

Sip, Slurp and Savour ...

Southern Accent's Cajun Style Escabeche Belizean Onion Soup

Ingredients

- ½ cup olive oil
- 1 lb chicken legs, bone in and skinless, cut into pieces
- ¼ cup *Southern Accent* blackening spices
- ¼ cup pickled jalapeno julienned
- 2 cups sliced carrots
- 2 tsp minced garlic
- 2 tsp oregano
- 1 tsp chili flakes
- 10 cups of chicken stock or water
- 4 cups white onion sliced
- Pinch of salt and black pepper
- ¼ cup apple cider vinegar

Plant a Row • Grow a Row presents ...



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DIRECTIONS:

1. In a large pot, heat up ½ cup of olive oil.
2. Season the chicken pieces with the blackening spices.
3. Add chicken and brown for 4 to 5 minutes.
4. Then add carrots, jalapeno, garlic, oregano and chili spices. Sauté for 1 to 2 minutes.
5. Add chicken stock and bring to a boil.
6. Leave the soup to simmer for 20 to 25 minutes.
7. Meanwhile in a separate pot of boiling water with enough water to cover the onions, add a pinch of salt and black pepper.
8. Blanch the onions in the boiling hot water. Drain immediately (this is done to take out the strong smell of the onions). Do not cook the onions.
9. Add the onions and cider vinegar to the soup. Season with salt & pepper and serve.

Note: Add more vinegar if you want it to be more sour or add more water to dilute.
If you're using water and not chicken stock, simmer soup for 40 to 45 minutes.

This recipe yields 6-8 servings.



Recipe courtesy of Southern Accent
595 Markham Street, Toronto.
www.southernaccent.com

For more information, visit www.soupalicious.ca