

WHRL Harvest Table Workshop  
November 11, 2023

Pat Olsen

**Everything from Soup to Oats**

**Winter's "Everything Orange" Soup**

Need a go-to soup? Make it different every time? No recipe needed? This is my favorite, suitable for a slow cooker or a simmering pot on the stove.

1. Start with a chopped onion, or two, and saute in a tablespoon or two of oil. (Slow cooker? Microwave the onion and oil in a glass bowl for 3-4 minutes, stirring once or twice, then add to cooker.) Add some minced ginger to the onion, if you choose.

2. Peel and chunk orange vegetables you have on hand: 1 butternut squash, 4 large carrots, 1 sweet potato. Or other squash or pumpkin or more carrots or more sweet potato. (Sweet potato makes a thicker soup.) Add the vegetables to the pot or cooker. Add cooked squash if you have leftovers.

Nice option: Add the juice of one orange, maybe with finely grated peel for more orange flavor; or some apple cider

3. Choose your flavorings, from mild to wild:

salt and pepper and nothing else

chile powder, cumin, red pepper

Thai: a tablespoon of red curry paste, ginger, lemongrass, a can of coconut milk if you have some

Indian: curry powder, cumin, coriander (try a teaspoon of each)

4. Cover the vegetables with broth or water and cook until all the vegetables are very tender.

5. Puree into a smooth soup. Check for consistency and taste. Add additional water or broth if it's too thick.

6. I usually add in a tablespoon of lemon juice or cider vinegar or balsamic vinegar — a bit of acid livens up most soups. Add salt if needed. Increase spices if it's too bland. Let simmer another 30 minutes if you have time. If your soup is thin, add a bit of heavy cream (start with 1/2 cup) and heat before serving.

7. Serve it beautifully: Into each bowl of soup, swirl in a tablespoon of plain yogurt and top with something crunchy, such as roasted salted sunflower seeds, pumpkin seeds, nuts or croutons. A swirl of balsamic vinegar also goes well or perhaps a bit of chopped parsley or cilantro.

This soup is different every time and always delicious. The origin of this no-recipe soup was a sweet potato soup from a friend in Israel. Maine's abundance of winter squash is a perfect fit for this flexible recipe. After a record pumpkin harvest several years ago, we ate a pumpkin variation of this all winter. And spring.



## Red Lentil Soup from Melissa Clark of the New York Times

4 servings

3 tablespoons olive oil, plus more for drizzling

1 large onion, chopped

2 garlic cloves, minced

1 tablespoon tomato paste

1 teaspoon ground cumin

¼ teaspoon kosher salt (such as Diamond Crystal), plus more to taste

¼ teaspoon black pepper

Pinch of chili powder or ground cayenne, plus more to taste

1 quart chicken or vegetable broth

1 cup red lentils

1 large carrot, peeled and diced

Juice of ½ lemon, more to taste

3 tablespoons chopped fresh cilantro

1. In a large pot, heat 3 tablespoons oil over high until hot and shimmering. Add onion and garlic, and sauté until golden, about 4 minutes.

2. Stir in tomato paste, cumin, salt, black pepper and chili powder, and sauté for 2 minutes longer.

3. Add broth, 2 cups water, lentils and carrot. Bring to a simmer, then partly cover pot and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste and add salt if necessary.

4. Using an immersion or regular blender or a food processor, purée half the soup, then add it back to pot. The soup should be somewhat chunky.

5. Reheat soup if necessary, then stir in lemon juice and cilantro. Serve soup drizzled with good olive oil and dusted lightly with chili powder, if desired.



## Scottish Oat Cakes

280 g oats, finely processed  
3/4 tsp. salt  
75 ml olive oil  
100-150 ml boiling water

Process the oats in a food processor. Add salt, olive oil and 100 ml boiling water and process again. Let sit for a few minutes for water to be absorbed. Process with additional water as needed to make a consistent dough.

Cut into rounds and bake 30 min at 350.

## Granola

Mix together in a large bowl:

4 cups whole oats  
3 cups unsweetened coconut flakes  
1 1/2 c. sliced almonds  
1 1/2 c. total, sunflower seeds and pumpkin seeds  
1/2 cup sesame seeds

Mix in a microwave-safe container and warm for 20 seconds:

6 tbs olive oil  
2-4 tbs. honey  
1 tsp. vanilla  
1/2 tsp. cinnamon  
1/2 tsp. cardamon  
1/2 tsp. salt

Stir the oil mixture to blend after heating and pour over the oats and nuts. Mix thoroughly.

Bake in a large baking sheet at 300 or 300 convention for 20 minutes. Stir and bake for another 15 minutes. Stir. Bake until toasted to your liking.

Use this as a starting point to make granola as you like it. Sweeter, saltier, with dried fruit, maple syrup, walnuts, flax seeds.





STACY ZARIN GOLDBERG FOR THE WASHINGTON POST

## Jan O'Halloran's Brown Bread

8 servings (makes one 8-inch loaf)

Serve with salted butter.

Adapted from a recipe by Jan O'Halloran, a cook in County Clare, Ireland.

### Ingredients

- Unsalted butter, for greasing the parchment paper
- 2 cups plain whole-milk or low-fat yogurt (see headnote)
- 2 teaspoons baking soda
- 2 tablespoons flaxseed meal (ground flaxseed)
- 1 large egg, beaten
- $\frac{1}{2}$  teaspoon salt <sup>reg. 3/4 - 1 salt.</sup>
- 1 pound (about  $4\frac{1}{2}$  cups) quick-cooking oats or instant oats (do not use regular rolled oats or individual packets of instant oats)
- $\frac{1}{4}$  cup whole or low-fat milk

### Steps

- Preheat the oven to 400 degrees. Line an 8-by-4-inch loaf pan (metal or glass) with buttered parchment paper.
- Combine the yogurt and baking soda in a mixing bowl. Stir gently — small bubbles should begin to form and the mixture should fizz a bit. Add the flaxseed meal, beaten egg and salt, folding very gently from the edges toward the center.
- Fold in half of the oats, then add the rest of the oats, and finally the milk, stirring to form a

slightly sticky, dense dough. Transfer to the loaf pan and smooth out the top and sides, making sure the dough is sitting as evenly as possible.

- Use the tip of a sharp knife to make a shallow slit lengthwise down the center, beginning and ending about an inch from the edges of the loaf pan. Bake (middle rack) for 1 hour, until the top is a deep golden brown.
- Carefully remove the loaf from the pan and discard the parchment paper. Then, put a sheet of aluminum foil onto the oven rack, and place the bread on it, upside down. Bake for 10 minutes, until all the sides are a uniform, rich shade of brown.
- Transfer the bread to a wire rack to cool completely, right side up; it will seem quite moist, but will firm up as it cools. Cool completely before serving or storing.

Nutrition | Per serving (using low-fat yogurt and low-fat milk): 270 calories, 11 g protein, 44 g carbohydrates, 6 g fat, 2 g saturated fat, 30 mg cholesterol, 520 mg sodium, 6 g dietary fiber, 5 g sugar

Recipe tested by Kara Elder and Bonnie S. Benwick; email questions to [food@washpost.com](mailto:food@washpost.com)

small metal loaf pan



## Cultured Butter Cookies by Melissa Clark, New York Times

Yield: 5 dozen small cookies

### Ingredients:

250 grams all-purpose flour (2 cups)

3 grams baking powder (1/2 teaspoon)

1/4 teaspoon fine sea salt

2 sticks salted, cultured butter, at room temperature (1 cup)

130 grams granulated sugar (2/3 cup)

1 large egg yolk

55 grams demerara sugar, for rolling (1/4 cup)

### Step 1

In a large bowl, sift together flour, baking powder and salt.

### Step 2

In an electric mixer fitted with the paddle attachment, beat together butter and granulated sugar until lightened in color and fluffy; beat in egg yolk until combined. With mixer running on low, add flour mixture until incorporated.

### Step 3

Divide dough into two balls. On a clean surface, roll each ball into a 1 1/2-inch log. (Pre-shape with wet hands.) Sprinkle the demerara sugar over a sheet of parchment. Roll each log in the sugar until the outside of the dough is thoroughly covered. Cover logs tightly with plastic wrap and refrigerate at least one hour, or overnight. (I use wax paper.)

### Step 4

When you are ready to bake the cookies, heat oven to 325 degrees. Line two baking sheets with parchment. Use large, sharp knife to cut each log into 1/4-inch-thick rounds. Place cookies 1 inch apart on prepared baking sheets. Bake until cookie edges and bottoms are dark golden brown, about 18 minutes. Cool 5 minutes on baking sheets, then transfer to a wire rack to cool completely. Store in a tightly covered container at room temperature.

Perfect cookies for Irish butter! Keep a roll in the freezer to slice and bake for guests.

*Ref sheet -  
Melissa Clark*