

Butternut Squash Soup with almonds, fennel, and fall spices

1/4 cup olive oil
1 medium butternut squash, diced into 3/4 inch cubes
1 fennel bulb, sliced and cut into bit sized pieces
1 medium onion, diced
1/2 cup slivered almonds (skinless, baton cut style)
1 tablespoon Corriander seeds
1 Cinnamon stick
2 quarts vegetable stock
Salt
A few drops lemon juice or sherry vinegar, cocktail bitters
Goat cheese, to garnish
Crusty Bread, to serve

Heat a glisteing of olive oil over medium-high in a large soup pot. Add the butternut squash and cook until well colored. Remove from pan. Add remainng olive oil, fennel, onion and slived almonds. Cook until the vegetables are just wilted. Add corriander seeds adn cinnamon stick in a cheese cloth sachet, and stock. Simmer until the vegetables are is just tender. Add the squash and cook until softened. Season to taste with salt and adjust flavor with drops of lemon juice or sherry vinegar and a dash of cocktail bitters. Serve with goat cheese and crusty bread, as desired.

Caldo Verde

1 cup olive oil
3 lbs russet potatoes, peeled and cut into 1" slices
6-12 garlic cloves, or more if you like, rough chopped
1 onion, finely minced
2 quarts water or light vegetable stock
Salt
1 bunch Lacinato kale, stems reoved and sliced very thinly into small pieces

Add all ingredients over medium-high in a large soup pot. Simmer for 35-40 minutes until pottoes are extremely soft and falling apart. Mash with potato masher or spoon until it is a soup like consistency with no large chunks of potato or garlic. Add addiitonal water or broth if necessary. Add kale and bring to a vigorous simmer. Cook for 5-10 minutes until kale is just softened. Turn off the heat and season as needed with salt and a splash of vinegar.

Cream of Mushroom Soup

8 tablespoons butter or oil
1 cup brown rice (uncooked)
20 ounces mushrooms
1 ounces dried shitake mushrooms
1 onion, or 1 cup leeks, diced
Salt
1 cup Red wine
2 quarts mushroom, vegetable stock or water
1 Fresno pepper, diced
1 bunch Mint, chopped
1 bunch Cilantro, chopped
A few drops vinegar

Saute or roast mushrooms, rice and onions until they are deeply aromatic. Season with salt. Deglaze pan with red wine and cook down until the alcohol aroma has dissipated. Add water or stock. Bring to a boil. Reduce heat and simmer 40 minutes-1 hour until rice begins to disintegrate. Puree with an immersion blender or high speed blender. Adjust seasoning to taste with additional salt. Add additional water or stock as needed to achieve desired consistency.

Mix pepper, mint, cilantro, and vinegar in a small bowl. Top soup with pepper-herb mixture.