

# Anita Doberman

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## REAL ITALIAN FOOD & STYLE

### For Real Italian Food and Style

#### Soup anyone?

Soup. Simple or complex, from scratch or from a can – perhaps more than any other food, it lifts our spirits as much as it nourishes our bodies.

**The influence of this dish reaches beyond the culinary world;** it's part of our history and our culture. It is "prescribed" to the sick the world over. And soup serves as every grandmother's first line of defense against colds and the flu, even inspiring the prolific series of "Chicken Soup for the Soul" books.

**Throughout the ages, soup has transcended social class** and status and has been given to the young and the old, the wealthy and the poor, the sick and the healthy.

**In fact,** if soup were a person, it would be a Renaissance man – adaptive, versatile and loved by virtually everyone.

#### The Soup Scoop

**The beginnings of soup predates recorded history,** but we have evidence that prehistoric societies as early as the Neolithic Era, circa 6000 B.C., consumed it throughout the Mediterranean region. As soon as mankind could build a fire and fashion a pot, broths were an easy way to squeeze every last drop of nutrition from scraps of meat and bone, and from vegetables best eaten cooked.

**Residue sticking to pots attests to humanity's consumption of soup** during the subsequent Iron and Bronze ages. The ancient Greeks also were familiar with it. Aristophanes, the Athenian satirist, talks about it in his play "The Frogs," in which the god Dionysus asks, "Did you ever feel a sudden urge for soup?"

**The ancient Romans had a taste for soup** as well, including a type of fish broth cooked in wine and spices. The Byzantine and Ottoman empires also made use of it and, based on surviving manuscripts from the Middle Ages, we know that soup was consumed throughout England, France, Italy and Catalonia (now part of Spain).

**It was during the Middle Ages that the "sop"** (bread soaked in broth, stock or wine), the predecessor of soup as we know it today in the West, became readily available and consumed by both the lower classes and the nobility. The word "soup" derives from the Latin verb *suppare* and noun *suppa*, literally meaning "to soak." During this time, spoons were not used and bread was an integral part – if not the main constituent of – the meal. Soup consumed with a spoon and as a common main dish is a more recent development, getting its start in 18th-century France.

**In the New World, the American colonists relied on soup both** when traveling and when settled. As the nation grew and became the land of immigrants, every cultural group added its own spice, often literally, with a dizzying array of culinary flavors from every corner of the globe.

#### Simmer Down at Home



Did you  
know?

**There are countless types of soup available today.** Starting from soup that is made from scratch with boiled bones to make the stock to canned and microwaveable soups, the list is endless. Everyone has canned soup on occasion – but if you want to enjoy unique flavors, the Emerald Coast offers delicious options.

**“In the summertime, lentils and tortellini soups are popular”** said Hannelore Holland owner of Somethin’s Cookin! which offers food, catering and cooking classes in Panama City. Holland takes an easy and friendly approach to teaching how to cook soup and explains that she offers a cooking class where students learn all about soups that are consumed during the winter, summer or all year around.

**“Soups are always very popular choices for customers or students”** said Holland who emphasized that some of the most popular choices in the area, like gumbo soups, always make the top of the list. “Another great choice is gazpacho, which students love to learn in the cooking classes.”

**Chef Tim Creehan, owner and executive chef of Beach Walk Café in Destin,** agrees with Holland that soup is always a favorite dish and explains that seafood-based soups are popular in our area.

**“Soup is a creative invention,”** said Creehan, who has written two cookbooks, “Flavors of the Gulf Coast” and “Simple Cuisine.”

**“As an artist uses** reds, yellows and blues for a base to create a world of rainbows,” Creehan writes. “I employ stocks as essential ingredients in most culinary creations. A strong foundation in the preparations of stocks is vital in order to create interesting sauces, flavorful consommés, gumbos and bisques.”

**With this level of expertise and creativity,** it’s no wonder that the creations from local fine restaurants are so well received.

**“Seafood-based,** lobster and seafood bisque, seafood gumbo, and our all-time-favorite and best seller, smoked tomato and shrimp, are very popular,” Creehan said.

**Whether you choose to improvise or follow a recipe** – or just order it off the menu – soup is sure to satisfy your senses. It is not only rich in flavor but in history, and like so many things on the Emerald Coast, soup’s pleasures always are close at hand.

### Seafood Bisque Courtesy of Chef Tim Creehan

- 1 stick butter
- ½ onion, diced
- 1 tablespoon garlic, chopped
- ½ rib celery, diced
- 1 cup Italian plum tomatoes, crushed
- ½ cup white flour
- ¼ cup sherry
- 1 cup white wine
- 2 cup heavy cream
- 1 quart milk
- 2 ounces scallops
- 2 ounces crawfish tails
- 4 ounces baby shrimp
- 2 ounces crabmeat
- 1 cup clams (with juice)
- 10 ounces fish, diced
- 1 teaspoon lemon juice
- ½ bunch green onions, chopped
- 1 teaspoon paprika

2 tablespoons basil, chopped  
Salt to taste  
Black pepper  
Cayenne pepper

**Melt the butter** in a heavy-bottom pot and sauté the onions, garlic, celery and tomatoes for 10 minutes.

**Stir in flour** until the mixture is incorporated.

**Slowly add** the sherry, white wine, cream and milk, stirring continuously. Bring to a slow boil.

**Add all the** seafood ingredients, lemon juice, green onions and paprika. Bring back to a slow boil.

**Simmer for 20 to 30 minutes**, add the basil and season to taste with salt, black pepper and cayenne pepper.

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#### **Anita Doberman**

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Anita Doberman is a nationally syndicated columnist, speaker, coach and radio show host that shares her life experiences as a military wife and super mom with people all over the world.

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