

Enjoy This Recipe Courtesy of Chef Les Kincaid

Escarole Soup with Turkey Meatballs

For soup:

1 onion, chopped fine
1 teaspoon chopped fresh rosemary leaves or 1/2 teaspoon dried rosemary, crumbled
1 tablespoon olive oil
1/2 pound escarole (about 1/2 head), cut crosswise into 1/2 - inch strips, washed well and spun dry (about 6 cups, packed)
3 1/2 cups chicken broth
1/4 cup orzo (rice shaped pasta) or other small pasta

For meatballs:

1/4 pound ground turkey
3 tablespoons fine fresh breadcrumbs
1 large egg yolk
1 scallion, minced
1 tablespoon freshly grated Parmesan
1 tablespoon olive oil
1 garlic clove, minced and mashed to a paste with 1/8 teaspoon salt
2 teaspoons fresh lemon juice

Make soup:

In a large heavy saucepan cook the onion and rosemary in oil over moderate heat, stirring, until onion is softened. Add escarole, stirring to coat with oil, and cook, covered, 1 minute. Add broth and orzo and simmer, partially covered, stirring occasionally, 10 minutes.

Make meatballs while soup simmers:

In a bowl combine well all meatball ingredients except oil and season with salt and pepper. Form mixture into meatballs about 1 inch in diameter. In a heavy 9-inch skillet heat oil over moderately high heat until hot but not smoking and brown meatballs about 3 minutes (meatballs will not be completely cooked through). Add meatballs to soup and simmer, partially covered, 5 minutes. Stir in garlic paste, lemon juice, and salt and pepper to taste.

Yield: 2 servings