

# recipe redux

## Chili-Spiced Zucchini, Pepper and Cilantro Soup

### RECIPE:

#### Ingredients

4 tablespoons unsalted butter  
 ¼ cup Spanish onions, small dice  
 ½ cup celery, small dice  
 ¼ cup red bell peppers, small dice  
 ¼ cup scallions, small dice  
 1 cup zucchini, small dice  
 1½ teaspoons chili powder  
 1½ teaspoons ground cumin  
 1½ teaspoons ground coriander  
 1½ teaspoons Spanish paprika  
 1½ pints all-purpose flour  
 1 tablespoon chicken stock, weak  
 2 tablespoons tamari sauce  
 2 tablespoons cilantro, fresh, chopped  
 3 tablespoons lime juice, fresh-squeezed  
 2 tablespoons half-and-half  
 ½ teaspoon kosher salt  
 ⅛ teaspoon ground black pepper

#### Procedure:

Melt the butter in a 2-qt. saucepan over medium heat. Add all of the vegetables and spices to the pan and lightly sauté until the onions become translucent. Sprinkle the flour over the vegetables and stir gently to incorporate. Slowly add the chicken stock to the vegetables, while stirring gently. Be sure to smoothly incorporate the flour. Bring the soup to a boil and then reduce the heat to low. Continue simmering until the vegetables are tender (approximately 10 to 12 minutes on low heat). Stir in the tamari sauce, cilantro, lime juice and half-and-half. Season with salt and pepper.

### FORMULA:

#### Ingredients

% by Weight

#### Wet Fraction

Water .....48.30  
 Vegetable base, sautéed, paste .....1.51  
 Mirepoix base, paste .....1.51  
 Cilantro-lime base, paste .....0.88  
 Soybean oil .....6.88  
 Heavy cream, freeze/thaw stable .....6.04  
 Tamari .....1.39

#### Dry Fraction

Chili powder .....0.20  
 Coriander, ground .....0.20  
 Cumin, ground .....0.20  
 Spanish paprika .....0.20  
 Salt .....0.29  
 Black pepper, ground .....0.11  
 Gum arabic .....0.17  
 Xanthan gum .....0.09

#### Particulate

Zucchini, small dice, IQF .....16.31  
 Red pepper, small dice, IQF .....3.77  
 Onion, small dice, IQF .....2.14  
 Scallions, sliced ¼ in., IQF .....3.77  
 Celery, small dice, IQF .....6.04

**Total .....100.00**

#### Procedure:

Combine wet-fraction ingredients in kettle and agitate without heat. Dry blend all dry-fraction ingredients separately, and add to kettle using shear to hydrate the gum. Add the particulate ingredients. Bring the temperature up to 180°F and simmer until the vegetables are tender (about 20 minutes). Package at 180°F and tumble chill.

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Developing a versatile, cross-functional product is becoming more common in today's restaurant chains. Less research and development and less labor means a better bottom line. This concept drives the "double duty" philosophy. The fresh flavor of cilantro and the popularity of the southwestern flavor profile are the original catalysts behind the development of this soup. While evaluating the product, we identified many proteins — chorizo, chicken and fresh fish — as front-line additions. That's when it hit us: This soup also makes a great center-of-the-plate sauce that can possibly accompany a mesquite-grilled chicken breast or a tender, grilled red-snapper fillet. Converting the recipe for manufacturing brings the usual challenges: preserving the flavor, making it freeze/thaw stable, managing the syneresis and keeping the label clean, to name a few. Two additional requirements influencing the primary changes in the production version: It has to be kosher and it has to be reduced carb, so the amount of onion was reduced. Using vegetable-derived flavor bases in place of the chicken stock, and hydrocolloids instead of roux, solves both issues. Replacing the fresh, seasonal squash with IQF vegetables results in year-round availability. The soup is pouch-packed with a refrigeration shelf life of 25 to 30 days and is freeze/thaw stable. ●



Photo: Range Studios