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## Cook's Corner | Soups to the rescue

### Local restaurants' recipes revisit some old favorites

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1 | 2 [Next Page](#)

When winter sets in, I usually try to run a few columns featuring soups, one of the most satisfying cold-weather meals. Diners seem to be enamored of the soups served at local restaurants, for I get a steady supply of requests about soups on menus of all sorts of restaurants.

Recently, I have had requests for several soups that have been printed previously in this column, or otherwise featured in the [food](#) pages. It seems appropriate to revisit some old favorites.

#### The Café's chicken pot pie soup

Sal and Cindy Rubino served this soup when they ran The Café at the Louisville Antique Mall. For the last two years, their restaurant has been at 712 Brent St., just off East Broadway.

- ¼ pound (1 stick) butter
- 1 cup diced onion
- 1 cup celery, strings removed and diced
- 3 cups carrot, peeled and diced
- 3 cups boneless chicken breast, cut into ½-inch dice
- 1 teaspoon salt
- 1 teaspoon coarsely ground black pepper
- 1 quart chicken broth
- ½ cup cornstarch
- ½ cup (about) water
- 1 8-ounce package frozen peas
- 2 tablespoons parsley, minced



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Bloom's Cafe creamy lima bean soup with roasted red pepper sauce. (By Pam Spaulding, The Courier-Journal)



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Jack Fry's tomato-artichoke soup (By Pam Spaulding, The Courier-Journal)



1 pint heavy cream

½ cup grated Parmesan cheese

1 package frozen biscuits

Melt the butter in a large heavy pot over medium heat. Add onion, celery and carrots, and [cook](#) until softened, 5 to 8 minutes. Add diced chicken, and cook, stirring, until meat is cooked through and beginning to brown slightly, another 10 minutes or so. Season with salt and pepper.

In a separate soup pot, bring the chicken broth to a boil. Add the broth to the chicken and vegetable mixture, and return to a boil. Reduce to a simmer.

In a bowl, mix together the cornstarch and enough water to form a pourable gravy-like paste. Add the cornstarch slurry to the simmering soup. Repeat with a second batch of cornstarch slurry if a thicker soup is desired.

Add the frozen peas and minced parsley, and stir. Add heavy cream and Parmesan cheese, stirring until cheese is melted. Let soup simmer slowly while you [bake](#) the biscuits according to package directions.

To serve, crumble one baked biscuit into a soup bowl, and ladle soup over.



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The Café's chicken pot pie soup (By Pam Spaulding, The Courier-Journal)



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