



Warming Winter Soups

SAVORY SELECTIONS FROM THE VIKING KITCHEN



WARMING WINTER SOUPS

What better way to warm up this winter than with a hearty, nourishing soup? These recipes from around the world will soothe you as the days get shorter and the nights get colder. Savor the hearty Gouda cheese of The Netherlands' famous Dutch cheese soup. Delight in the flavorful beef stock of Russian borscht. Taste the traditional *csipetke* dumplings and paprika Hungary is known for in its goulash. Or, relish the unique flavor and nutty sweetness of our butternut squash and pear soup. With so many soups to choose from, you will feel cozier this winter in no time.

The Dutch are great soup eaters, often featuring soup as a main dish. This hearty soup, enriched with Gouda cheese, is perfect served piping hot on a chilly evening. Gouda is the quintessential Dutch cheese to use: a young Gouda will give you a soft, mild taste, while an aged one will provide more complex and robust flavor.

DUTCH CHEESE SOUP

INGREDIENTS

¼ C (59 ml) vegetable oil
½ C (76 g) onions, diced
1 C (230 g) cauliflower, diced
2 med potatoes, cut into
½-inch cubes
2 med carrots, cut into
½-inch cubes
4 C (946 ml) low sodium
chicken broth
2 T (29 g) butter
4 oz (113 g) canadian bacon,
diced
5 oz (142 g) Gouda cheese,
thinly sliced
Salt and pepper to taste
8 ½-in (13-mm) slices
sourdough baguette

DIRECTIONS

Place oil in a 1½-quart (1420-ml) saucepan over medium-high heat. Add onion; sauté until soft; add cauliflower, carrots and potatoes; sauté 5 minutes. Stir in chicken broth and simmer. Meanwhile, heat butter in a small skillet; add canadian bacon; sauté until lightly browned; add to soup. Reduce heat to low and cover, simmering until vegetables are tender, about 15 minutes. Pour soup into 4 individual ovenproof bowls, topping each with 2 bread slices and one quarter of cheese. Place under broiler until cheese is bubbly and serve immediately.

Prep time: 12 minutes.

Cook time: 30 minutes.

Makes 4 servings.





Since the first pumpkin seeds were brought to the Old World from the Americas, Europe has embraced squash-based cuisine. This easy recipe yields a full-bodied soup without using cream. The final flourish of candied walnuts, thyme and parmesan adds texture and complements the flavors exquisitely, and makes for a delightful seasonal fall starter or winter main course.

PUMPKIN SOUP

INGREDIENTS

2 T (29 ml) olive oil
1 shallot, minced
1 med yellow onion, minced
2 29-oz (822-g) cans pumpkin purée
½ tsp (3 g) salt
¼ tsp (0.7 g) pepper
1 tsp (2½ g) ground cumin
6 C (1,420 ml) low sodium vegetable or chicken broth
¾ C (135 g) grated parmesan cheese

Garnish:

½ C (60 g) sour cream
¼ C (30 g) candied walnuts
Small thyme sprigs
Parmesan shavings

DIRECTIONS

Sauté shallots and onions in olive oil in a large saucepan on medium high until soft, about 4–5 minutes. Stir in pumpkin, salt, pepper, cumin and broth. Bring to a boil, reduce heat; simmer 10 minutes. Remove from heat; stir in parmesan. To serve, ladle into bowls and garnish.

Prep time: 5 minutes.

Cook time: 15 minutes.

Makes 6 servings.

The nutty, spicy seasoning of this hearty soup combined with yogurt topping gives it a unique and irresistible flavor. Made with toasted and grinded nuts and seeds, peeled carrots and chicken stock, it is easy to prepare.

ROASTED CARROT SOUP

INGREDIENTS

Dukkah:

- 3 T (23 g) pistachios
- 2 tsp (7 g) sesame seeds
- ¼ tsp (1 g) coriander seeds
- ¼ tsp (1 g) cumin seeds
- ⅛ tsp (½ g) fennel seeds
- ⅛ tsp (½ g) whole black peppercorns
- ¼ tsp (1 g) salt

Carrot soup:

- 2 C (300 g) carrots, peeled and cut 1-in (2½-cm)
- 2 tsp (10 g) butter, melted
- Salt to taste
- ¼ tsp (1 g) freshly ground pepper
- 2 C (450 ml) chicken stock

Garnish:

- 3 T (50 g) low fat plain Greek yogurt

DIRECTIONS

Dukkah: Toast pistachios in dry skillet over medium-low heat 5–6 minutes, transfer to plate; cool. Toast sesame seeds, coriander seeds, cumin seeds, fennel seeds and peppercorns 1–2 minutes; cool. Coarsely grind all ingredients with mortar and pestle or food processor.

Carrot Soup: Preheat oven to 350°F (180°C). Place carrots on baking sheet, drizzle with butter, sprinkle with salt and pepper, toss to coat. Roast 25 minutes, let cool 5 minutes, blend with stock until smooth, adding more stock if necessary. Return to saucepan; bring just to a simmer.

Plating: Ladle hot soup into bowls, drizzle with yogurt and sprinkle with dukkah.

Prep time: 15 minutes.

Cook time: 33 minutes.

Makes 5 servings.





This beet soup is a staple of Russia and eastern Europe. Thought to have originated in Ukraine, its name is derived from Yiddish. There are as many recipes as there are cooks: it can be thick and hearty or clear and light; served hot in winter or cold in summer. This hearty version is made with beef stock.

RUSSIAN BORSCHT

INGREDIENTS

8 C (1,893 ml) low sodium
beef broth
2 C (450 ml) tomato sauce
2½ C (170 g) cabbage,
shredded
½ C (35 g) carrots, shredded
1 C (100 g) onions, thinly
sliced
2 tsp (8 g) sugar
2 C (300 g) raw beets, cut into
strips
Salt and pepper to taste
2 tsp (10 ml) vinegar

Garnish:

5–6 T (38–45 g) sour cream
¼ C fresh dill, finely chopped

DIRECTIONS

Combine broth, tomato sauce, cabbage, carrots and onions in a large pot and bring to boil over medium heat. Stir in sugar; simmer 20 minutes, skimming occasionally, until vegetables are tender. Add beets. Season with salt and pepper; add vinegar and continue cooking until beets are tender, about 10–15 minutes.

SERVING SUGGESTION

Garnish with sour cream and dill or experiment by adding julienned beets, celery or cucumber; chopped green onions or thinly sliced red onion; curly parsley or sliced hard-boiled eggs.

Prep time: 7 minutes.

Cook time: 35 minutes.

Makes 4 servings.

 Russian Food: Soups

Butternut squash is abundant at grocery stores in the fall. An excellent source of vitamins A and C, as well as iron, it develops a nutty sweetness as it cooks. This version of the soup is vegetarian, but you could also use a beef or chicken broth for extra richness.

BUTTERNUT SQUASH & PEAR SOUP

INGREDIENTS

2 T (30 ml) olive oil
1 C (151 g) yellow onion,
finely chopped
1 T (7 g) curry powder
1 lb (454 g) butternut squash,
cut into 1-inch pieces
2 ripe Bartlett pears, peeled,
cored & cut into 1-inch
pieces
3½ C (828 ml) vegetable broth
1 C (237 ml) heavy cream
Salt and pepper to taste
½ C (60 g) candied walnuts

DIRECTIONS

Place oil in a Dutch oven or a large, heavy-bottomed saucepan over medium heat. Add onions; cook until softened, about 4 minutes. Stir in curry powder; cook 1 minute more. Add butternut squash and pears; cook, stirring occasionally for 3–4 minutes. Stir in broth; bring to a boil over high. Reduce heat, cover and simmer 20 minutes or until squash and pears are soft when pierced with a fork. Using a blender, purée soup in batches until smooth. (Remove center cap from blender lid, covering hole with a kitchen towel to allow steam to escape and prevent lid from popping off.) Serve hot in individual bowls, sprinkled with candied walnuts.

Prep time: 10 minutes.

Cook time: 30 minutes.

Makes 4–6 servings.





This style of goulash originated with Hungary's herdsmen and quickly spread throughout Europe. It is a soup, but its rich combination of ingredients makes it a meal on its own. The long simmering time ensures the meat is tender and flavorful, and the *csipetke* dumplings are a delightful addition.

HUNGARIAN GOULASH

INGREDIENTS

2 med onions, chopped
2 T (30 ml) vegetable oil
Dash of salt
2 T (15 g) sweet paprika
1 T (7.5 g) hot paprika
1½–2 lbs (680–907 g) boneless chuck, trimmed and cut into 1-inch cubes
½ tsp (1.5 g) whole peppercorns, lightly crushed
3 lg bay leaves
1 red bell pepper, seeded and sliced
1 lg tomato, peeled and chopped into large chunks
3 med carrots, peeled and sliced
2 med turnips, peeled and sliced
4 cloves garlic, peeled and finely chopped
½ tsp (1.5 g) ground caraway seeds
2 lg (907 g) boiling potatoes, peeled and sliced
Salt and pepper to taste

Csipetke (Dumplings):

1 lg egg
Dash of salt
3–4 T (8–10 g) flour, plus more for dusting

DIRECTIONS

In a large stockpot, lightly sauté onions in oil with salt; cover and cook over low until softened. Remove from heat; add paprika, stirring to combine. Add beef, peppercorns, bay leaves, bell pepper and tomato. Add water to cover. Cover pot and simmer until meat is tender, about 1½ hours. Meanwhile, make *csipetke*: Whisk egg in a small bowl; remove ⅓ of egg and reserve for other use. Add salt to remaining egg, whisking to combine. Gradually add flour, kneading with your hands until you have a firm, smooth ball of dough (exact amount of flour will vary). Dust a plate with additional flour. Pinch off pea-sized dumplings from dough and roll between your fingers; placing on floured plate. Set aside.

Once meat is tender, add carrots, turnips, garlic, and caraway to pot. Add water to cover. After 10 minutes, add potatoes. Continue simmering 20 more minutes, or until all ingredients are tender. Add salt and pepper to taste. Add *csipetke* and cook 5 more minutes; remove bay leaves before serving.

Prep time: 12 minutes.

Cook time: 2 hours, 5 minutes.

Makes 6 servings.

 **Cooking with Karine: Goulash**

Warm and rich, this soup can be made in under half an hour for quick, delicious comfort food, and the dash of savory truffle oil adds a decidedly European touch. This sophisticated soup is perfect for a cold winter night or as an elegant luncheon starter.

CREAMY TOMATO SOUP WITH TRUFFLE OIL

INGREDIENTS

Croutons:

6 slices French bread, cut into
1-inch pieces
2 T (30 ml) olive oil
¼ tsp (1.3 g) salt
¼ tsp (0.5 g) pepper

Soup:

4 T (57 g) unsalted butter
1 C (151 g) onion, chopped
2 (28 oz) (858 g) cans diced
tomatoes
2 C (473 ml) low-sodium
chicken broth
2 C (273 ml) half-and-half
1½ tsp (7.5 g) salt
¼ tsp (0.5 g) pepper

Garnish:

White truffle oil

DIRECTIONS

Croutons: Preheat oven to 375°F (190°C). Place bread on a baking sheet, drizzle with olive oil; sprinkle with salt and pepper; toss to combine and bake until golden brown, about 8 minutes. Set aside.

Soup: In a large saucepan, sauté onions in butter 2–3 minutes. Add tomatoes, chicken broth, half-and-half, salt and pepper. Bring to a boil, reduce heat; simmer 10 minutes. Remove from heat; let cool slightly. Working in batches, transfer to a blender or food processor and blend until smooth. Ladle into soup bowls, garnishing each with croutons and 3–5 drops of truffle oil before serving.

Prep time: 5 minutes.

Cook time: 23 minutes.

Makes 6 servings.





This classic soup can be simply outstanding when made with a hearty homemade beef stock or broth, but in a pinch, purchased broth will still make a very good soup. The key to the dish is ensuring the onions caramelize well but do not burn.

FRENCH ONION SOUP

INGREDIENTS

¼ C (57 g) unsalted butter
6 med yellow onions, sliced
1 tsp (4 g) sugar
1 T (8 g) flour
1 C (237 ml) dry white wine
4 C (946 ml) beef broth
Pepper to taste
6 (½ inch thick) slices day-old
French bread
2 C (241 g) grated swiss
cheese
½ C (90 g) grated parmesan
cheese

DIRECTIONS

Melt butter in large Dutch oven over medium low; add onions and sugar; cover and cook, stirring occasionally, 30 minutes or until onions are soft but have not yet started to turn golden. Uncover pan, increase heat slightly and continue to cook, stirring regularly until onions are rich caramel color, 10–15 minutes. Whisk in flour until well blended; gradually add wine and cook, whisking constantly, until mixture boils and thickens. Whisk in broth and pepper; bring to boil. Reduce heat, cover and simmer 15 minutes. Ladle soup into six 1½-cup ovenproof bowls. Top each with bread slice; sprinkle with cheeses. Place bowls on baking sheet and place under broiler until cheese melts and bubbles.

Prep time: 10 minutes.

Cook time: 1 hour

Makes 6 servings.

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