

Pumpkin Spice

Ingredients:

3 tablespoons pumpkin pie spice
2 ½ tablespoons frozen Granny Smith apple juice concentrate
3 ½ pinches salt
1 cup heavy cream, plus extra
1 tablespoons molasses
1 big can pumpkin
7 cups whole milk
1 can sweetened condensed milk
Ground ginger and cinnamon, to taste
Splash of orange juice



Instructions:

Combine everything together, keeping some of the milk for adding the following day.
Keep the soup in a stainless steel or glass container in the refrigerator.
Add a generous sprinkle of cinnamon and ginger, some more milk and stir the soup well.
Keep adding milk until it is the right consistency.

Hallie Thompson
Intermediate
Cold Soup
Carson

Tex-Mex Seafood Gazpacho

Ingredients:

8 oz fresh or frozen peeled and deveined medium shrimp	
8 oz fresh or frozen bay scallops	
4 cups water	
¼ tsp salt	
4 cups chopped, peeled tomatoes	1 Tbsp chopped jalapeno pepper
2 cups chopped, seeded cucumber	1 Tbsp snipped fresh cilantro or parsley
1 cup chopped green sweet pepper	1 Tbsp lemon juice or lime juice
2-5 ½ oz can hot-style vegetable juice	¼ tsp salt
2 Tbsp sliced green onion	1 clove garlic, halved



Directions:

1. Thaw shrimp and scallops, if frozen. In a large saucepan bring water and ¼ tsp salt to boiling. Add shrimp and scallops. Simmer, uncovered, for 1 to 3 minutes or until shrimp and scallops turn opaque, stirring occasionally. Drain shrimp and scallops; cover and chill.

2. Meanwhile, set aside 1 cup of the chopped tomato, 1 cup of the chopped cucumber, and 1/2 cup of the chopped green pepper. In a large mixing bowl combine remaining chopped tomato, remaining chopped cucumber, remaining green pepper, the vegetable juice, green onion, jalapeno pepper, 1 Tbsp cilantro or parsley, lemon juice or lime juice, 1/4 tsp salt, and garlic.

3. In a blender container or food processor bowl cover and blend or process mixture, half at a time, until smooth. Return to the large mixing bowl. Stir in reserved chopped tomato, cucumber, and green pepper. Cover and refrigerate for at least 2 hours or up to 24 hours.
4. Just before serving, stir in shrimp and scallops. If desired, garnish each serving with additional cilantro or parsley. Makes 4 servings.

Maddi Beckner
Intermediate
Cold Soup
Dallam

Pumpkin Soup

Makes 6 serving

Ingredients:

1 tablespoon olive oil
1 small onion, chopped
5 green onions, chopped (about 1 cup)
1 can (14.5 oz.) diced tomatoes with liquid or 3 fresh tomatoes, peeled, seeded and chopped
2 cans (14.5 oz. each) chicken broth
1 can (15 oz.) 100% pure pumpkin
1 can (12 fl. oz.) evaporated milk
1/2 teaspoon salt (optional)
1/4 teaspoon ground black pepper
Media Crema
Paprika

Directions:

Heat oil in large saucepan over medium-high heat. Add onion and green onions; cook, stirring occasionally, for 5 to 7 minutes or until tender. Add tomatoes; cook for an additional minute. Add broth and pumpkin; bring to a boil. Reduce heat to low; cook, stirring occasionally, for 15 to 20 minutes. Stir in evaporated milk, salt and pepper. Remove soup from heat; cool for 15 minutes. Carefully transfer mixture to blender or food processor (in batches, if necessary); cover. Blend until smooth. Pour soup into large bowl; cover. Refrigerate for at least 4 hours. Spoon into bowls. Top each with a dollop of Media Crema and sprinkle of paprika.

Cream of Sweet Potato Soup

3 large sweet potatoes
3 (14 ounce) cans low-sodium chicken broth
1/4 cup brown sugar
1/2 teaspoon salt (to taste)
1/4 teaspoon ground nutmeg
black pepper to taste
1/3 cup heavy cream



Directions:

Preheat oven to 350° F

Bake sweet potatoes in preheated oven until soft, about 1.5 hours. Remove and let cool slightly.

Peel sweet potatoes, and puree with chicken broth in batches, using enough chicken broth so that it purees smoothly. Bring puree to a simmer in a large saucepan over medium-high heat, and then reduce heat to medium-low. Stir in the sugar, salt, nutmeg and pepper; cover and let simmer for 10 minutes. Remove from heat, and stir in cream.
