

UDON WITH MUSHROOM BROTH, CABBAGE, AND YAMS

4 TO 6 SERVINGS A Japanese-style noodle soup that's full of healthful things: mushrooms, yams, carrots—and even salty, savory, vitamin- and mineral-rich seaweed. For details on the ingredients used in this dish, see “Ingredient Tips” at the end of the recipe.

broth

- 10 cups Light Vegetable Broth (see recipe) or good-quality canned vegetable broth (such as Swanson)
- 3 cups water
- 1½ cups coarsely chopped fresh cilantro
- 1½ ounces dried shiitake mushrooms, rinsed
- ¾ cup thinly sliced peeled fresh ginger
- 2 lemongrass stalks, outer dark layers removed, all but bottom 4 inches cut off and discarded
- 2 6-inch strips dried kombu
- 2 teaspoons tamari soy sauce
- 1 teaspoon unseasoned rice vinegar

garnishes

- 2 cups ½-inch cubes peeled yams (red-skinned sweet potatoes)
- 5 ounces snow peas, trimmed
- 4 cups ½-inch-wide crosswise slices cored Napa cabbage
- 5 ounces slender carrots (preferably assorted colors), peeled, thinly sliced on diagonal
- 10 ounces Japanese-style udon noodles or soba noodles
- 1 cup sliced green onions
- ¼ cup matchstick-size strips peeled fresh ginger
- 4 to 6 ounces semi-firm tofu, cut into ½-inch cubes (optional)
- Sambal oelek
- Tamari soy sauce

BROTH Bring broth and 3 cups water to simmer in large pot over medium heat. Add cilantro, mushrooms, sliced ginger, and lemongrass. Cover; simmer until mushrooms are tender, about 30 minutes. Rinse kombu; add to broth. Simmer 1 minute. Using tongs, remove kombu and mushrooms; discard kombu. Transfer mushrooms to work surface; cut off stems and discard. Cut each mushroom into 3 to 4 strips. Strain broth through fine-mesh strainer into another large pot; discard solids in strainer. Add tamari and rice vinegar to broth. **DO AHEAD** Can be made 1 day ahead. Cover and chill mushrooms. Cool, cover, and chill broth.

GARNISHES Bring large pot of salted water to boil. Cook yams until just tender, 4 to 5 minutes. Using skimmer, transfer to medium bowl. Cook snow peas, cabbage, and carrots separately until crisp-tender (snow peas, 30 seconds; cabbage, 1½ minutes;

carrots, 2 minutes). Using skimmer, transfer vegetables to separate bowls. Reserve cooking liquid. **DO AHEAD** Vegetables can be cooked 2 hours ahead. Let vegetables and liquid stand at room temperature.

Bring cooking liquid to boil. Sprinkle with salt. Add noodles; cook until tender but still firm to bite, stirring often. Drain; rinse.

Meanwhile, bring vegetable broth to simmer. Add green onions and ginger strips. Season with salt and pepper.

Using tongs, divide noodles among bowls. Divide mushrooms, yams, snow peas, cabbage, and carrots among bowls, each in separate mound. Divide tofu, if using, among bowls. Ladle broth over and serve, passing sambal oelek and tamari separately.

INGREDIENT TIPS Lemongrass, an herb that resembles a green onion, has a mild lemony flavor. **Kombu** (a.k.a. kelp) is a variety of seaweed that's often used for making stock. It's usually sold dried. **Tamari** is a dark sauce made from soybeans. **Udon** is a thick wheat- or corn-based Japanese noodle. **Sambal oelek**, a spicy chili sauce, is a common ingredient in Indonesian and Chinese cooking. Look for these ingredients in the Asian foods section of some supermarkets and at Asian markets.

LIGHT VEGETABLE BROTH

MAKES 11 TO 12 CUPS This homemade broth has a mildly sweet flavor. Any leftover broth can be frozen for up to three months.

- 3½ quarts water (14 cups)
- 2 whole large leeks, trimmed, halved lengthwise, sliced (about 6 cups)
- 1 pound carrots, peeled, cut into ½-inch rounds
- 2 medium potatoes (10 to 11 ounces total), scrubbed, diced
- 2 large unpeeled onions (1¼ to 1½ pounds total), cut into 1-inch cubes
- 3 large celery stalks, sliced
- 2 large parsnips, peeled, cut into ½-inch slices
- 1 cup chopped fennel stalks and fronds (reserve bulb for another use)
- 1 cup coarsely chopped fresh Italian parsley (with stems)
- 6 garlic cloves, peeled
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon fine sea salt
- 1 teaspoon whole black peppercorns
- 3 fresh mint sprigs (optional)

Combine all ingredients in large pot. Bring to boil; reduce heat to low, cover, and simmer until vegetables are very soft and broth is pale golden, stirring occasionally and adjusting heat if necessary to maintain low simmer, about 45 minutes. Season to

taste with more salt, if desired. Strain broth through colander; discard vegetables. Strain broth again through fine-mesh strainer. **DO AHEAD** Can be made 3 days ahead. Cool, cover, and refrigerate.

BARLEY SOUP WITH GREENS, FENNEL, LEMON, AND DILL

6 TO 8 SERVINGS A combination of kale, chard, spinach, dill, and fennel fronds gives this soup a fresh flavor. Fiber-rich barley adds a hearty note.

- 4 cups water
- 8 cups (or more) Light Vegetable Broth (see recipe) or good-quality canned vegetable broth (such as Swanson), divided
- 1 cup (scant) pearl barley (about 6 ounces), rinsed
- 1 teaspoon (scant) fine sea salt plus additional for sprinkling
- 2 tablespoons extra-virgin olive oil plus additional for drizzling
- 3 cups chopped onions
- 8 cups coarsely chopped stemmed kale leaves (about one 7-ounce bunch)
- 6 cups coarsely chopped stemmed chard leaves (about one 7-ounce bunch)
- 5 cups spinach leaves (about 5 ounces)
- ¾ cup sliced green onions
- ½ cup chopped fresh dill
- ½ cup chopped fresh fennel fronds
- 3 tablespoons chopped fresh mint
- 1 to 2 tablespoons fresh lemon juice
- 1 7-ounce package feta cheese, crumbled

Bring 4 cups water, 2 cups broth, barley, and 1 scant teaspoon sea salt to boil in large pot. Reduce heat to medium-low, cover, and simmer until tender, about 40 minutes.

Meanwhile, heat 2 tablespoons oil in heavy medium skillet over medium-high heat. Add onions, sprinkle with sea salt, and sauté until golden brown, stirring often, about 15 minutes. Add sautéed onions and remaining 6 cups broth to pot with barley.

DO AHEAD Can be made 1 day ahead. Cool, cover, and chill. Rewarm before continuing.

Add kale and chard to soup. Simmer until greens are tender, about 15 minutes. Add spinach, green onions, dill, fennel fronds, and mint; simmer 5 minutes. Add 1 tablespoon lemon juice. Season soup with sea salt, pepper, and additional lemon juice, thinning with more broth, if desired.

Divide soup among bowls. Sprinkle feta cheese over, drizzle with oil, and serve.

INGREDIENT TIP This soup calls for fennel fronds, the vegetable's green, wispy tops. Shop for fresh fennel at farmers' markets, where the tops are usually left on, or ask your produce manager to put aside a few untrimmed fennel bulbs for you.



DIG IN Mushroom
and Leek Soup with
Parsley Dumplings

RIBOLLITA

8 SERVINGS Ribollita is a classic Tuscan soup that's made up of vegetable soup mixed with pieces of rustic bread. This version is packed with veggies—white beans, kale, chard, potatoes, tomatoes—and served with a drizzle of extra-virgin olive oil.

- 13 cups (or more) water, divided
- 1½ cups dried cannellini (white kidney beans; about 8 ounces)
- 12 large fresh sage leaves
- 8 garlic cloves; 5 sliced, 3 chopped
- 2 teaspoons (or more) fine sea salt, divided
- 6 tablespoons extra-virgin olive oil, divided, plus additional for drizzling
- 1 large onion, chopped
- 2 large celery stalks, diced
- 1 medium carrot, chopped
- 1 large unpeeled Yukon Gold potato, scrubbed, cut into ½-inch cubes
- 1 small fennel bulb, trimmed, quartered through core, sliced crosswise
- 1 large pinch of dried thyme
- 1 small bunch black kale,* cut crosswise into 1-inch ribbons (about 6 cups)
- 1 small bunch green chard (about 4 large leaves), center stem removed, cut crosswise into 1-inch-wide ribbons (about 6 cups)
- 4 cups thinly sliced savoy cabbage
- 5 large plum tomatoes, chopped
- 1 2-inch square Parmesan cheese rind
- Pinch of dried crushed red pepper
- 2 cups (or more) Light Vegetable Broth (see recipe on page 89) or good-quality canned vegetable broth (such as Swanson)
- 6 ½-inch-thick slices country white bread, coarsely torn with crusts

Combine 8 cups water, beans, sage, and sliced garlic in large saucepan. Bring to boil; reduce heat to low, cover, and simmer until beans are tender, stirring occasionally and adding more water by ¼ cupfuls to keep beans submerged, 2 to 2½ hours, depending on age of beans. Add 1 teaspoon sea salt; simmer 10 minutes. Uncover and cool beans in liquid. **DO AHEAD** Can be made 1 day ahead. Cover and chill in cooking liquid.

Heat 3 tablespoons oil in large pot over medium heat. Add onion; sprinkle with sea salt. Cook until onion is translucent, stirring often, about 5 minutes. Add chopped garlic; stir 2 minutes. Add celery, carrot, potato,

fennel, and thyme; cook until vegetables are tender and begin to turn brown in spots, stirring often, 15 to 18 minutes. Add kale, chard, cabbage, tomatoes, Parmesan rind, 5 cups water, and 1 teaspoon sea salt. Bring to boil; reduce heat to medium-low, cover, and simmer until vegetables are very tender, about 1½ hours. Add beans with cooking liquid and crushed red pepper. Add 2 cups broth. Season with salt and generous amount of pepper. **DO AHEAD** Can be made 1 day ahead. Cool, cover, and chill. Rewarm before continuing.

Add bread to soup and simmer, stirring often to break up bread into smaller pieces and adding more broth by ½ cupfuls to thin, if desired. Season with sea salt and pepper.

Divide ribollita among bowls, drizzle with oil, and serve.

*Also called Tuscan kale, dinosaur kale, *lacinato* kale, or *cavolo nero*, black kale has long, narrow dark green leaves; available at some supermarkets and farmers' markets.

MUSHROOM AND LEEK SOUP WITH PARSLEY DUMPLINGS

6 TO 8 SERVINGS Porcini and crimini mushrooms give this hearty soup its deep, almost meaty flavor. Cottage cheese holds the cheesy, parsley-flecked dumplings together.

soup

- 2 cups water
- ¾ ounce dried porcini mushrooms*
- 3½ tablespoons extra-virgin olive oil, divided
- 4 garlic cloves, minced
- 1 pound crimini (baby bella) mushrooms, sliced
- 1 teaspoon finely chopped fresh thyme
- Fine sea salt
- 3 tablespoons dry Sherry
- 1½ cups chopped onion
- 3 cups thinly sliced leeks (white and pale green parts only; about 2 large)
- 8 cups Light Vegetable Broth (see recipe on page 89) or good-quality canned vegetable broth (such as Swanson)
- Pinch of cayenne pepper

parsley dumplings

- ¾ cup (scant) low-fat cottage cheese
- 6 tablespoons (¾ stick) butter, room temperature, divided
- 2 large eggs, room temperature
- 1 cup all purpose flour, divided
- 1 teaspoon fine sea salt
- Pinch of ground nutmeg
- ¼ cup finely grated Parmesan cheese
- ¾ cup finely chopped fresh Italian parsley

SOUP Bring 2 cups water and porcini mushrooms to boil in small saucepan. Remove from heat, cover, and soak 20 minutes. Using slotted spoon, transfer mushrooms to work surface; slice thinly. Reserve cooking liquid.

Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Add garlic; stir 30 seconds. Add crimini mushrooms and thyme; sprinkle with sea salt and sauté until mushrooms are browned, stirring often, about 12 minutes. Add Sherry; stir until liquid is absorbed, about 1 minute. Set mushroom mixture aside.

Heat 1½ tablespoons oil in another heavy large skillet over medium-high heat. Add onion; cook until translucent and beginning to brown, stirring often, about 6 minutes. Add leeks; reduce heat to medium, sprinkle with sea salt, and sauté until vegetables are soft and golden, stirring often, about 15 minutes.

Bring broth to simmer in large pot over medium-high heat. Pour in reserved mushroom cooking liquid, leaving sediment behind. Add all mushrooms, onion mixture, and cayenne. Simmer 1 minute to heat through. Season to taste with salt. **DO AHEAD** Can be made 1 day ahead. Cool, cover, and chill.

PARSLEY DUMPLINGS Puree cottage cheese in mini processor until smooth. Using electric mixer, beat 3 tablespoons butter and eggs in medium bowl. Add cottage cheese, ½ cup flour, 1 teaspoon sea salt, and nutmeg; beat on low speed just to blend. Stir in ½ cup flour, cheese, and parsley.

Bring large pot of salted water to boil. Using teaspoon, scoop piece of dough about size of cherry. Holding spoon just above boiling water, use second spoon to push dough into water. Working quickly, repeat about 10 more times. When dumplings rise to surface, simmer until cooked through, 2½ to 3 minutes. Using slotted spoon, transfer dumplings to large plate. Repeat with remaining dough. **DO AHEAD** Can be made 1 day ahead. Cover and refrigerate.

Melt 3 tablespoons butter in large skillet over medium heat. Working in 2 batches, add dumplings to skillet. Cook until brown in spots, 2 to 3 minutes per side.

Bring soup to simmer. Divide dumplings among wide shallow bowls. Divide soup among bowls and serve.

*Available in the produce section of many supermarkets and at specialty foods stores and Italian markets. ■