



405 North Charles Street

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Sotto Sopra Restaurant is located at the archway to Baltimore's cultural district on one of America's designated Scenic By-Ways, Charles Street, just a couple minutes walk from the harbor. True to its Italian roots, Sotto Sopra features contemporary Italian cuisine with fresh pastas, roasted meats and grilled fish. The 19th century building adds its own panache to the dining experience along with Sotto Sopra's beautiful and iconic mural that depicts its core theme, "eat.drink.sleep.dream - Italian".



Bill Crouse, Executive Chef

As executive chef at Sotto Sopra I am keenly aware of the spirit and soul of this restaurant. It's important to me that it is true to you as well as itself, presenting a slice of contemporary Italy with style and sense of excitement.



My passion for food began in Havre de Grace, at my family's table, which offered the bounty of the local woods, the Susquehanna River, and a family garden. There, I developed a healthy appreciation for good, fresh food. I graduated top-of-my-class at the Pennsylvania Culinary Institute (PCI) with three associate's degrees: culinary, pastry, and restaurant and hotel management. I've received the Medal of Excellence from Chaines des Rotisseurs and the Award for Professionalism from PCI.

I love to share my culinary knowledge, whether with my staff in the Sotto Sopra kitchen, the culinary students from Carver Center's ProStart program, or our clientele at my monthly cooking classes. This sharing of culinary ideologies and techniques is the core to our world of food.

Signature Dish - Sotto Sopra's Sausage and Lentil Soup

Created By Chef Bill Crouse

1 tablespoon olive oil
1 small onion -- chopped
2 cloves garlic -- chopped
1 large or two small carrots -- chopped
2 links Sweet Italian Sausage (meat or turkey) -removed from casings
1 quart chicken stock (homemade or canned low sodium) fresh thyme
1 cup brown lentils -- rinsed
1 cup Swiss chard -- coarsely chopped chopped tomato

Directions:

- Heat a large pot with the oil. Add the onion garlic and carrots and sweat them until the natural sugars come out.
- Add the sausage and brown with the vegetables.
- Add the chicken stock and fresh thyme and bring to a boil.
- Add the lentils and reduce the soup to a simmer, covered and cook for 40 minutes.
- Add the Swiss Chard or Spinach
- Taste the soup and adjust the seasoning with salt and pepper
- Plate the soup and top with chopped tomato

Notes: Depending how thick or thin you want the soup to be you can add another pint of chicken stock. Never cook lentils with tomatoes, the acid will make the lentils tough.