

January is National Soup Month in United States

We all love soups don't we? In fact how could we not since we've all been raised eating it. Every country in the world has soup recipes and family traditions from long ago. In fact it comes as no surprise that soup is probably the oldest form of food right up there with bread. Here are some fun soup facts that history tells us.

- Soup is a liquid food that is made by combining ingredients, such as meat, vegetables or legumes (beans) in stock or hot water, until the flavor is extracted, forming a broth.
- Soup can be dated back to about 6000 B.C. and was first made of hippopotamus.
- Boiling was not a common cooking technique until the invention of waterproof containers (which probably came in the form of pouches made of clay or animal skin) about 9,000 years ago.
- History also tells us that soup was first known as "sop," which was a piece of bread served with some type of liquid. (broth) People use to pour sop over a piece of bread or over broken off chunks of bread in a platter allowing it to soak up all the broth and then they would eat it. As time went by sop was placed in deeper bowls and the liquid became the focal point instead of the bread as it once was. "Sop" soon became "Soup" and the bread was then dipped in soup or thick stew. In modern day the word sop is a definition of sopping up food. Gruel is a fine example of sop which also goes back a long way in our History.

- Traditionally, soups are classified into two broad groups: clear soups and thick soups. The established French classifications of clear soups are bouillon and consommé. Thick soups are classified depending upon the type of thickening agent used: purées are vegetable soups thickened with starch; bisques are made from puréed shellfish thickened with cream; cream soups are thickened with béchamel sauce; and veloutés are thickened with eggs, butter and cream. Other ingredients commonly used to thicken soups and broths include rice, flour, and grain.
- Comfort food has always been the staple of diners and other informal restaurants, as well as home cooking. Traditionally, there has been an emphasis on authenticity and low cost. One recent development, however, as chefs have explored the roots of American cuisine and tried to define it as a unique style, is the advent of fine dining comfort food restaurants that feature more careful cooking and presentation, higher quality and fresh organic ingredients, and consequently, higher prices.

We have all heard that chicken soup is good for the sick for hundreds of years. Can it really be true? Chicken soup is a favorite healing soup all over the world. It has often been called Jewish penicillin and scientists have spent time and money examining the actions of chicken soup on colds and flu. It's no surprise that they've found evidence of the way

chicken soup combats the symptoms of a cold. The reasons why Chicken soup is healing are:

- Soup has anti-inflammatory properties that helped sore throats and helped stop the movement of neutrophils (white blood cells that encourage the flow of mucus that accumulates in the lungs and nose).
- steam is a real benefit. Sipping the hot soup and breathing in the steam helps clear up congestion. This can also be said for many hot soups.
- Spices that are often added to chicken soup, such as garlic and pepper (all ancient treatments for respiratory diseases), work the same way as modern cough medicines, thinning mucus and making breathing easier.
- chicken soup contains drug-like agents similar to those in modern cold medicines. For example, an amino acid released from chicken during cooking chemically resembles the drug acetylcysteine, prescribed for bronchitis and other respiratory problems.
- Chicken Soup puts needed fluids back into the body.

Therefore, not only during January but also all through the winter months, you should be making homemade or store bought soup for your family.

Friends and Family News – Mary Negosian

Birthdays:

Dan Cristiano (73rd) Ken Khezarjian (70th)

Sarkis Shavoian (85th) Mitch Mugarditchian (89th)

Don't Forget ... - Judy Cristiano

.... Tuesday, January 5, Armenian Christmas

Eve, 6 pm

.... Wednesday, January 6, Armenian Christmas

10:30 am

.... Sunday, January 10, Church School Christmas

Pageant/Christmas Dinner



**15775 Middlebelt Rd,
Livonia Michigan 48154
Phone: 1-734-522-5780
Manoogianmanor.com**

Eric Crissenberry will be making a presentation in January entitled "Safe & Healthy Travel".

**UPTOWN
CATERING
2038 Cass Lake Road
Keego Harbor, Mi 48320
Phone: 248.681.9092
Cater here at St. John's
Or at your place**

Thought for the month

*"To the World you may be one person;
But to one person you may be the World."*

- Dr. Seuss

"Monthly Humor" – Dan Cristiano

A father was approached by his small son who told him proudly, "I know what the Bible means!"

His father smiled and replied, "What do you mean, you 'know' what the Bible means?"

The son replied, "I do know!"

"Okay," said his father. "What does the Bible mean?"

"That's easy, Daddy..." the young boy replied excitedly, "It stands for 'Basic Information Before Leaving Earth.'"

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country.

"Is there anything breakable in here?" asked the postal clerk. "Only the Ten Commandments." answered the lady.

A minister parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read:

"I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses."

When he returned, he found a citation from a police officer along with this note "I've circled this block for 10 years. If I don't give you a ticket I'll lose my job. Lead us not into temptation."

There is the story of a pastor who got up one Sunday and announced to his congregation: "I have good news and bad news. The good news is, we have enough money to pay for our new gym-fellowship hall building program. The bad news is, it's still out there in your pockets."



St. John Armenian Church

Tuesday Lunch Club



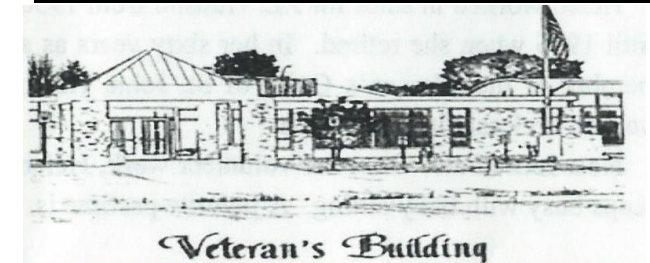
News

January 2016

Join us for lunch on Tuesdays

We always have a great meal and a good time with old friends. Come as you are and enjoy the camaraderie with old friends and new acquaintances.

Every Tuesday in the Veterans Building



Veteran's Building