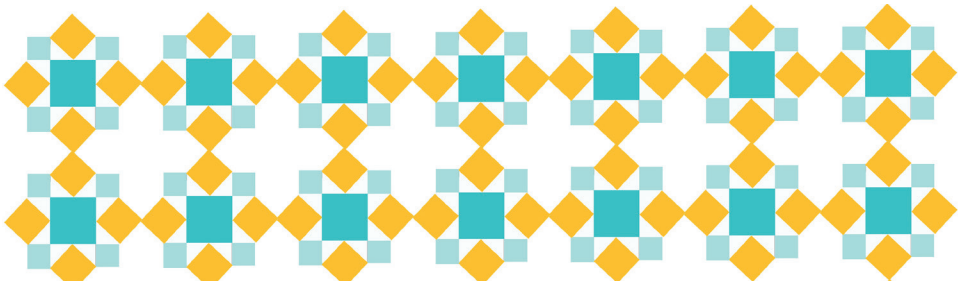




soup for the cultured soul

2023





Soup for the Cultured Soul

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Thank You

Thank you for joining us tonight and supporting the 12th annual Soup for the Cultured Soul from the Kootenay Gallery of Arts!

We are always so grateful for the huge support that we receive at our fundraising events. Once again we have seen our many community and gallery members from Castlegar, Trail, Nelson, Rossland, and even further, eagerly participating in our Soup for the Cultured Soul. Thank you for your overwhelming and enthusiastic excitement.

Of course, this event has also been made possible through the generosity of our amazing sponsors and our faithful volunteers. A huge thank you to: the Regional District of Central Kootenay—Area I and Area J, Canada Safeway, Doodle Bugs Chocolates, and VH Sports for your sponsorship. Our local chefs from The Black Rooster, Chef's Choice Street Food, The Grateful Table, The Nineteenth, B's Eatery & Public House at Chances Casino, and MapleMirch for tantalizing us with your culinary delights. And, to the Gallery friends and volunteers for hours and hours of their time volunteering to support this event.

Our talented potters, who hand-crafted your beautiful pottery bowls also display and sell their work here at the Gallery so if you are hoping to purchase another piece to match the bowl you have received this evening, please stop by the Gallery and check out their displays.

Thank you again, for your on-going and continuous support as we move closer to our new gallery location. We sincerely appreciate it. Be sure to tag the Gallery on your Soup for the Cultured Soul social media posts—you might be rewarded with a special Gallery gift!

Buon appetito—enjoy!

The Kootenay Gallery Staff & Board of Directors





Maple Mírch

Spicy Tomato Bacon Bisque

Ingredients:

- 200 g bacon chopped
- 100 ml olive oil
- 200 g carrot chopped
- 300 g onion chopped
- 50 g garlic chopped
- 2 cups crushed tomato
- 1 TBSP chipotle paste
- 1 cup white wine
- 2 bay leaves
- 2 cups chicken stock
- 100 g butter
- 1 cup heavy cream
- salt & pepper to taste

Method:

Sauté bacon until light brown, drain fat and keep aside. Sauté onion, carrot and garlic in bacon fat and olive oil. Add crushed tomato and chipotle paste. Deglaze the pan with white wine. Add chicken stock and bay leaves, simmer for 15 minutes. Turn off heat. Add cream and butter. Remove bay leaves and blend the soup. Adjust seasoning with salt and pepper. Serve with bacon and basil chiffonade.





Maple Mirch

James P. Varghese, Owner & Chef



James P. Varghese, Chef

How long have you been working at your place of business?

Six months.

What do you love about your career?

Serving food that melts people's heart and creates beautiful memories.

What do most people not know or appreciate about the food industry?

The restaurant industry is very volatile. Anything that affects our community, like the pandemic or a recession, greatly impacts restaurant revenues. Furthermore, most people look at restaurant jobs as a temporary hassle which makes finding and retaining skilled labor a huge challenge.

What inspires your cooking?

In one word "happy customers". It is a great feeling when people tell you how much they loved your food.

Anything you want to add?

We launched MapleMirch about six months back and the support we received from the community has been overwhelming. We got a lot of genuine actionable feedback which helped us improve the business. Much of our publicity comes from 'word of mouth' and the responses we have been getting has been very rewarding.





The Black Rooster

Cajun Chicken Corn Chowder

Ingredients:

- 2 carrots, peeled and rough chopped
- 3 celery ribs, rough chop
- ½ medium white onion, diced
- 1 green pepper, diced
- 4 cups cooked whole kernel corn
- 1 liter 36% cream
- 3 liters chicken stock
- 18 ounces diced cooked chicken
- 18 ounces halved baby potatoes
- 1 TBSP salt
- 2 TBSP black pepper
- 4 TBSP oregano
- 1 TSP cayenne pepper
- 3 TBSP minced garlic
- 2 TBSP butter
- 4 TBSP cajun spice
- 1 cup cornstarch /
1 cup water- slurry

Method:

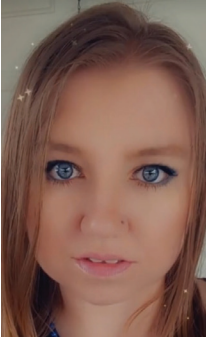
Sauté onions and carrots with butter and garlic on medium to low heat in large soup pot. Stir occasionally until carrots are slightly soft and onions translucent. While veggies are cooking prepare chicken. Cook chicken to 165 degrees F. Season with 2 TBSP cajun spice. Cook corn as well with 1TBSP cajun spice. Add celery and green pepper to onion and carrots. Cook until veggies are soft. Add chicken and corn, stir well. Add all remaining spices. Add cream and bring to simmer. Add chicken stock and potatoes, and simmer until potatoes are soft. While simmering add cornstarch slurry to thicken. You could thicken with a flour roux but we choose to use cornstarch slurry so everyone including celiacs can enjoy our soups.





The Black Rooster

Chelsea Greer, Chef



Chelsea Greer, Chef

How long have you been working at your place of business?

Twelve years and counting.

What do you love about being a chef?

The thrill of what's going to happen. That each day is different but also the same. Working with all sorts of people and forming bonds over the years.

What do most people not know or appreciate about the food industry?

That most of us work full eight hour shifts without breaks. That we might seem unkind but we will basically do anything to make your food right.

What inspires your cooking?

Comfort food! I love to recreate or invent comfort soul food.





Chef's Choice Street Food

Chicken Mulligatawny Soup

Ingredients:

- 2 oz unsalted butter
- 1 ½ pc diced onion
- 1 ½ pc diced celery
- 1 pc diced medium carrot
- ½ pc diced butternut squash
- 1 TBSP garlic
- 1 TBSP ginger
- 1 ½ TBSP curry powder
- 0.5 pc fine diced habanero pepper
- 2 oz all purpose g/f flour
- 2 litres chicken broth
- 2 cups diced cooked chicken
- 4 dash Worcestershire sauce
- 4 sprigs thyme
- ½ TSP fenugreek
- Salt and pepper to taste

Method:

Sauté vegetables in butter. Add garlic, habanero and ginger; cook another 5 minutes. Add curry powder and cook another 2-3 minutes. Add flour and cook for 1-2 minutes. Remove from heat and add half chicken stock, stirring constantly. Return to medium heat, stirring constantly adding remaining of stock. Add chicken. Finish with thyme, Worcestershire sauce and fenugreek, salt and pepper to taste.





Chef's Choice Street Food

Gerard Martin, Owner & Chef



Gerard Martin, Chef

How long have you been working at your place of business?

2 years but have been a chef for over 30 years.

What do you love about your career?

The different experiences I've had and the people I've met through learning and developing my craft.

What is your favourite food or cuisine to prepare?

Bacon.

What inspires your cooking?

To share my knowledge and constantly learn new recipes from around the world to bring people together.





The Grateful Table

Creamy Roasted Garlic, Caramelized Onion & Parmesan

Ingredients (contains dairy & animal products. Omit crispy pita to make gluten free):

- $\frac{3}{4}$ cups olive oil
- 1.6 lbs julienne onions, caramelized
- 2.8 lb peeled, diced yellow potatoes
- 40 cloves roasted garlic
- $\frac{3}{4}$ TBSP nutmeg
- 3 $\frac{1}{2}$ litres chicken stock
- 3 $\frac{1}{2}$ cups heavy cream
- $\frac{3}{4}$ cups parmesan
- sea salt and cracked pepper, to taste
- garnish with fresh parsley, crispy pita and chilli flakes

Method:

Cut ends off garlic, lightly oil pods then wrap them altogether in aluminum foil. Roast in oven @ 325 F. for about 30 minutes or until garlic is golden brown and soft. Cool and squeeze garlic cloves out of pods. In pot, add oil and onions and cook on medium-high heat. Brown onions slowly until they are golden brown and slightly sweet. Remove onions from pot. After deglazing pot with a little chicken stock, add the rest of chicken stock to pot, along with potatoes. When potatoes are starting to soften, add onions and roasted garlic cloves and continue cooking for another 10 minutes. Blend all. Strain soup for smooth consistency. (If preferred, soup can be left slightly lumpy). Return soup to pot, add cream and simmer for another 10 minutes. Add most of the Parmesan (leaving some for garnish). Turn off heat and stir until cheese is melted. Season to taste. Ladle soup into bowls and garnish with parsley, crispy pita and chilli flakes, as desired.





The Grateful Table

George Salivaras, Owner & Chef



George Salivaras, Chef

How long have you been working at your place of business?

Eight years.

What do you love about your career?

Watching our patrons connect as they enjoy the food we created, it's hard to beat that feeling.

What is your favourite food or cuisine to prepare?

Mediterranean food is what I was raised to know and love, it's incredibly healthy and most of all it's delicious!

Anything else you would like to say to the community?

We make everything in house, with as much local ingredients as possible—most important ingredient being gratitude.



B's Eatery & Public House at Chances Casino

Cream of Mushroom Soup

Ingredients:

- 2 TBSP butter
- 2 TBSP olive oil
- 1 yellow onion medium dice
- 3 celery ribs medium dice
- 3 cloves garlic mince
- 2 lbs white mushrooms
remove stems, wash,
& slice
- 1 ½ cup marsala wine
- 4 cups vegetable stock
- 4 cups mushroom stock
(reduce 8 cups of water with
stems in half)
- 1 cup Heavy Cream
- slurry (½ cup corn starch
mixed with 1 cup cold
vegetable stock)
- ¼ cup fresh thyme
stems removed, chopped

Method:

Add mushroom stems to a pot and add 8 cups of water, reduce by half. In a large braising pot on medium heat, sauté onions and celery in 1 TBSP butter and 1 TBSP olive oil until soft, then add garlic and sauté until fragrant. Add ¾ cup marsala wine & reduce au sec (until liquid evaporates). Add mushroom stock, vegetable stock & bring to a simmer. With immersion blender, blend sautéed onion, celery, garlic in simmered stock until smooth. In a separate pan sauté sliced mushrooms in 1 TBSP butter & 1 TBSP olive oil, salt & pepper to taste. Add ¾ cup marsala wine & reduce au sec (until liquid evaporates). Combine sautéed mushrooms to puréed soup base, add heavy cream, and bring back to a simmer. Add slurry a bit at a time until desired consistency is reached (soup must be brought to a boil for the starch to incorporate). Add fresh thyme. Salt & pepper to taste.



B's Eatery & Public House at Chances Casino



B's Eatery & Public House

B's opened its doors in 2011 when Chances Casino opened here in Castlegar. Since day one our goal has been to offer Good Food, Good Value and Good Times! As most of this industry, we have seen our challenges over the years from staffing turn over, concept changes and of course COVID-19. We have always strived to come back fighting and grow from all the challenges and this post-COVID era is no different. We have 6 staff

currently in our kitchen working hard to make sure your dinning needs are meet along with a great group of serving staff. Our promise to the customers is "With a sense of fun, we passionately serve you an entertaining experience that makes you feel special!"





The Nineteenth

Duck and Sweet Potato Soup

Ingredients:

- 150 g white onion
 - 60 g garlic
 - 120 g carrot
 - 50 g leeks
 - 50 g celery
 - 35 g fresh thyme
 - 25 g fresh rosemary
 - 20 g fresh sage
 - 400 g sweet potato
 - 150 ml cooking cream
 - Whole duck (1100-1500 g)*
 - 30 g salt
 - 30 g black pepper
 - 60 ml olive oil
 - 80 g salted butter
- * can be substituted with whole chicken

Method:

In soup pot add oil olive and sauté the mire poix till the onion become translucent. Place whole duck and sauté till it become golden in colour. Add fresh herbs and roughly cut peeled sweet potatoes and stir for a while. Add water and leave for 2-3 hrs on slow heat. Remove from heat and strain the stock, and set aside. Remove all the duck bones and herb stems from the strained mixture. Keep duck pieces aside and pull the meat. Use duck for the topping of the soup. Blend the leftover mixture (i.e. sweet potato and mire poix) till it become smooth. Add the blended mixture into the strained stock. Season with salt and pepper. Finish with fresh cream to enhance the flavour and texture of the soup. Put some pulled duck into the soup bowl and pour hot soup on it. Garnish with crushed black pepper and drizzle with cream.





The Nineteenth

Florio Vassilakakis, Owner



Florio Vassilakakis, Owner

How long have you been working at your place of business?

Six years. The restaurant business has been bred into me when my family came from Europe and opened their first of many restaurants in the 1960s.

What do you love about your career?

Enjoy being hospitable, passion for food and seeing our customers enjoy an evening out.

What do most people not know or appreciate about the food industry?

Long hours on your feet. High stress in a fast paced environment. It's not unusual to be at work for fourteen hours.

What is your favourite food or cuisine to prepare?

Greek, of course.

What is your favourite food or cuisine to eat?

Indian, it's exotic and because its has so much going on.

Anything else you would like to say to the community?

Really appreciate the support, especially in these difficult times. We love being here and serving you all summer long.



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Special Thanks to our Sponsors



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VH Sports

1005 Commercial Way. Genelle, BC

250.693.2326

Thank you for all your support.





Restaurants



The Black Rooster

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 blackroostercastlegar
 blackroosterbarandgrill



Chef's Choice Authentic Street Food

1010 4 St, Castlegar, BC

250.365. 0121



 chefs_choice_street_food



The Grateful Table

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 facebook.com/MapleMirch
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The Nineteenth

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B's Eatery & Public House at Chances Casino

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These local businesses have donated the soups that you have enjoyed. Please support them for this and all they do in our community.



March 25, 2023

