

ABOUT MAURICE THIEBAUT

Maurice Thiebaut started his career in the tourism and hospitality industry at the tender age of 14. Back then, his dream was to become a Chef. His first step was to apprentice (3 years) in the kitchen of the Hotel du Commerce in Pau, France, where he considered it a privilege to work 12 hours a day, 7 days a week for room and board only.

With the discipline of a perfectionist and the passion of an artist in his heart, he followed his dream through the finest hotels and restaurants in France and England to western Canada and then, fortunately for us, to Nova Scotia.

In 1972, Maurice accepted the position of Executive Chef at the Keltic Lodge. It was soon evident that Maurice's standards of excellence in the culinary arts were equaled by his natural desire to treat people to the best possible experience and service. In 1979 he became General Manager of the venerable pines Resort Hotel.

As a gold medal winner at the 1976 Culinary Olympics in Frankfurt, Germany and again at the 1978 International Exhibition on Jewish Culinary Art in Jerusalem, Israel; Maurice knows the importance of food presentation and creativity.

In January 1998, Maurice took early retirement and created his own company COOKING WITH PANACHE. He now conducts product promotions, cooking classes, cooking demonstrations and appears frequently as a guest on C.B.C. Radio.

He also produces and emcees celebrity cook-off competitions for festivals and fund-raising events. His personality, together with his great sense of humor always brings a magical touch of **panache!**

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*I'm Cooking
With...*
Panache



CREAM OF GREEN SOUPS

"MOST SATISFYING AND EASY TO PREPARE"

By:

Maurice Thiebaut

CREAM OF GREEN PEPPER AND AVOCADO

"A smooth and velvety creamy soup with a unique flavour!"

Ingredients:

2 tbsps. Butter
1 tbsps. Shallots (chopped)
1 large Green pepper (de-seeded and diced)
1 large Avocado (peeled and diced)
(reserve a few slices for garnish)
½ cup Potatoes (diced)
3 cups Chicken stock
2 tbsps. Heavy cream (optional)
Salt and pepper to taste

Preparation Method:

In a large heavy saucepan, melt the butter, gently cook the shallots and green pepper for 3-4 minutes. Add the potatoes, chicken stock and bring to a boil. Cover and simmer 12-15 minutes. Add the avocado and cook 5 minutes longer.

In a food processor or blender, puree the soup until smooth. Add the cream and process one more minute. Taste and adjust seasoning if necessary. Return to the pan, keep hot until serving. Ladle into bowl and garnish with a thin slice of avocado. Makes 4-6 servings. Can be served chilled.

Equipment and Techniques

I personally prefer to use the blender rather than the food processor to puree my soups. The blender yields a smoother puree and also emulsifies and somewhat thickens the soup. Do not overfill the blender, the finished soup will be smoother if worked in small quantities.

CREAM OF WATERCRESS, SPINACH AND ARUGULA

"The watercress and arugula combination creates an unusual peppery flavour!"

Ingredients:

2 tbsps. Butter
1 large Leek-chopped (white part only)
1 cup Potatoes (peeled and chopped)
3 medium Shallots (sliced)
¾ cup Watercress (coarsely chopped)
(reserve 10-12 leaves for garnish)
¾ cup Arugula (coarsely chopped)
½ cup Spinach (coarsely chopped)
4 cups Chicken Stock
2 tbsps. Heavy cream
1 pinch Nutmeg (ground)
Salt and white pepper to taste

Preparation Method:

In a large heavy saucepan, melt the butter and gently cook the shallots, leeks until softened but not brown, about 10 minutes. Add the potatoes, and chicken stock. Cover and cook for 30-40 minutes until potatoes are tender. Add the watercress, arugula, spinach, salt and pepper to taste, nutmeg and cream and cook for 5 minutes longer.

In a food processor or blender, puree the soup until smooth. Taste and adjust seasoning if necessary. Return to the pan and keep hot. Ladle into bowls and garnish with 3-4 leaves of watercress. Makes 4-6 servings.

Presenting soups

The visual impact of the soup has much to do with the enjoyment, so the container in which it is served is important too the overall appeal of the dish. Additional "PANACHE" can be realized when serving soup in a non traditional dish of any shape or colour. However, remain traditional if the meal is formal.

VELVETY CREAM OF ZUCCHINI

"This must be the most delicious and simple soup to prepare - you will be surprised!"

Ingredients:

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| 1 | tbsp. | Butter |
| 3-4 | cups | Zucchini cut into chunks (not peeled) (reserve about 3 tbsps. Finely shredded, for the garnish) |
| 2 | medium | shallots (sliced) |
| 6 | wedges | of "La vache qui rit" cream cheese plain (no substituted brand of cream cheese will be suitable) |
| 4 | cups | light chicken stock or water |
| | | Salt and white pepper to taste |

Preparation Method:

In a large heavy saucepan, melt the butter, gently cook the shallots until softened, not brown, about 2-4 minutes. Add the zucchini, chicken stock and bring to a boil. Cover and simmer 20 minutes.

In a food processor or blender, puree the soup until smooth. Add the La vache qui rit cheese and process for 1-2 minutes longer. Taste and adjust seasoning if necessary. Return to the pan and keep hot. Ladle into bowls and garnish with a very fine julienne of raw zucchini. Makes 4-6 servings.

Note: La Vache Qui Rit means Laughing Cow! For this recipe the original brand must be used to obtain this unique flavour.

Why Soups?

Soup is one of the most satisfying, versatile and easy dishes to prepare. Soup will always have an honorable place on the table. It can begin a meal, helping to balance simple fare such as pasta, salad or a sandwich; or whetting the appetite for a succulent main-course. Soup will create the mood of your meal for any occasion.

CREAM OF FRESH PEAS, LETTUCE AND TARRAGON

"The Tarragon brings a savory flavour and hidden tang to this soup!"

Ingredients:

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| 2 | tbsps. | Butter |
| 1½ | lbs. | Fresh green peas (shelled) |
| 1 | head | Bibb or Boston lettuce (washed and shredded) |
| 2 | cups | Diced Potatoes |
| 4 | medium | Shallots (sliced) |
| 1 | small | Leek chopped (white part only) |
| 4 | sprigs | Fresh Tarragon (leaves only) |
| 4 | cups | Chicken stock |
| ½ | cup | Heavy cream |
| 1 | tsp. | Sugar |
| | | Salt and white pepper to taste |

Preparation Method:

In a large heavy saucepan, melt the butter, gently cook the shallots and leeks until softened but not brown, about 10 minutes. Add the potatoes, peas and chicken stock and bring to a boil. Cover, cook for 20 minutes. Add the lettuce, sugar, salt and pepper and cook for 5 minutes longer.

In a food processor or blender, puree the soup until smooth. Add the cream, tarragon leaves and process one more minute. Taste and adjust seasoning if necessary. Return to the pan, keep hot until serving. Ladle into bowl and garnish with a finely shredded lettuce leaf. Makes 4-6 servings.

Versatile and easy-to-prepare

The range of ingredients you can transform into cream soup is virtually unlimited. Most soup preparation contain vegetables and always start by sautéing one or several members of the onion family, such as onion, shallot, garlic, or the white of a leek. Root and soft vegetables are well suited to make soup, as well as legumes and fruit.

CREAM OF POTATOES WITH CHEVRIL

"The classic fine herbs will bring a delicate flavour to your palate!"

Ingredients:

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| 2 | tbsps. | Butter |
| 2 | large | Leeks (chopped, white part only) |
| 1 | small | Onion (chopped) |
| 2 | cups | Potatoes (peeled and diced) |
| ½ | cup | Chevril leaves (coarsely chopped) (reserve a few sprigs to garnish) |
| ½ | cup | Heavy cream |
| 4 | cups | Chicken stock |
| 2 | tbsps. | White wine (optional) |
| | | Salt and white pepper to taste |

Preparation Method:

In a large heavy saucepan, melt the butter and gently cook the leeks and onion until softened but not brown, about 10 minutes. Add the potatoes and chicken stock and bring to a boil. Cover and cook for 30-40 minutes or until potatoes are tender.

In a food processor or blender, puree the soup until smooth. Add the cream, wine and chervil and process for one minute longer. Taste and adjust seasoning if necessary. Return to the pan and keep hot until serving. Ladle into bowls and garnish with chervil leaves.. Makes 4-6 servings. Can be served chilled.

Be Careful!

Most of the soups will keep for several days in the refrigerator and can be frozen successfully. When re-heating, certain soups will bring out the flavour of salt and some will lose it, please make sure you taste it and adjust seasoning if necessary before serving.

CREAM OF POTATOES WITH SORREL

"This elegant soup brings a tangy zest of lemon flavour!"

Ingredients:

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| 2 | tbsps. | Butter |
| 2 | large | Leeks (chopped, white part only) |
| 1 | medium | Onion (chopped) |
| 2 | cups | Potatoes (diced) |
| ½ | cup | Sorrel leaves (shredded) (reserve a few leaves for garnish) |
| ½ | cup | Heavy cream |
| 1 | | Egg yolk |
| 4 | cups | Chicken stock |
| | | Salt and pepper to taste |

Preparation Method:

In a large heavy saucepan, melt the butter and gently cook the leeks and onion until softened but not brown, about 10 minutes. Add the potatoes, and chicken stock, bring to a boil, cover and cook 30-40 minutes or until potatoes are tender. Add the shredded sorrel, salt and pepper to taste, and cook for 5 minutes longer.

In a food processor or blender, puree the soup until smooth. Return to the saucepan and heat to boiling. Whisk the egg yolk and cream well together, then add to the soup away from the heat. DO NOT boil again. Taste and adjust seasoning if necessary. Keep hot until served. Ladle into bowls and garnish with the remaining finely shredded sorrel. Makes 4-6 servings. Can be served chilled.

Garnishing soups

The garnishing or decoration is the vital part that makes the final statement of the soup. This can range from a sprinkling of fresh herb, a little cluster of contrasting colours of diced vegetable or julienned. Grated rind: lemon, orange or lime. Crunchy toasted 3/8 inch cube croutons or slices of French baguette, or a simple swirl of fresh cream to create a dramatic and stylish pattern.