

FOOD FOR THE SOUL

Keep winter's chill at bay with a hot bowl of soup

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How better to thaw Portland's winter chill than with a bowl of belly-warming, high-flavor soup?

In the Pearl District, you can sit down to steaming bisques, broths, purees and chowders. Some soups come fragrant with winter vegetables and cool-season herbs. Others are thick with beans, or pumped up with peppery heat. All are among the winter warmers simmering on the stoves of the Pearl's prize restaurant kitchens.

At **Park Kitchen** (422 NW Eighth; 503-223-7275), chef Scott Dolich relishes ingredients uncommon to cold-weather menus. Instead of winter squash or roasted potatoes, he bets on sunchokes for a silky smooth puree. "Sunchokes are an extraordinarily versatile vegetable," he says. "They are particularly well-suited to soups and purees because of their high starch content."

Though sunchokes are hard to find outside of farmers markets, Dolich has unearthed two regular sources, allowing the vegetable to become a restaurant staple. You'll find the soup occasionally on Park Kitchen's lunch and dinner menus. Lunch is served

11:30 a.m.-2:30 p.m. Mondays through Fridays, dinner 5-9 p.m. Mondays through Saturdays.

Chef Patrick Miller's Roasted Poblano Seafood Chowder at **50 Plates** (333 NW 13th; 503-228-5050) is an imaginative take on routine clam chowder. Poblanos offer "depth and warmth rather than spice" to the chowder, Miller says. He likes this soup for its versatility — it's appetizing in all seasons — and for its appeal to seafood lovers.

50 Plates is open for lunch 11:30 a.m.-3 p.m. Mondays through Saturdays; dinner is served 5-10 p.m. Mondays through Thursdays and until 11 p.m. Fridays and Saturdays. The restaurant's happy hour is 3-6 p.m., except Saturdays; it's closed Sundays.

A thick, meatless and nutritious twice-boiled bean soup that Italians call *ribollita* tops chef Paul Klitsie's winter favorites at **Fratelli** (1230 NW Hoyt; 503-241-8800). Patience is required to make the most of this hearty soup.

"The secret of a good *ribollita* is time," says Klitsie, who grew up in the Netherlands. "To extract maximum flavor from the vegetables, cook them from hard to soft."

Start with the carrots, then celery root, then add onions, *cavolo nero* (Tuscan kale), garlic and tomatoes. Cook each vegetable at least five minutes before you add the next to make sure that all the flavors blend harmoniously."

You also have to adore olive oil to love this soup, Klitsie says. "Add as much as you want."

Fratelli's hours are 5-9 p.m. Sundays through Thursdays and 5-10 p.m. Fridays and Saturdays. The 62-seat restaurant has a next-door lounge, Bar Dué, open 4:30 p.m. to close every day.

All three soups take patience and preparation, and there is some hunting involved for the best ingredients. But you'll find fortification against winter's chill in every bowl. ■

♦ Find the recipes on Pages 12 and 13



Above: 50 Plate's Patrick Miller (top), Fratelli's Paul Klitsie (middle) and Park Kitchen's Scott Dolich (bottom) have the perfect recipes for winter warmth.

Roasted Poblano Seafood Chowder

From Patrick Miller of 50 Plates

Serves 4-6

- 2 ounces olive oil
- 5 poblano peppers (roasted, peeled, seeds removed, and diced. Save one pepper to puree with 3 tablespoons clam juice)
- 2 stalks of celery, diced
- 1 onion, diced
- 5 cloves of garlic, minced
- 2 medium russet potatoes, peeled and diced into ¾-inch pieces
- 2 bay leaves
- ½ tablespoon fresh oregano, chopped
- ½ tablespoon fresh thyme, chopped
- 3 cups clam juice
- 1½ cups heavy cream
- 1 pound of seafood, including clams, mussels, fish or prawns

Sweat the onions in olive oil until translucent. Add garlic and cook for one minute. Add bay leaves and fresh herbs. Cook slowly for another minute. Add celery and diced poblano peppers, cooking four-five minutes or until tender. Add clam juice and simmer for 15 to 20 minutes. Add cream and continue simmering for 10 minutes. Add potatoes and cook until tender, about 15 minutes. Add the pureed poblano, seasoning to taste with salt and pepper.

Add clams, mussels, fish or prawns. Heat until cooked through.



Sunchoke Soup

From Scott Dolich of Park Kitchen

Serves 10-12

- 6 pounds sunchokes, cleaned and scrubbed
- 1 yellow onion
- 1 head garlic, slivered and peeled
- 1 cup of white wine
- 3 quarts vegetable stock
- Zest and juice from one lemon
- 1 cup olive oil, plus some for roasting sunchokes
- Salt
- Pepper

Cut the cleaned sunchokes in half lengthwise. Toss with salt, pepper and a bit of olive oil. Place sunchokes on an oven sheet and roast at 450 degrees for 15 minutes or until they are caramelized on bottom and tender on the inside. Set aside.

Slice the onion and garlic, then put them in a stainless steel stockpot with the wine, some olive oil and some salt. Sweat for about 30 minutes, until the vegetables are tender and translucent and the liquid has mostly evaporated. Add the vegetable stock, roasted sunchokes and bring to a simmer for 20 minutes.

In the blender, puree the soup in small batches, adding olive oil and the juice and zest of the lemon, adjusting the seasoning as you go. Pass the soup through a chinois or strainer to remove any coarse fibers.

Garnish with crème fraîche, gravlax or julienned sorrel.

WINTER SOUPS

Ribolitta

From Paul Klitsie of Fratelli

Serves 6

4 cups of cooked cannellini beans (see recipe below)
2 cups Italian parsley, chopped
4 garlic cloves, peeled and sliced
2 medium-size heads of celery root,
peeled and cut in ½-inch cubes
1 pound of peeled carrots, cut in same size as celery root
4 medium red onions, peeled and chopped
½ pound of canned drained plum tomatoes
3 pounds of *cavolo nero*, stalks removed, coarsely chopped
2 small loaves of stale ciabatta bread, crust removed and torn
Kosher salt and fresh ground black pepper
16-oz. bottle of extra virgin olive oil
5 tablespoons of olive oil

From-scratch beans:

2 cups of dried cannellini beans
(soaked overnight, then strained)
1 medium onion, peeled and chopped
2 cloves of garlic, peeled and sliced
3 cloves, 2 bay leaves, 5 crushed juniperberries
(wrap these in cheesecloth and tie with twine)
1 cup white wine
1 teaspoon baking soda
Kosher salt, to taste
3 tablespoons of extra virgin olive oil



To cook beans: Put a heavy-bottom stockpot over medium heat, add oil, onions and garlic, and stir for three minutes. Add dried beans, stir for one minute and deglaze with the white wine. Add water to cover beans and then add cheesecloth with spices to the beans. Add baking soda and salt to taste. Bring to a boil. Turn to a simmer, put a lid over the pan and cook till the beans are cooked but not overcooked. Strain the liquid, but save liquid and put aside.

For the soup: In a large, heavy-bottom stockpot over high heat, add 5 tablespoons of olive oil. When smoky, add chopped parsley and reduce the heat to medium. Add carrots and stir occasionally to prevent burning. After five minutes, add the celery root, then add onions, garlic and *cavolo nero* for another five minutes. Then add tomatoes and three-fourths of the cooked beans. Make sure each vegetable cooks at least five minutes to release flavors.

In a food processor, puree the remaining beans with some of their cooking liquid and extra virgin olive oil until the puree reaches a sauce-like consistency. Add this to the soup along with the remaining bean liquid.

Let the soup simmer for another 30 minutes; stir occasionally. Add some of the bread, letting it break down in the soup. Add more bread until the soup is very thick. Season to taste with salt and pepper and then add as much extra virgin olive oil as you'd like.

Let soup stand in the stockpot, heat off, for another 30 minutes. Divide the soup into six soup bowls. Sprinkle with extra virgin olive oil.