kelowna), supporting the Kelowna Women's Shelter and youth in crisis.



*This soup is a celebration of the Okanagan's harvest season and a love letter to my orchard roots. It was important to me, as someone born and raised on an apple farm, to contribute a recipe that stars this beautiful fruit. The apple is not only nutritious and delicious—for me it symbolizes home, family and love. I've also added walnuts, sage, thyme and parsley from my own backyard.*

—JENNIFER SCHELL



## Okanagan Orchard

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The Soup Sisters Cookbook  
by Jennifer Schell



## Okanagan Orchard

Jennifer Schell  
Soup Sister and Food Writer

Makes about 6 servings

1 head celeriac, peeled and diced  
2 Okanagan Ambrosia apples, peeled, cored and diced  
1 onion, diced  
10 fresh sage leaves  
5 sprigs fresh thyme, leaves only  
2 Tbsp (30 mL) olive oil  
6 cups (1.5 L) chicken or vegetable stock  
Salt to taste  
Blue cheese crostini (see below)

1. In a large pot over medium heat, sauté the celeriac, apples, onion, sage and thyme in the oil, until the onion is softened.
2. Add the stock. Bring to a boil over high heat, then reduce the heat to medium-low.
3. Simmer, uncovered, until the celeriac is tender, about 15 minutes.
4. Purée the soup until smooth. Reheat and add salt to taste.
5. Ladle up bowlfuls of the steamy, handsome soup, and float the bountifully buoyant blue cheese crostini on each one.

### Blue Cheese Crostini

1. Thinly slice half a baguette, and bake the slices in a single layer on a baking sheet in a 350°F (180°C) oven until dry and crispy, about 30 minutes.
2. Meanwhile, heat a little olive oil in a small skillet over medium-high heat. Add fresh sage leaves and cook for a few seconds or until crisp. Remove with a slotted spoon and drain on a paper-towel-lined plate.
3. Top each baguette slice with a smear of soft blue cheese, some toasted walnuts and the crisp sage leaves.



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3. Top each baguette slice with a smear of soft blue cheese, some **toasted walnuts** and the **crisp sage leaves**.