
CARROT PUREE WITH TAHINI & COCONUT MILK

Serves 4-6

INGREDIENTS:

2 Tbsp.	Olive Oil
2 lb.	Carrots, peeled & rough chopped
1 ea.	Large Yellow Onion, diced
1 ea.	Rib Celery, rough chopped
6 ea.	Garlic Cloves, peeled
1 tsp.	Ground Coriander
1 tsp.	Ground Cumin
1 tsp.	Chile Flakes
½ cup	Sherry Wine
3 cup	Stock, vegetable or chicken
1 cup	Coconut Milk
1 cup	Heavy Cream
1 Tbsp.	Tahini
1 Tbsp.	Fresh Lemon Juice
To Taste	Kosher Salt & Fresh Ground Black Pepper

DIRECTIONS:

In a heavy bottom soup pot heat olive oil and sauté carrots, onion, celery, garlic, coriander, cumin and chile flakes until lightly browned. Approximately 4-5 minutes.

Deglaze pan with sherry and reduce slightly.

Add stock, coconut milk, cream and tahini. Transfer to a blender and process until smooth. Season with lemon juice, salt and pepper.

Serve hot with fried chickpeas and thinly sliced scallions.



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CHICKEN NOODLE SOUP WITH FRESH BASIL & ARTICHOKE

Serves 4-6

INGREDIENTS:

2 Tbsp.	Olive Oil
1 ea.	Medium Yellow Onion, diced
2 ea.	Medium Carrot, peeled & bias cut
2 ea.	Celery Ribs, bias cut
3 ea.	Garlic Cloves, peeled & thinly sliced
½ cup	Dry White Wine
2 qt.	Chicken Stock or Broth
2 cup	Shredded Cooked Chicken Breast
1 cup	Canned Artichoke Hearts, rough chopped
As Needed	Cornstarch Slurry (half cornstarch/half cold water)
2 tsp.	Fresh Thyme, chopped
2 tsp.	Fresh Parsley, chopped
2 tsp.	Sherry Vinegar
To Taste	Kosher Salt & Fresh Ground Black Pepper
As Needed	Fresh Basil, hand torn or chiffonade
As Needed	Cooked Pasta or Egg Noodle

DIRECTIONS:

In a heavy bottom soup pot heat the olive oil and sauté onions, carrots, celery and garlic. Deglaze pot with white wine and reduce slightly. Add the stock, chicken and artichokes. Bring to a simmer and thicken lightly with cornstarch slurry. Return to a simmer and remove from the heat.

Add fresh herbs and season with vinegar, salt and pepper. Taste and adjust seasonings as desired. Serve hot and garnish with fresh basil and pasta.



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STRAWBERRY GAZPACHO

Serves 4-6

INGREDIENTS:

2 lb.	Fresh Strawberries, hulled & halved
½ cup	Yellow Onion, diced
½ cup	Red Bell Pepper, diced
1 ea.	English Cucumber, peeled & diced
1 ea.	Garlic Clove, peeled & crushed
¼ cup	Balsamic Vinegar
½ cup	Extra Virgin Olive Oil
To Taste	Kosher Salt & Fresh Ground Black Pepper

FOR THE GARNISH:

¼ cup	Fresh Strawberries, hulled & small diced
2 tsp.	Fresh Tarragon, chopped
1 Tbsp.	Fresh Scallion, thinly sliced
¼ cup	Red Bell Pepper, small diced
¼ cup	English Cucumber, small diced
As Needed	Toasted Almonds, rough chopped
As Needed	Extra Virgin Olive Oil

DIRECTIONS:

In a blender combine strawberries, onion, bell pepper, cucumber, garlic, vinegar and olive oil. Process until smooth. Season with salt and pepper to taste. Transfer to a metal bowl with lid and place in refrigerator for approximately 2 hours to allow flavors to incorporate. Taste and adjust seasonings before serving.

To serve, ladle into chilled soup cups or bowls and finish with a small portion of strawberry garnish.



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WHITE BEAN & KALE SOUP WITH ROASTED GARLIC, SMOKED PAPRIKA & POACHED EGG

Serves 4

INGREDIENTS:

2 Tbsp.	Olive Oil
1 ea.	Medium Yellow Onion, diced
2 ea.	Celery Ribs, diced
3 ea.	Garlic Cloves, peeled & thinly sliced
2 qt.	Chicken Stock
2 cans (14.5 oz.)	White Beans, liquid removed and rinsed
1 lb.	Green Kale, blanched & shocked
¼ cup	Roasted Garlic
1 tsp.	Smoked Paprika
To Taste	Kosher Salt & Fresh Ground Black Pepper
4 ea.	Fresh Eggs

DIRECTIONS:

In a heavy bottom soup pot heat the olive oil and sauté onions, celery and garlic. Add chicken stock and white beans. Bring to a simmer and add kale, roasted garlic, and smoked paprika. Remove from heat and season with salt and pepper.

Before serving make sure soup returns to a simmer. Portion quickly in order to insure that broth is hot enough to cook the egg. Crack one egg into each portion of soup. Wait approximately 30 seconds and serve.



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