

PRESIDENT WILLIAM HOWARD TAFT

TURTLE SOUP

6
SERVINGS

10 MINS
PREP TIME

3 HOURS
20 MINS
COOK TIME

INGREDIENTS

- 2 pounds veal knuckle
- 1½ teaspoons vegetable shortening
- 1 onion, sliced
- 1 carrot, halved
- 1 celery stalk, halved
- 1½ cups fresh tomatoes, chopped
- 1 bay leaf
- ⅛ teaspoon dried marjoram
- ⅛ teaspoon dried thyme
- Salt and black pepper, to taste
- 1½ quarts (6 cups) water
- About ½ pound turtle meat, cut into 1-inch cubes (see Notes)
- ½ cup sherry
- 1 hard-boiled egg, finely minced
- Lemon slices, for garnish

Optional thickener: 1½ teaspoons flour mixed with 1½ teaspoons unsalted butter.

INSTRUCTIONS

1. Heat the shortening in a large stockpot over medium–high heat. Brown the veal knuckle until well browned on all sides.

2. Add the onion, carrot, celery, tomatoes, bay leaf, marjoram, thyme, salt, pepper, and water. Bring to a boil, then reduce the heat and simmer gently for about 3 hours.



DIRECTIONS (CONTINUED)

3. Meanwhile, place the cubed turtle meat and sherry in a separate saucepan. Simmer gently for 15 minutes.

4. Strain the broth from the veal mixture and discard the solids. Add the strained broth to the turtle meat and sherry.

5. Stir in the minced hard-boiled egg and simmer for several minutes, until heated through.

6. Serve hot, garnished with lemon slices.

Optional: For a thicker soup, stir in the flour and butter mixture during the last few minutes of cooking until the soup reaches the desired consistency.

NOTES

- Since the original recipe calls for the meat from one turtle, this adaptation assumes that the original recipe used about three to ten ounces of usable turtle meat per turtle, and scales the recipe accordingly. Historically, the yield would have varied by the species and size of the terrapin.

- If you are unable to find veal knuckle, you can use beef hock or oxtail to get a similar taste but it will not be an exact substitute.

- If you cannot find turtle or prefer not to use it, you can substitute beef stew meat. Again, the flavor and texture will not be an exact substitute for turtle meat.

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NUTRITION PER SERVING (12 SERVINGS)

Calories 255 • Total Fat 6g • Saturated Fat 2g • Sodium 180mg • Total Carbohydrates 7g • Dietary Fiber 1.5g • Added Sugars 3g • Protein 40g

* The nutrition analysis used veal sirloin instead of veal knuckle.

DIETITIAN'S NOTE

Use canola, soy, or avocado oil instead of shortening. Choose ground chicken or turkey instead of turtle for an easier meat to cook.

Adapted from: Poppy Cannon's The Presidents' Cookbook