



Bayview Village Association presents
Cooking with Chef Chris Pires
Chris's website: foodinspires.com

Thursday January 26, 2023, 5 – 6 pm (via Zoom)

Join Chef Chris for a class on making Winter Comfort Foods

On the menu for tonight: A delicious winter *Green Pea with Coconut Soup with various toppings and yummy Cheddar Biscuits* - changing 'just soup' to a 'Spectacular Soup 'n Biscuits Meal'

Recipes:

Cheddar Biscuits

Green Pea and Coconut Soup

Soup Toppings:

- Soy Seeds
- Spicy Tempering
- Herby and Zesty
- Crouton – how tos



Cheddar Biscuits

2 cups all-purpose flour
1 tbsp baking powder
1 tbsp granulated sugar
1 tbsp garlic powder
 $\frac{3}{4}$ teaspoon kosher salt, divided ($\frac{1}{2}$ tsp plus $\frac{1}{4}$ tsp)
1 $\frac{1}{2}$ sticks ($\frac{3}{4}$ cup) unsalted butter, divided ($\frac{1}{2}$ cup plus $\frac{1}{4}$ cup)
1 cup whole milk or buttermilk
8 oz cheddar cheese, grated – *or your favorite type*
 $\frac{1}{2}$ cup dried fruit – chopped apples, apricots, raisins



1. $\frac{1}{2}$ teaspoon of your favorite herb mix – herbes de Provence, piri piri, za'atar, chives, etc.

Preheat oven to 450°F and line a baking sheet with parchment paper

2. Melt 1 stick ($\frac{1}{2}$ cup) of butter in the microwave or stove top – set aside
3. In a large mixing bowl whisk together flour, baking powder, sugar, garlic and $\frac{1}{2}$ tsp salt
4. Add melted butter and milk and whisk just until flour is all wet, do not over mix
5. Add cheese and fold in gently
Drop heaped spoonfuls onto the baking sheet – there will be some spreading so leave a bit of space, or not and then pull them apart if they stick together – yum!
6. Bake for 10-12 minutes, until golden brown
Melt remaining $\frac{1}{2}$ stick of butter with the herb mix in a small mixing bowl, add $\frac{1}{4}$ teaspoon salt - stir
7. Remove biscuits from oven, brush with melted herbed butter mixture

No cheddar? Consider any other type of semi-firm to firm cheese – small cubed if grating is not possible
Herb mix flavoring – listed some premixed herbs above i.e., piri piri, but you can make your own flavoring using simply garlic powder, paprika (or cayenne), onion powder, dried rosemary, thyme, basil and oregano – in whatever proportions you like – half teaspoon each, more of garlic, less of cayenne, etc.

Green Pea and Coconut Soup (various topping recipes follow)

3 tbsp olive oil
2 sticks celery, trimmed and finely chopped
2 leeks – white and some green, trimmed, finely chopped and washed in several changes of water
3 shallots, peeled and finely chopped
3 garlic cloves, peeled and crushed
Sea salt and black pepper
2 sticks lemongrass, bashed (*use 3 if you are not using the lime leaves below*)
2 makrut lime leaves - optional
1 x 400ml tin Aroy D coconut milk
Using the empty coconut milk can, measure out 3 cans of water or vegetable stock
500g frozen peas, defrosted



Put a large heavy bottom saucepan over medium heat

1. When hot, add the oil, celery, leeks, shallots, garlic and a half-teaspoon of salt, and cook, stirring frequently, for 10-12 minutes – you may adjust the heat up/down, you want the veggies soft not browned.
2. Stir in the lime leaves, lemongrass and ground black pepper and cook, stirring constantly for two minutes more
3. Stir in the coconut milk and 5 cups of water or vegetable stock, bring to a boil, then turn down the heat to medium and leave to simmer gently for 20 minutes.
4. Remove and discard the lemongrass and lime leaves from the soup pot
5. Add the peas and cook until softened – about 2 – 3 minutes (*just test one or two*), season with salt
6. Remove the soup from the heat and using an immersion blender or a regular blender – **PLEASE USE CAUTION IF YOU ARE USING A REGULAR BLENDER WITH A LID** – blitz the soup until smooth and pale green - reheat if necessary
7. Divide the hot soup between four bowls and finish with your choice of toppings from below or your own

Topping Ideas – Pick one or two or one of your own, for this soup

Soy Seeds

40g sunflower or pumpkin seeds or peanuts or flaked almonds or edamame
40g olive oil
20g piece fresh ginger, peeled and finely chopped
¼ tsp chilli flakes or 1 tsp Sambal Oelek
1 tbsp soy sauce

1. While the soup is simmering, make the soy seeds
2. Put the sunflower seeds, oil, ginger and chilli in a small saucepan on a medium high heat
3. When they start to sizzle, turn down the heat to medium and fry gently for five minutes, until the ginger and seeds start to turn golden
4. Tip out into a small ramekin or bowl and stir in the soy
5. Optional – add 1 tsp of Sambal Oelek along with the soy
6. Spoon over the soup in the bowls and serve immediately

Spicy Tempering

2 tbsp butter

1 tsp brown mustard seeds

1 sprig (*about 10 leaves*) curry leaves (*do not buy dried curry leaves they are tasteless*)

½ tsp turmeric

2 tbsp olive oil

½ or more dried chili flakes - optional

In a small saucepan or frying pan over medium heat, add the olive oil

When the oil is hot, add the mustard seeds – they need to pop to release maximum flavor, so have a lid handy to avoid getting burned

Once the seeds start popping, count to 15 and carefully remove the lid from the pot and add the curry leaves – there will be spluttering, so please be careful

When the curry leaves release their fragrance and start to crisp up, add the butter and stir until melted

Remove from the heat and add the dried chili flakes and turmeric – stir to avoid burning the turmeric

Spoon over the soup in the bowls and serve immediately

Herby and Zesty

Zest of 1 lemon

Zest of 1 lime

½ - 1 cup assorted herbs – cilantro, parsley, dill, thyme leaves, basil – chopped fine

Salt and pepper

Chop up the herbs finely – *please note there is no quantity specified – rule of thumb, if you like it, add more of it, if you don't, use less or none - any combination will work*

Add the zests and using your knife, carefully cut the zests into the herbs

Season with salt and pepper if desired

Spoon over the soup in the bowls and serve immediately

A Nice Pairing

4 tbsp sour cream – I use full fat, it's not a regular part of my diet, but use whatever you like

½ cup panko

½ tsp garlic powder – not garlic salt

1 tbsp olive oil

In a small frying pan over medium heat, add the oil and when hot add the panko or breadcrumbs

Stir to coat the crumbs and warm through, remove from the heat and add the garlic powder – stir

Dollop one tbsp of sour cream in each bowl, sprinkle with the garlic bread crumbs and serve immediately

Standing by Standards

- Toasted baguette croutons
- Toasted sliced almonds
- Fried onion, chopped dried cranberries and sesame seeds – in a dry frying pan, add the fried onion until it starts to release some oil, then add the cranberries and stir with the onion, remove from the heat and add the sesame seeds – stir to coat – sprinkle on top of the sour cream or any of the suggestions above
- Cooking is an art – think Jackson Pollock

Shopping List

- Brown mustard seeds – I like Suraj brand but use whatever you like
- Fresh curry leaves – available wherever ethnic markets are catered to, including Loblaws, No Frills, Food Basics, FreshCo. *Curry leaves freeze well and we can talk about other uses in the class*
- Lemon grass and lime leaves – T&T, Asian grocery stores – *these also freeze well and we can talk about other uses in class*

Grocery Items for Soup

Olive oil
2 stalks celery
2 leeks
3 shallots
3 garlic cloves, peeled and crushed
Sea salt and black pepper
2 sticks lemongrass
2 lime leaves - optional but worth hunting down at T&T – Makrut or Kaffir
1 x 400ml tin Aroy D coconut milk
500g frozen peas

Grocery Items for Biscuits

All-purpose flour
Baking powder
Granulated sugar
Garlic powder
Kosher salt, divided (½ tsp plus ¼ tsp)
1 ½ sticks (¾ cup) Unsalted Butter,
1 cup whole milk or buttermilk
8 oz cheddar cheese, grated – *or your favorite type*
½ cup dried fruit – chopped apples, apricots, raisins
½ teaspoon of your favorite herb mix – herbes de Provence, piri piri, za'atar, chives

Special Equipment for Soup

Immersion blender or blender
Small frying pan or pot for toppings

Special Equipment for Biscuits

Small pot to melt butter
Large mixing bowl
Baking (cookie) sheet

Prep for class

Mise en place – opened can of coconut milk
Leeks cut and washed
Shallots peeled
Celery washed

Wine Pairing

White - something acidic/sharp like a Sauvignon Blanc or Pinot Grigio
Red – something you like, *“they” say the soup is better with whites*
Rule of thumb – if you like it, have it! Rules for wines are guidelines, like recipes are suggestions!