

Fall Soups: WSU Executive Chef Jamie Callison

SPEAKER 1: Good evening. And thank you for joining us for Fall Soups. We're here with WSU executive chef Jamie Callison with WSU School of Hospitality and Business Management. We're excited tonight, as chef is going to show us three of his favorite soups and how we can apply that at home.

So if you have your recipes, get ready to start cooking. Also, if you want to join us in the chat box with any questions, Chef will be taking questions as he cooks, as well as at the end of tonight's cooking presentation, we will be giving away two copies of his book, *The Crimson Spoon*. Enjoy, and thank you, Chef.

JAMIE CALLISON: All right. Well, welcome to our kitchen here at WSU. So we're going to start off with a real classic, chicken noodle soup. And one of the things I want to make sure that I'm bringing this home to you so that you can actually do this at home.

A lot of times, of course, when you roast your own chicken, that's wonderful. We roasted this chicken. But we're going to think of this as if you went and bought a chicken at Safeway or one of the local grocery stores that was pre-roasted, that you can take that quick dinner that we all do and make an incredible dinner with that.

And one of my things that I really believe in starting with is a good stock. And the stock is kind of the basis of your soup. What we've done here is we've taken the bones off of the chicken and we've put them into a stock pot. We've taken a store-bought low sodium or no sodium chicken stock. And we've put that in there with the bones. And that's what we call fortifying a stock.

And the nice thing about this is you'll get that homemade stock flavor utilizing the bones from your chicken dish. What I've also put in here is some celery, carrots, onions, a little bit of thyme, rosemary, bay leaf, and peppercorn. And that's just enhancing that stock. So that way, you get two dinners out of your chicken dinner.

So what we're going to start with is we have a little bit of canola oil or vegetable oil, or you can use olive oil. We're going to put that into our pan. And we don't want the pan to be too hot. We want it on medium heat.

We're not sauteing. We're what we call sweating, which is sauteing without browning. So we're

just going to try and cook our vegetables a little bit. And what this does is it helps get rid of that raw flavor from the vegetables.

You want to make sure that, again, your pan's not too hot. Because if it's too hot, what's going to happen is you're going to burn your vegetables and you're going to create a bitter taste. So I'm going to move these around. And we added just enough oil in here to coat the vegetables. We don't want this to be oily.

So while that's cooking, I'm going to go into the knife skills part of the soup. So we have our celery, carrots, and onion here. And the onion is probably the most complicated thing for people to cut. We have what we call the base of the onion, the root of the onion right here. And we want to keep that intact.

And so what we're going to do is we're going to take the onion. I've trimmed off the bottom to keep it flat. And I always like to teach my students to always try to cut with something that is not round. Trying to cut an onion like this is really dangerous, and it's really hard to do.

So having a flat spot on the onion. And then we're just going to push down, put our hand up above. And then I'm going to take the knife, and I'm going to put my hand up here, always assuming the knife's going to slip. And I'm just going to rock the knife back and forth.

What I'm doing now is I'm cutting through the onion, but not all the way through. And it's staying intact. So I'm going to set that down now. Again, this is flat.

And I'm going to take it, and I'm going to take the tip of my knife. And I'm going to cut into the onion without cutting all the way through. So again, this stem part of the onion is holding everything together.

Now I'm going to turn it. The first cut, basically, is the deciding factor of how big my dice is going to be. And that's the ease of cutting an onion.

There's one way for sure. Everybody has techniques that they use not to cry when they're cutting an onion. There's one way that works every single time. And this is really important. It's become a chef and have somebody else do it for you. That's the only way that works for sure. A sharp knife definitely helps.

For our celery, we've washed this. We're going to cut this in half just to make it a little easier. And we always have to cut our celery into strips, almost like celery sticks, before we cut it into

a dice. So I'm basically just taking it, and I've cut it into celery sticks first. And then I'm setting it down and dicing it.

And I always like to use a scraper to get product off. I'm also not picking it up with my knife, because that could be dangerous. So for the carrot, we're going to do the same thing.

I like to trim one side, because again, the carrot's round. So now I can set it down flat. It's going to make it a lot safer to cut. Then I'm going to cut it into carrot sticks. And then cut that into a dice.

And then we have what we basically call our mise en place. This is really important when you go to make soup. Or before you go to work and you want to get your prep done, you can get this done the night before and have all this ready so that when you come home from work, you can actually have this ready to go into the pot so you can get your dinner cooked. Some of us, I know, including me, I don't get home until late. So it's important to have those things ready.

So what we're doing now is we're cooking our product until what we call translucent. Translucent basically means that you can start to see through it. And so we're cooking the celery, carrots, and onions with the chicken noodle. We're not too concerned about cooking it all the way, because once we have the chicken stock, we're going to cook it a little more.

And again, we're sweating these. This is called mirepoix. So mirepoix is 50% onions, 25% celery, and 25% carrots. And we're sweating that out. So we're trying not to brown that.

And you want to add your garlic-- that's the next ingredient in the recipe-- towards the end. Garlic has a lot of sugar. And it has a tendency to burn. And if you get that burnt flavor in your soup, it's going to be really bitter.

I like chicken noodle soup because it is truly one of the easiest soups to make. Basically, I have my oil in here, my mirepoix-- so my celery, carrots, and onion. I added a little bit of garlic in there. And now I'm going to add some chopped thyme.

And the recipe that you have calls for fresh thyme. If you only have dried thyme or you don't have the time to cut it-- that's kind of a joke, isn't it? You don't have the time to cut it. If you don't have the time to cut it, then make sure you use 1/3 the amount in the recipe for dried thyme.

So now, basically, with sauteing my garlic, I'm releasing the oils. And I can smell the garlic right

now. And it's definitely-- I've gotten rid of that raw, bitter flavor. So now I'm going to add my stock.

So I have my homemade chicken stock here. And this chicken stock takes about four hours to make. But again, when I cut apart my chicken for dinner the night before, I saved all those bones.

I don't have time to make stock every single night at home. I definitely buy a canned stock or premade stock. Again, make sure you buy the low sodium or zero salt stock, because as this reduces down, it would get saltier. And never use bouillon for a soup.

So I add my stock in here. And I'm straining it. So [INAUDIBLE] is definitely one of my top students, my culinary leads here. And she's been in the kitchen with me since 6 o'clock this morning. We've been having a lot of fun.

SPEAKER 2: Yeah. Fun.

JAMIE CALLISON: So now just imagine that this has cooked for 20 minutes. So I have my diced chicken. So what I did was I just took the chicken that was left over and diced it up and set it aside. And then I have my pasta that I've cooked off.

And the pasta, I would definitely recommend putting something in there that's more of a smaller shell or something that would actually fit on the spoon. It's really hard to eat chicken noodle with fettuccine or something like that. Egg noodle works really good. Macaroni works really good. And penne works good.

So now I'm bringing my soup back up to simmer. I'm going to add my chicken. And this chicken is cold, so I'm going to definitely need to bring this back up to temp.

Then I'm going to taste it for salt and pepper too. You never want to season your soup until you're about ready to serve. Very important. Because if you salt it at the very beginning and you reduce it down, by the time your soup's done, it's going to be very, very salty, especially if you're using a broth that has a little bit of salt in it.

Today, we actually had made a homemade stock. So this was made of homemade stock. So there's zero salt in the soup right now, which is great, because then you control the amount of salt you put in there.

So I always taste things. That's how I remain so thin. And it has great flavor, but it's flat. So I'm going to definitely want to add a little bit of salt and a little bit of pepper. Chicken loves salt and pepper. I mean, just a little bit of black pepper in here. It really adds a lot to the soup.

So now that I brought it back up to temp, I'm going to add my pasta in. Very important. One of my first chicken noodle soups I made at home-- I was so proud. I added the pasta in. About an hour later, I walked back up. And it was just a big blob of pasta. It had absorbed all the liquid. So I don't want to add the pasta until right before I'm going to serve this.

So now we have the pasta in there. We're going to bring this back up to simmer. And again, tasting it. Making sure-- I've added pasta, so you definitely still need to make sure there's enough salt and pepper in there. So a little bit more salt.

And one of the things I always try to teach my students and I always try to think about, I don't want to serve something salty. I want to serve something that's not flat. A little bit of salt is going to bring out all of the natural flavors.

I don't want anybody tasting the soup and saying, oh, it's really salty. I want them tasting it and saying, I can taste the chicken. I can taste the herbs. I can taste the vegetables. And that little bit of salt really helps with that.

So now that my soup's hot, I'm going to serve this. Always serve your soup into a warm bowl. And we have our chicken noodle soup.

Now we're going to make one of my favorites. And again, with the chicken noodle soup, adding the pasta very last minute is very important, and making sure you season it. And then enjoy.

And right now, the nice thing about this too is the stock was almost free. The chicken was left over. You've really made an incredible dinner that's really healthy, all with leftovers that you had.

So now for a tomato soup, we're going to make a tomato soup. And one of the things I'm going to do with this tomato soup too is I'm going to make this dairy-free and gluten-free. There's a lot of people with allergens now. And we really try hard in our kitchen here to produce items that, if it doesn't take away the flavor-- and I can produce a great tomato soup that works for people who are vegetarians or gluten-free, dairy-free, it really helps my customer base. But also it's hospitality. It's taking care of people.

So now again, I put in here celery, carrots, and onion. And I'm going to sweat these out. And then here I have some-- I'm not putting this in yet. I'm going to make a roux. A roux is basically oil and flour.

This is gluten-free flour. Very important when you're using gluten-free flour. Most of them, you have to use a little bit less. It definitely thickens up a little better.

And again, I'm trying to teach you things that you could do at home. For this tomato soup today, we're going to use a fire-roasted canned tomato. And these are available at just your regular grocery store.

The great thing about the fire-roasted, it has a deep flavor. So this soup is not going to have any cream. It's really not going to have any dairy in it. And you're not going to miss that old-fashioned cream of tomato soup that you would have. Cream of tomato soup and a nice grilled cheese sandwich is definitely one of my favorite childhood memories of food.

So we're sweating out our ingredients. And all of these vegetables that I'm cooking right now are going to be pureed into the soup, which is also going to help create a thickness to it, but also a nice, rounded vegetable flavor. So again, I have my garlic here. But I'm not going to add that until I get my vegetables a little translucent.

And I know that a lot of people, translucent is probably one of the hardest words for people to understand, because it's like was it totally see-through? It's not totally see-through. It just becomes a little clear. With celery and carrots, it's going to be really hard to actually physically see through them. But you can definitely, when you're looking at them, they start becoming a little clear.

So I have this turned up a little higher than you normally would. I would suggest cooking-- and I'm just doing this for time frame-- I would suggest cooking this a little bit lower temp for a little bit longer. This is more-- you get that nice sound of that sizzling. That's more of a saute. So we have to be really careful that we're not burning our vegetables. And that's why I'm moving them around quite a bit.

So now that my vegetables have become-- they're a little translucent. This is still going to cook for about 25 minutes. We're really just trying to get rid of that raw flavor of that onion and the celery and the carrots. I'm going to add my garlic in now.

And I'm going to cook that for just about a minute. We're just trying to release the oils, get rid of that raw flavor again. That's the wonderful thing I love about soups is we're trying to develop layers of flavor. And the other thing, too, is when you're making a soup, it's one pot. You're not dirtying multiple different pots and pans.

I always make sure, too, that I'm pushing my vegetables down into the pot so that they're getting evenly cooked. And what I'm looking for with my garlic, again-- it's not really even looking. It's smelling. Right now, I can smell the garlic, that I've gotten rid of that raw flavor. And I've got this sweetness. And I can really smell the oils coming out of that garlic.

So now I have my gluten-free flour. And I'm going to cook this for about-- it takes about three minutes. We're just trying to cook out some of the raw flour flavor. And we're also trying to-- it cooks out some of the raw flour flavor, but it's adding a little flavor to it too.

And we don't want to brown this, or it's going to be bitter. If you're making a gravy or something, that's when you brown the roux. And you get that really dark, rich flavor. We don't want that. We want to showcase the tomatoes in this soup, so it's really important not to brown the roux.

So roux is typically, in culinary terms, it's 50% by weight oil and flour. Now, when you're making a soup like this, you really can't go by exactly doing 50% by weight because you have to sweat out the vegetables. And the vegetables absorb some of that oil.

So now I have my chicken stock. I'm going to add a little bit of this to start. This deglazes the pan. It also makes it where I can work out the lumps. I'm going to add the rest of the stock.

Very important when you're making a soup or a sauce or anything with a roux. At this point now, I need to get this to the boiling point. What happens is, the way that the sauce or soup thickens is that the starches need to expand. The starches will not expand if I just let this simmer. And if I'm trying to get something to the boiling point, I want to get it up there as quick as possible. And so you have to be very, very careful not to let it burn on the bottom.

So I'm going to basically stand right here. I'm going to whisk this around, making sure I'm picking up all that flour that's on the bottom, because if that sticks on the bottom, it's going to burn. And I'm going to bring this to the boiling point. And then what's going to happen is those starches are going to start to expand. And as they expand, they absorb the moisture in the soup. And that's what gives us our thickness.

And if you don't cook out the flour and you don't expand those starches, and then they absorb the liquid in the soup-- I'm sure that everybody has went to a restaurant or at home, made something and tasted it, and it tastes like flour. It's because that flour wasn't cooked out properly. So it's very, very important to get it to the boiling point and then turn it down to a simmer.

And speaking of simmer, one of the things I didn't cover very well is for your stock. A chicken stock should always be cooked at a simmer, never a boil. And part of that is if you have any impurities that float to the top, you want to skim those off. And if you boil that into it, you're going to end up with a really cloudy, bitter stock. And the flavors aren't going to develop properly. You're going to get this bitterness.

So it's very important never to boil a stock. And never season a stock, either. You always season the sauce that you're using it for.

SPEAKER 1: Chef?

JAMIE CALLISON: Yes?

SPEAKER 1: How would you define a simmer versus boil?

JAMIE CALLISON: A simmer is-- did you ever hear that song *Tiny Bubbles*? A simmer is very, very small bubbles.

I don't know if you can see from the camera. The chicken stock is at the perfect simmer. It's very small bubbles.

Right now, if you look in here, this is definitely more of a boil. This is a simmer. So it's just really small bubbles and very little movement in the pan. So now I'm going to add my fire-roasted tomatoes and my tomato puree.

SPEAKER 1: Chef, we've had a question that's just popped up regarding that spices. It said when using dried spices, is it always correct to use a third of the amount of fresh spices that the recipe might call for?

JAMIE CALLISON: Correct.

SPEAKER 1: Is that correct?

JAMIE CALLISON: Yeah, you want to use about a third of the dried spices, because when they're dried, they're a

lot more pungent. And also, if you think about all of the moisture's been pulled out, so they take up less space too. So they're going to have a lot more flavor.

I'm not anti-dried. We use almost all fresh herbs here. I just like the flavor of fresh herbs. However, if you're making a stock overnight or you're making something that's going to take a long time to cook, a lot of times you're not going to notice that much of a difference if they're high-quality dried herbs.

Of course, dried herbs have a very short shelf life, about six months. And most of us have herbs in our cabinets that are probably two, three years old. Probably it's not worth going through all the work of what you're making if you're going to use those because the flavor's just basically all gone. It's lost its pungentness. I would recommend growing rosemary, thyme, and those kind of things. You can almost shake the snow off of those things and pick off leaves and use those in your soups and stuff.

So now we're going to bring this to a simmer. And then we're going to cook it for about 20 minutes. Now, the burner that I am using is what we call an induction. I know that everybody thinks chefs have hands of steel because we burn ourselves all the time. There's not much heat coming off the sides of this.

This is all reaction from the pan-- so a magnetic reaction. So it's pretty safe. Now, when you took on gas or over electric or something, your handles can get really hot. So be very, very careful.

So I'm going to use a Vitamix for this soup and hopefully not make a big mess here. So I put everything in here. Very important rule of a Vitamix or any kind of blender. Turn it on low. Make sure that it's not on high. Turn it on low. And then slowly turn it up.

This gets a little more tricky, because I still need to taste this. Again, this has no salt or pepper in here. So I'm going to have to add some salt and some pepper.

So I know it looks like that I'm adding a lot of salt and pepper. But again, it has zero in there. And there's nothing wrong with using a canned broth. You just have to be very careful with the seasoning at the end and making sure you don't reduce things down too far.

So a little pepper in here. Just for ease, I have my thyme and my basil. I'm going to do just a real quick blend on this because I don't want the herbs chopped up too small. Again, make sure you turn it on low. Sometimes I show my students what not to do. But I didn't think this

would be a good time to do that.

You want to bring me the crostini? So with tomato soup, you can't have tomato soup-- well, at least I can't-- without grilled cheese sandwich or something to dip into it. My wife just made the tomato soup out of *The Crimson Spoon* cookbook, which is this same recipe, the other night.

It was cold, one of the first cold, rainy days. And she made-- actually, we had some Cougar Gold cheese. So we made some Cougar Gold cheese sandwiches. And it was one of the best meals I've had in a long time. And I go out to eat more than I should.

So these right here, what we've done is we take a homemade bread that we actually made with WSU wheat. We work with the wheat research lab here. Jessica Murray, one of our students, made this bread. Amazing ciabatta bread. We sliced it. Just brushed a little olive oil over it.

You can put it in your broiler at home. Brown it. And then you put your Cougar Gold cheese over it and then brown it again. The beauty of these is you can't keep track of how many you eat. So instead of one sandwich, and you say, okay, I can't eat any more, you can eat a bunch of these. And you feel like you're just eating a little piece of bread, right? It's all justification.

So I want to go ahead and pour right out of here. So I have my tomato soup and my crostini. That makes for a great meal.

Now for one of my favorite soups. This is a soup recipe that-- I worked for a Japanese chef called [? Takesato ?] in Seattle area. And he brought this recipe. And it's just become one of the favorites of all my guests at every place I've worked since then. And it was definitely a favorite of the club when I was working at the Bellevue Club with the chef.

It's a weird recipe. So definitely hang on and bear with me. Most people, when they find out what's in this soup, they're kind of afraid to try it. And it definitely becomes most people's favorite soup. I even thought it was a little strange when I first had it.

So again, we're going to start with a little bit of olive oil. We have onions and celery. Can you hand me the-- thank you. And we're going to sweat these out.

And while we're doing that, we have-- this is the crazy part. We have apples and bananas. And one of the things I'm going to do with this soup, too, this soup usually takes flour and a little bit of cream. What I'm going to do for this soup, I'm going to substitute the cream with coconut

milk and the flour with gluten-free flour.

So for our apple, this is going to be blended. It's already been washed. We're just going to cut this with the skin on.

SPEAKER 1: Chef, does it matter what type of apple you use?

JAMIE CALLISON: That's a good question. I like the Granny Smith apple because it's a little tart. When we talk about building of flavors and the contrast of ingredients, this soup speaks for it all. We actually have curry. We have a little bit of banana. Really important not to use-- this banana is ripe, but it's not overripe.

And you don't want to cut this product too soon, because it can turn brown on you. If you want to cut apples way ahead of time, you can add a little lemon juice to it.

So again, with mise en place-- I don't know if you've noticed at home-- is I try to set everything up in the same pattern as I'm going to put it into the dish. And what that does is that allows me not to make a mistake. It's really easy for me to forget something. And I've done it plenty of times, where I've gotten done with the soup and I look down, and the garlic is sitting way across the kitchen. And I forgot to put that in the soup.

SPEAKER 1: Chef, we have a question. Do you have any special recommendations for the coconut milk?

JAMIE CALLISON: Just unsweetened coconut milk, because this is already going to have-- we have mango chutney here. We have the apples, the bananas. We're already building that sweetness. But what that's going to help do is it's going to help balance out the curry. And it's a really nice soup.

For the mirepoix that we're cooking right now, it's OK if this gets a little dark. But we don't want to get too much color on this. So we're going to sweat this out. I'm going to set this up here.

So now the next thing that's going to go in my soup is going to be the apples. And then the bananas and the garlic are going to go in about the same time. And then my flour. So that's how I have things lined up. And like I said, I forget all the time to put something in. And I've found that this is the best way to help me remember.

So it's starting to get a little translucent here. I definitely want to cook this just a little bit more. And you also want to make sure when you're cooking soups or anything or sauces that there's

not a burnt spot in there or something. And this pan is definitely very clean. There's one spot in there I keep on looking at. It's like, well, I hope that's not a burnt spot, because that can come out and flavor your soup and give it an off flavor.

So it's important-- and these were definitely cleaned very well-- but to clean your pan before you start. People all the time put away things-- maybe not you at home. I do sometimes. And they put away things that maybe, they're not dirty, but maybe they have a little burnt spot left on there. Well, if you continue to cook with that in your pan, you're going to get a real bitterness and off color too.

So now we've got nice translucent. I'm going to add my apples. Trust me on this soup. I know most of you at home are probably looking at this soup, thinking there's no way. This is really strange. Trust me. Follow the recipe. Halfway through, you're going to think this is not going to work out. This is eh. Just really work through it, and this will definitely become one of the family favorites.

SPEAKER 1: We have a question. Is this recipe in *The Crimson Spoon* cookbook?

JAMIE CALLISON: It is in *The Crimson Spoon*.

SPEAKER 1: OK.

JAMIE CALLISON: It's funny. Originally I wasn't going to put this one in there. And then I had some friends of mine from the Seattle area where I worked. And they're like, no, that's the one recipe you have to put in there. I just thought people would think it was crazy, which I did too.

First morning, 6 o'clock in the morning, I made this soup when I was working the Bellevue Club in Bellevue. I thought, this is crazy. There's no reason that we should be putting these ingredients in there.

So I have my garlic. Again, adding the garlic towards the very end. The banana. And just mixing this up. And again, I don't really need to cook the banana very much. I'm just trying to soften it up a little bit. Because this is going to cook for about 20 minutes, so all the fruits and everything's going to cook. And we're not going to want to blend this, like when I blended the tomato soup, until everything's soft.

I know that some of you-- while this is finishing cooking-- with the tomato soup, some of you are like, why are you using a canned tomato? I go to Italy every year with a group of students.

Most chefs in Italian restaurants in Italy, in the US, throughout the world, use canned tomatoes.

And we use canned tomatoes not for on a salad, not for on a sandwich. We use canned tomatoes because those tomatoes are picked ripe. They are processed usually within 24 hours.

And so the flavor for a tomato comes from the sun, the soil, the rain, the environment, not from a warehouse. So canned tomatoes, generally, if you're making a sauce, is going to be a lot better product to start with. If you have a garden at home and you have tomatoes or you get a tomato that's fresh-picked and it's ripe, of course that's going to be a better sauce.

However, most of the time, our tomatoes that we get at the grocery stores are picked very green. And they just don't have the flavor. There's nothing they can do to them to give them that flavor. So a canned product, there's nothing wrong with using a good quality canned product for sauces and soups and stuff.

All right. So I'm going to add my gluten-free flour here. Nowadays, if I was-- and I do it for dinners and stuff here-- if I was working in a restaurant and I needed to thicken my soup-- and we use flour a lot here. I love flour. I love the crostini.

However, for people who have allergies or intolerances to the gluten, it's really important for me to make my soup available for them. Using gluten-free flour affects the flavor not at all. It doesn't change the flavor profile at all. So why would I not use that and open up my menu to more people?

All right. So I'm going to add my curry. And then mango chutney. And the mango chutney. We buy it in bulk here. But I bought this one from Safeway. You can get it at any grocery store.

And that's one thing about *The Crimson Spoon* cookbook. And if I'm teaching a class like this on how to cook, there's nothing that I'm going to use that is not available at a regular grocery store. I don't think that's fair to you. And I don't think it's fair to-- I don't want you spending \$40 on one ingredient from Amazon. Love Amazon.

But there's no reason to spend \$40 for one ingredient. So all of the recipes are things that we can get on the Palouse. So it really opens up the cookbook and also just the recipes that we're using tonight to you at home.

All right. Now I'm going to add chicken stock now again. I could use vegetable stock, and that would work great. And you could buy a good vegetable stock at the store. Or vegetable stock's very easy to make by just sauteing some vegetables, adding some water, some aromatics, and cooking that down to the flavor profile that you want.

So again, I have flour in here. So I'm going to bring this to the boiling point. And then I'm going to cook it for about 20 minutes. And then we're going to blend it up. I love the live TV like this and the magic of how fast soups cook and stuff.

So this soup has cooked for 20 minutes. And I'm going to use a different blender just to show you a different-- this is just a handheld blender here. Really important when you're using this to tilt the pan so that-- you can see how there's little holes in here. Well, this is made so that product can get in when you're blending. If you put this in and it's not totally submerged in here, it's going to splatter and make a mess.

So I'm going to tilt the pan so that we can make sure that we get that totally submerged. And we're going to blend this. These work really good. Of course, a Vitamix or any kind of blender like that is going to get it a lot smoother. But these definitely work great, and they're really easy to clean. Plus, this is \$30, compared to a blender, which is really expensive.

I wish that we had smellvision and you could smell the curry and the apples and everything right now. Someday we'll have it. Of course, that would be really dangerous at like 11 o'clock at night, watching late. And they have those commercials on with the restaurants. And you'd smell it. And then you'd definitely be in trouble.

So this is blended really smooth.

SPEAKER 1: Chef, you have a question.

JAMIE CALLISON: Yes?

SPEAKER 1: Is celery added to most soups?

JAMIE CALLISON: It is. And it's funny, because I'm not a big fan of celery by itself. But it does have a nice, balanced flavor. You get that kind of richness to it. Celery and onions seem to be added to a lot of soups. And that's what I love about this soup. It's all about balanced flavors. You really get those great balance. Can you get me a wooden spoon?

So now I'm going to just bring this back up to a simmer. And then I'm going to add in-- you could add in heavy cream. I'm going to add a little unsweetened coconut milk. It's going to give us some richness.

Then I have some basmati rice that's cooked. So this is really a meal. You have your rice, your chicken. Can't leave any chicken behind. So I'm going to stir this around.

So again, a little salt. And usually with the curry soup, I'm not going to add pepper. Curry has that peppery background. So it really doesn't need it. So I'm going to add a little bit of salt. And then just again, I'm bringing this up to a simmer, just to make sure that the rice and the chicken's hot. And then basically, this is ready to go.

And again, I know these ingredients are strange, that you have apples, bananas. But part of being a chef is learning to create flavor profiles and a balanced flavor and having some background flavor. So you can't taste bananas. You can't taste apples. But they're those background flavors that really balance out the soup.

So now I'm just going to turn this down. And we need to serve it. So again, with the rice and the chicken, this is truly a meal.

So I hope that you enjoyed learning a little bit about some of my favorite soups. Again, these are favorites. And these are very easy to make. And the thing, like I said, I like about the chicken noodle is this is made from basically a dinner that you had the night before. And you're able to take those chicken bones and the vegetables and really make a feast out of it.

And one of the things I write in my cookbook is cook without fear. Sometimes when you're trying a new recipe, you're nervous. But I just suggest, like I say, cook without fear. Being willing to make mistakes.

And I've been cooking for 35 years, and I've probably made about two years of mistakes of cooking. And most of those were servable by changing them a little bit. But you have to get out there. And you have to be willing to try new things and branch out.

SPEAKER 1:

All right. Thank you, Chef. This, like he said, smells amazing in here. I wish we could share it with all of you. But I hope you were able to follow along and learn a few new tips.

Thanks for folks that joined us in the chat box. Amy and Stacey are our winners tonight of *The Crimson Spoon*. And Josh is typing in right now in the chat box where you can email so that

we can get your contact information. Thank you so much, Chef.

JAMIE CALLISON: And go, Cougs. This would be great, watching us beat Stanford this weekend, eating some soup, right?

SPEAKER 1: Celebrate, yes.

JAMIE CALLISON: With some Cougar Gold cheese crostini and tomato soup. Not a better life.

SPEAKER 1: All right. OK. Thank you.