

Market
DISTRICT

Foodie PASSPORT



Winter 2024

United by *broth*.
A globetrotter's guide
to cultural flavors

Soup -ercharge the new year!

Bone appétit!
The secrets of
homemade broth & more

Illustration by Michael Rath,
Giant Eagle
Circular Production Artist

Soup-erb

Benefits

7 ways that soup soothes more than your hunger

1. Digestion

Warm soups & stews don't just feel good in the belly. Vegetable-laden recipes can add dietary fiber to your meal which helps maintain digestion and "regularity."

2. Hydration

Eating brothy soups may help to increase your overall daily fluid intake.

3. One-Pot Wonder

With soup, you can have a delicious meal that contains every food group while only dirtying a single pot!

4. Single Ingredient Swaps

To make substitutions without sacrificing flavor, try swapping regular broth for a low sodium option or top it off with plain Greek yogurt instead of sour cream.

5. Protein for Vegetarians

Ingredients like beans and lentils (staples in many veggie soup recipes) are easy additions that add both protein and fiber to your recipe.

6. De-stress

Skip the stress of shopping and meal prep by using leftover roasts and veggies as the base of your stew. You can also double the recipe and freeze some for later.

7. Comfort Cuisine

What better way to combat the "winter blues" than with a warm bowl of soup. Add crushed red pepper flakes for some extra heat!

Better for You Vegetarian Kale & Bean Soup

Leafy greens and beans do a tango for your taste buds in this delicious, winter delight.

Ingredients

- 2 large russet potatoes, medium diced
- 1 Tbsp. EVOO
- 8 oz. diced Spanish onions
- 4 oz. Giant Eagle shredded carrots
- 4 oz. diced celery
- 2 – 32 oz. cartons Nature's Basket organic vegetable stock
- 1 lb. chopped kale
- 2 – 15 oz. cans Nature's Basket cannellini beans, drained and rinsed
- 2 tsp. Kosher salt
- 1 tsp. ground black pepper

Directions:

1. Boil diced potatoes in a pot of water until tender. Drain and reserve until cool.
2. In a large saucepan, heat oil. Add onions, carrots and celery. Cook until translucent.
3. Add vegetable stock, kale, beans and potatoes.
4. Bring to a rapid boil for about 15 minutes, then lower heat.
5. Add salt and pepper and let simmer about 20 minutes. Enjoy!

Recipe courtesy of
Executive Chef Mario Chelli,
Market District - Robinson, PA

Stocks versus Broths

Unraveling the
Culinary Mystery

What's the difference
between stocks and
broths? We're here to
simmer it down for you.

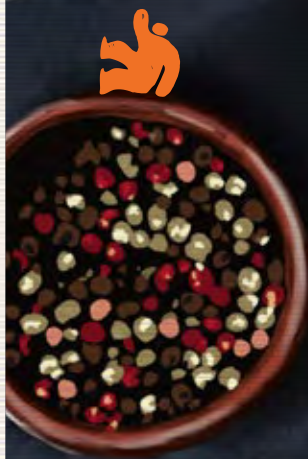
Stocks are known for their thick, gelatinous texture, derived from simmering animal bones, ligaments and connective tissue over an extended period (3-4+ hours). This process coaxes out a rich depth of flavor and velvety gelatin.

Broths, on the other hand, possess a lighter consistency. They're made from animal meat and undergo a shorter simmer (45 minutes to 2 hours). Their thinner profile makes them ideal for dishes where you want other flavors to take the spotlight, like a classic tomato soup.

So, whether you're crafting a hearty stew or a delicate consommé, understanding the nuances of stocks and broths will undoubtedly elevate your culinary prowess.



Illustration by
Taylor Green,
Giant Eagle
Designer



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that will knock your *stocks* off!

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& Fire



Zoup!



Erie Bone
Broth



Sip, Swirl, *Create*


*Be the maestro of
your own kitchen
symphony with the
power of soup!*

One truly wonderful thing about soup is that it can be adapted to every taste and occasion. Even more exciting—you can do it all in the comfort of your own home, often with what you have on hand. From the humble chicken noodle to the more exotic stews, your kitchen can be the stage on which you conduct your perfect culinary masterpiece.

Cluck & Roll

How to turn a rotisserie chicken into a broth bonanza!

If you're anything like us, you hate to waste a great taste. That's why a rotisserie chicken is the perfect plus-one to your homemade soup experimentation. Here's how to make the most of every cluckin' part:

- **Breast Meat:**
Tender and succulent white meat. Shred it for a meaty presence in your soup.
 - **Thighs & Drumsticks:**
Juicy and flavorful dark meat. Add depth and substance to your broth.
 - **Wings:**
Perfect for infusing a subtle, savory note to your soup base.
 - **Bones:**
Boil them down for a hearty and robust chicken stock.
 - **Skin:**
Crisp it up and use it as a crunchy soup topper or flavor booster.
 - **Gelatinous Bits:**
These collagen-rich parts contribute body and silkiness to your broth.
 - **Remaining Fat:**
Use sparingly for an extra layer of richness in your soup.
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White Chicken Chili

It's sure to ruffle your feathers in the best way!

Ingredients

- 1 Tbsp. Market District Arbequina extra virgin olive oil
- 1 jalapeño pepper, minced
- 3 poblano peppers, diced
- 2 onions, diced
- 1 Tbsp. Giant Eagle minced garlic
- 1 Tbsp. Market District chili powder
- 1 Tbsp. Market District smoked paprika
- 1 Tbsp. Market District cumin
- 32 oz. carton Giant Eagle chicken broth
- 2 - 15.5 oz. cans Giant Eagle great northern beans
- 1 Nature's Basket rotisserie chicken, shredded and deboned
- 3 limes, juiced
- 2 - 0.5 oz. pkg. Nature's Basket organic cilantro, chopped
- salt & pepper to taste
- Market District restaurant style tortilla chips with sea salt

Directions:

1. In a large pot, heat olive oil and saute peppers, onions & garlic until soft.
2. Next add chili powder, paprika, cumin and chicken broth. Bring to a simmer. Drain the beans and add to the broth.
3. Next add the shredded chicken, lime juice and cilantro.
4. Simmer for 10 minutes or until soup reaches 165°F. Garnish with tortilla chips. Enjoy!

Simmer, Set, Savor

How the tortoise beats the hare with a slow-cooked soup.

When it comes to making a great soup, time is most definitely on your side. The slow-cooked goodness is always first place in our hearts and our tummies.

- **Convenience Unleashed:**
Set-it-and-forget-it simplicity allows for prep in advance, freeing you to tackle your day while knowing a delicious meal will be waiting for you.
- **Flavor Transformation:**
The slow, patient simmering process intensifies flavors, turning tough cuts of meat into a melt-in-your-mouth texture soaked with the unlocked taste of your ingredients.
- **Finishing Touch:**
Add a squeeze of lemon or a sprinkle of cheese for a masterpiece that celebrates the art of slow-cooked perfection.



Top Crock Tips:

- Use fresh, high-quality ingredients to get the best results. That means you want to hand-pick your herbs, spices and vegetables.
- Sauté for fuller flavors, and never be afraid to experiment. Sometimes a small “mistake” can lead to unexpected tastebud delights.
- Strategically layer ingredients for a harmonious blend. You want the longest-cooking ingredients on the bottom, and the softer vegetables and spices at the top.

Wok and

Roll



SOUPS FROM SEA TO SHINING SEA

Now that we've talked about how to use what you have in your kitchen to make an incredible soup, it's time to broaden our horizons with soups from afar. Here are two fish head recipes from opposite sides of the globe, each bringing a uniquely wonderful taste of its own.

Sip into the Lunar New Year

Chinese-style soups offer a rich and varied tapestry of flavors that have gained popularity and delighted tastebuds in all corners of the world. For a truly authentic Chinese-style soup experience, one must be willing to get a little adventurous. That's where this recipe comes in.

Fish and Tofu Soup

Ingredients

- 2 Tbsp. olive oil
- 5 cloves garlic, minced
- 2 tsp. ginger, minced
- 1 fresh fish head (gills, fins & scales removed)
- 8 cups water
- 2 Tbsp. rice vinegar
- 4 oz. tofu, cubed
- 1 green onion, chopped
- Red pepper flakes or sriracha to taste
- ¼ cup fresh cilantro, chopped
- salt and pepper to taste

Directions

1. Heat olive oil in a pot. Sauté garlic and ginger and add in fish head. Sauté until fish head begins to brown. Add water into pot and cover. Simmer for 20 minutes.
2. Add rice vinegar, tofu cubes and green onion into soup. Cover and simmer for another 10 minutes. Add red pepper flakes or sriracha for some extra heat.
3. Finish the soup with fresh cilantro, salt and pepper to taste.



*The Year of the Dragon begins
Saturday, February 10!*

From Roots to Recipes

*Honoring Black History Month
with a Jamaican-style classic*

This tasty fish head stew offers a full and meaty flavor not unlike a brown chicken stew. We heartily encourage you to grab a spoon and dive in!

Jamaican-style Brown Fish Head Stew

Ingredients

- 3 fish heads (any fish of choice), cleaned & cut in half lengthwise
- 1/4 cup brown sugar
- 1 sweet pepper (red or yellow), thinly sliced
- 1 scotch bonnet pepper, minced (will be spicy!)
- 1 onion, thinly sliced
- 1 clove of garlic, minced
- 1/2 tsp. ginger, minced
- 3 scallions, thinly sliced
- 2 Tbsp. soy sauce
- 1/2 cup ketchup
- 2 sprigs thyme
- 1 tsp. whole allspice pimento berries
- 1/2 cup coconut milk
- 4 cups fish stock or water
- 1 tsp. of browning sauce (optional)
- Cooked rice for serving

Directions

1. Pat fish dry. Heat oil in a skillet. While you wait, mix the flour, seafood seasoning, salt & pepper together and coat fish on both sides. Fry the heads over medium heat for about 3-5 minutes on each side until golden brown and crispy. Set aside.
2. Deglaze the pan with red wine vinegar. Transfer that same oil & red wine vinegar into a large soup pot and warm over medium heat. Add in brown sugar and stir until it begins to melt.
3. Once the brown sugar begins to slightly foam, add the sweet & scotch bonnet peppers, onion, fresh garlic, ginger and scallion to the pot and sauté until soft (about 10 minutes).
4. Next, add in the soy sauce, ketchup, thyme, whole allspice pimento berries and coconut milk and stir well.
5. Add the fish heads and the fish stock or water (the stock/water should just cover the heads, so you may need more or less than the suggested 4 cups depending on the size of the fish used). Add browning sauce. Simmer the stew on low/medium heat for at least 30 minutes before serving, and up to several hours for the best flavor. Serve over rice and enjoy!

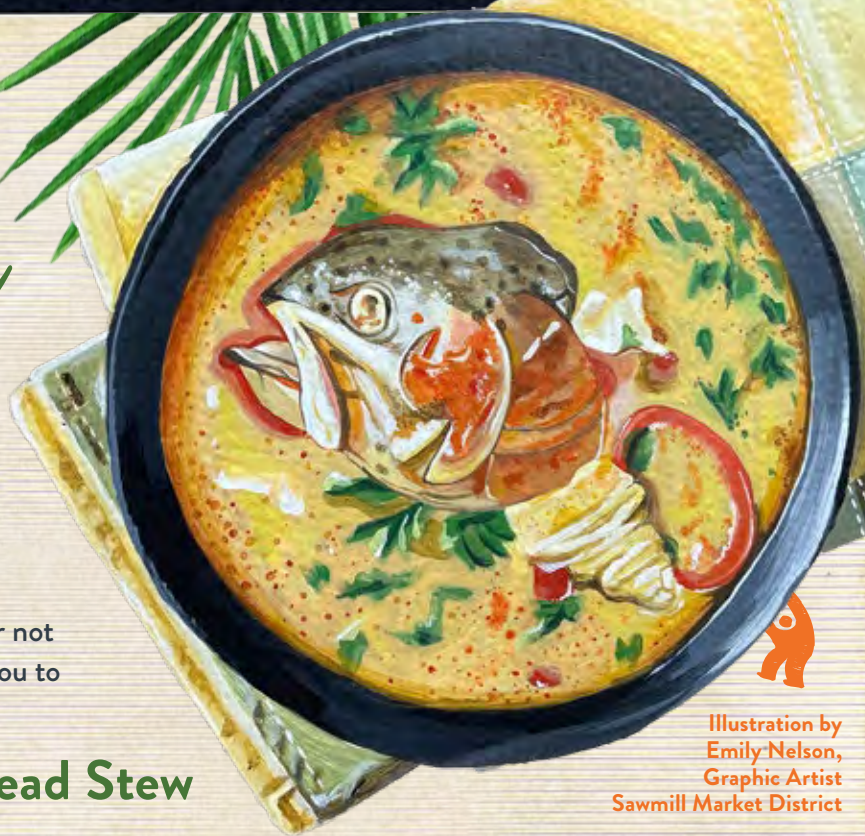


Illustration by
Emily Nelson,
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Sawmill Market District

Recipe courtesy of Charles Potter,
Market District Merchandising
& Business Development

Black-Owned Brands We Love!



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