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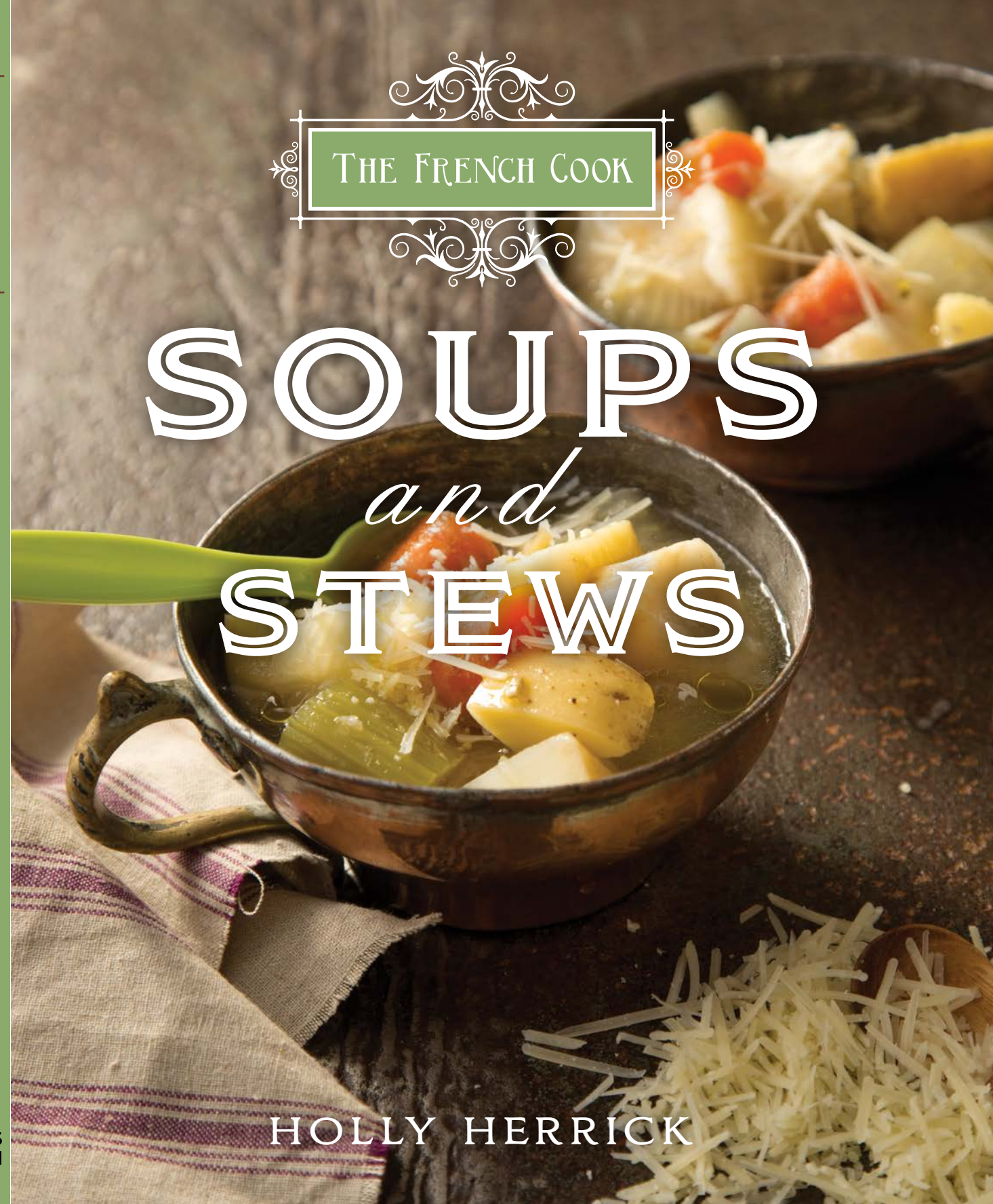
SOUPS & STEWS
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THE FRENCH COOK

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THE FRENCH COOK

SOUPS & STEWS
HOLLY HERRICK

Browse through these thoroughly perfected recipes and you'll be itching to pull out your soup pot and French cocotte.

Holly Herrick's *Soups & Stews* embodies the essence of authentic French cooking—frugality, building and tending layers of flavor, and garnishing with just the right finishing touches. Herrick explains how to get it right, every time, while providing options for personal variations. Whether you love a classic French onion soup dripping with bubbly Gruyère, a white bean cassoulet, coq au vin, or a rustic winter vegetable soup, you'll find yourself coming home to these tastes of France time and time again.



CONTENTS

| | |
|--|-----|
| INTRODUCTION | 9 |
| EQUIPMENT FOR PREPARING SOUPS AND STEWS | 13 |
| CHAPTER 1 <i>Les Fonds</i> Stocks | 17 |
| CHAPTER 2 <i>Les Soupes Classiques et Ses Variations</i> Classic Soups and Variations | 27 |
| CHAPTER 3 <i>Les Soupes Froides</i> Chilled Soups | 57 |
| CHAPTER 4 <i>Les Consommés</i> Consommés | 69 |
| CHAPTER 5 <i>Les Soupes Cremeuses</i> Creamy Creamed Soups | 79 |
| CHAPTER 6 <i>Les Bisques</i> Bisques | 99 |
| CHAPTER 7 <i>Les Daubes</i> Classic Stews | 109 |
| ACKNOWLEDGMENTS | 125 |
| INDEX | 126 |



BISQUE DE CREVETTES

Shrimp Bisque

(MAKES 8 SERVINGS)



It never ceases to amaze me how tiny, fragile, so-thin-they're-transparent shrimp shells come packed with such potent flavor. Although it can be prepped in two stages, this magnificent bisque comes together in minutes. And, mercifully, because they are significantly less prone to spoilage and bacteria than lobster and crabs, shrimp do not require being cooked alive. The most work and time will involve removing the shells and deveining the shrimp. To make quick work of this, cut through the shells and the top of the vein on the arched outer edge of the shrimp's back. Cut all the way down to the tail, then spread the shell around the opening and peel it off. Using your fingertips, or a paring knife if necessary, scrape out the vein (there is not always one there) and discard. Carefully rinse the shrimp and the shells, and reserve each separately on your work surface. The elegance of this soup belies its ease of preparation, making it an appropriate and seductive start for a special-occasion meal.

1 pound medium-sized (16–20 count) raw shell-on shrimp

For the bisque base:

4 tablespoons unsalted butter
1 medium onion, coarsely chopped
2 ribs celery, coarsely chopped
1 leek, trimmed to 1 inch above the white root, halved vertically, well-rinsed, and coarsely chopped
2 cloves garlic, smashed and chopped
Salt and freshly ground black pepper
Reserved shrimp shells, coarsely chopped
2 small Roma tomatoes, coarsely chopped (skin on and seeds in)
2 bay leaves
5 fresh thyme sprigs
 $\frac{2}{3}$ cup good-quality Chardonnay
7 cups water

For the bisque:

4 tablespoons unsalted butter
1 large shallot, finely chopped (about $\frac{1}{2}$ cup)
2 small ribs celery, finely chopped
Salt and freshly ground black pepper
5 tablespoons all-purpose flour
 $\frac{1}{2}$ cup dry vermouth
Half of the reserved fresh shrimp (about 1 cup), chopped into $\frac{1}{4}$ -inch dice

To finish the bisque:

Remaining reserved shrimp (about 1 cup), chopped into $\frac{1}{4}$ -inch dice
2 tablespoons finely chopped chives
 $\frac{1}{2}$ cup whole cream
Salt and freshly ground black pepper
Finely diced tomato, optional
Finely chopped fresh chives, optional

To prepare the bisque base, melt the butter in a 5 $\frac{1}{2}$ -quart Dutch oven or similarly sized pot over medium heat. Add the onion, celery, leek, garlic, and season with salt and pepper. Stir to coat, and cook for 5 minutes, until just softened. Add the reserved chopped shrimp shells.

>continued





DAUBE DE VEAU ET POMME À LA SAUGE

Veal, Apple, and Sage Stew

(MAKES 6 SERVINGS)



From a culinary standpoint, the Normandy region of France is known for two things: apples from its myriad orchards (thus cider and Calvados, an apple brandy) and dairy (thus cream and cheese) from its celebrated cows. It is a large and exquisite region, decorated with a quilt of hedged emerald-green fields, usually damp from a recent rain, with cattle almost incessantly mooing at a low, pleasing hum. This stew combines the sweet tartness of fresh cider and Granny Smith apples with the milky, mildness of veal. Sage provides an earthy counterpoint that is just right, especially when finished with a splash of cream. Because the cider is such a big part of the stew, fresh is what you need and the best you can find.

Special equipment: 5½-quart Dutch oven

1 tablespoon unsalted butter

1 tablespoon olive oil

2½ pounds packaged veal stew meat, or substitute
veal shoulder or pork butt and, cut into 2-inch
cubes

Salt and freshly ground black pepper

1 medium onion, finely chopped

4 cloves garlic, smashed and chopped

2 ribs celery, finely chopped

1 tablespoon dry rubbed sage or ground sage

2 tablespoons all-purpose flour

1½ cups best-quality fresh apple cider

2 Granny Smith apples, peeled, cored, and cut into
1-inch cubes

1½ cups beef or veal stock

⅓ cup whole cream*

1 tablespoon finely chopped fresh sage, for garnish

Melt the butter and olive oil over medium-high heat in a 5½-quart Dutch oven or similarly sized pot. Meanwhile, pat the veal dry and season generously on all sides with salt and pepper. When the oil is just sizzling, arrange the veal in a single layer in the bottom of the pan; cook until lightly browned, about 3 minutes. Turn and repeat on the second side. Remove the meat from the pan and reserve nearby. Repeat with remaining veal.

Reduce heat to medium-low. Add the onion, garlic, celery, sage, and a light sprinkle of salt and pepper. Stir to coat and cook for 5 minutes, or until just starting to soften. Return the reserved veal and the juices to the pot. Sprinkle the flour over the meat and vegetables, stirring to coat, and cook for 1 minute. Deglaze by adding the cider, stirring up any brown bits on the bottom or side of the pot. Bring to a boil over high heat and allow the cider to cook off and reduce for exactly 5 minutes.

Reduce heat to medium-low and establish a very gentle simmer. Add the apples and stock. Cook uncovered, continuing at a gentle simmer, until the veal is very tender, about 1½ hours.