



By Tracy Beard

## **PROVISIONS**

ALONG THE TRAIL, IN THE PARK  
OR AT YOUR TAILGATE!

### **HAM AND CORN CHOWDER**

1 Tablespoon extra virgin olive oil  
1 Tablespoon butter  
2 Tablespoons flour  
8 ounces cubed ham  
½ medium onion, chopped  
1 clove garlic, chopped  
1 large carrot, chopped  
2 small potatoes, peeled and diced  
1 ½ cups frozen corn  
1 teaspoon Italian herbs  
1 cup chicken stock  
1 cup 2% milk  
1 cup heavy cream

Place potato and carrot in a saucepan and cover with water. Bring to a boil until tender and then drain and set aside. In a large saucepan, heat the butter and oil. Add the onions and cook on low until transparent. Add the garlic and cook for one minute.



Add the flour and cook for three or four minutes. Add the Italian herbs. Whisk in the stock, and then add the milk and heavy cream. Add the ham, corn, potato and carrot. Finish with salt and pepper to taste. Serve in a bowl or a toasted bread bowl.

Ads removed for archival purposes

### **PORK WONTON SOUP**

#### **Wontons**

1 lb. ground pork  
½ cup green scallions, chopped  
2 tablespoons ginger, grated  
4 cloves garlic, crushed  
1 Tablespoon soy sauce  
1 Tablespoon rice vinegar  
1 Tablespoon cornstarch  
2 teaspoons sesame oil  
½ teaspoon sugar  
1 teaspoon Kosher salt  
48 wonton wrappers

Mix all ingredients except wonton wrappers. Place one tablespoon meat mix in the center of each wrapper. Wet the edges with water. Pinch together edges to form a circle with ridges. Repeat. Cover with a damp cloth until finished. Let the wontons sit for 20 minutes before adding to the soup.

#### **Soup**

2 quarts pork broth – I like the packet inside the pork ramen noodles (you will need 2) or make your own from scratch.

2 Tablespoons green onion, green part only, thinly sliced  
1 cup chopped cabbage  
¼ cup grated carrot  
1 Tablespoon cilantro  
8 oz Chinese BBQ pork  
1 tsp toasted sesame oil

Bring the broth and sesame oil to a boil. Add the cabbage, green onion, cilantro, BBQ pork and carrot. Cook for 2 minutes and return to a boil. Add the wontons and cook for 5 to 7 minutes.



#### **Tracy's Favorite French Onion Soup**

5 lbs. yellow or Walla Walla sweet onions, peeled and sliced  
4 Tablespoons butter  
10 cups beef broth  
1 bouquet garni: 3 thyme sprigs, 3 parsley sprigs, 1 bay leaf  
2 cups Swiss gruyère, shredded  
8 slices French bread, toasted  
Salt and Pepper

Melt butter in a large soup pot and add the onions. Stir until the onions soften and begin to brown, about 40 minutes. Add ½ cup broth and scrape all the

# A WINTER STROLL with Soup

*Warm up on a walk in the woods*

Salmon-Morgan Creeks Natural Area is a lovely place to visit the woods without driving far from suburbia. It lies hidden within an upscale neighborhood in Hockinson, Washington. Three well-marked Alder, Red Cedar, and Fir Loop Trails make up the 1.5-mile trail system. The paths are a bit muddy this time of year, but there is little to no elevation gain, and you can meander as long as you like.

This 81-acre nature area consists mainly of mature red cedar, hemlock, and fir trees. As you wander amongst the evergreens, you will discover that a light green moss adorns many of the old trunks and branches. English ivy, an invasive villain pervading the Pacific Northwest, starts at ground level and aggressively wraps its way around the base of numerous trees and then works its way upward, reaching for the sun.

Shade-loving dark green Western sword ferns cover the forest floor with an occasional outcropping of dwarf Oregon grape. This perennial evergreen shrub grows up to two feet tall, and between March and June produces yellow flowers that attract pollinators. In the summer, birds and other animals feed on the Oregon grape berries.

Bracket polypores are part of the parasitic fungi family. These shelf-like growths take over woody plants and



Story & photos by Tracy Beard



trees, digest the moist wood and cause them to rot. These polypores remind me of barnacles that grow on boats, whales, pilings and docks.

The natural area is predominantly forest, but a few meadows exist along with two creeks, Salmon and Morgan, which weave along the outskirts of the trail system. Each path is approximately 0.5 miles long with two trailheads accessing the area, one at the end of NE 183rd Street and the other at NE 161st Avenue. All loops are relatively flat, but the Fir Loop has one easy incline, sports a scenic view of Morgan Creek, and offers two wooden picnic tables ideal for a picnic lunch or a snack. Red Cedar Loop connects to one of the trailheads and offers a stunning viewpoint of Salmon Creek.

Directions: From I-5, take Exit 11 to Highway 502. Go east on 502, proceed to Highway 503, also known



as SW 10th Avenue, and turn right. Go left on SW Eaton Boulevard, then right on SE Grace, which becomes NE 142nd Avenue. At the "T" turn left. Continue a short distance and turn left (north) onto NE 152nd Avenue. Proceed and then turn right onto NE 181st Street and take another right on

159th Avenue. Turn left onto 183rd Street. Drive to the end and park at the trailhead.

For rejuvenation on your hike, bring a snack or a thermos of warm soup to enjoy in this modest old-growth forest.

On pages 12 and 14 you'll find three of my favorite soups. Each one is fantastic on its own, or you can pair any one of them with a light mixed green salad and a tasty glass of wine. I suggest a buttery chardonnay with the chowder, a crisp pinot grigio with the wonton soup and a bold and hearty cabernet sauvignon to go with the onion soup.

...

## French Onion Soup (cont)

brown bits. Cook down until the broth is a glaze, then add the remaining broth and the bouquet garni. Simmer for 15 minutes and remove the bouquet garni. Add salt and pepper to taste.

Preheat the oven to 400 degrees. Ladle the hot soup into 8 deep, oven-proof bowls. Top each bowl with a slice of bread and ¼ cup shredded cheese. Place the bowls on a sheet pan and bake until the cheese melts and turns light brown, approximately 10 minutes.

Vancouver, Wash. resident Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is in her seventh year as CRR's "Out & About" columnist.

