

A Medley of Soups

A collection of Soup Recipes for Winter

By

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Asparagus and pea soup

Ingredients

400 g fresh green (young) asparagus spears
250 ml water
30 ml butter
10 ml sunflower oil
1 medium onion, finely chopped
1 large potato, peeled and diced
400 g frozen peas, defrosted
500 ml chicken or vegetable stock
salt and milled black pepper to taste
250 ml thick cream

Method:

Cut off asparagus tips and set aside. Chop stalks coarsely. Bring water to boil and steam stalks for 3 to 4 minutes (see tips). Set aside. Using same water, cook tips until tender (2 to 4 minutes, depending on thickness). Reserve water for soup. Heat butter and oil in a large saucepan. Add onion and sauté until glossy but not browned. Add potato and toss to coat with butter mixture. Add reserved cooking liquor and cook for 10 to 15 minutes, or until potato is tender. Add peas, asparagus stalks and a quarter of the tips. Add stock (use 2 cubes) and bring to boil, then reduce temperature and simmer for 10 minutes. Purée soup until smooth, then return to saucepan. Season with salt and pepper, reheat (but don't allow to boil) and stir in cream and remaining asparagus tips. Serve in heated bowls, with crusty bread.

Bacon and bean soup

Preparation time: 15

Cooking time: 30

Ingredients

15 ml olive oil
1 onion, chopped
150 g rindless bacon, chopped
2 cloves garlic cloves, crushed
2 carrots, chopped
2 celery sticks, chopped
400 g tinned chopped tomatoes
400 g tinned mixed beans, rinsed and drained
1 litre vegetable or chicken stock
1 small Savoy cabbage (about 90g), thinly sliced
2 pinches salt and freshly ground black pepper, to taste
1 handful Italian parsley, chopped

Method:

1. Heat the olive oil in a large saucepan over a moderate temperature. Fry the onion and bacon for 3-4 minutes or until the onion is soft and begins to colour.
2. Stir in the garlic, carrot and celery and stir-fry for another few minutes. Add the tomatoes, beans, stock and cabbage and bring to the boil. Reduce the heat and simmer the soup (with the lid on) for about 20 minutes.
3. Season to taste with salt and freshly ground black pepper, stir in the parsley and serve.

Bacon and cabbage soup

Ingredients

125 g streaky bacon (rind removed), chopped into small pieces

1 onion, finely chopped
15 ml olive oil
500 ml potatoes, peeled and finely chopped
1 head of cabbage, shredded
2 litre chicken stock
salt and freshly ground black pepper to taste
lemon juice
TO SERVE
100 g Brie cheese
few extra rashers bacon, grilled

Method:

Fry the bacon in a saucepan until done. Remove from the pan and set aside. Fry the onions in the remaining fat until glossy. Add the olive oil and stir-fry the potato cubes until glossy. Add stock and bring to the boil, reduce the heat and simmer until the potato cubes are tender. Season to taste with salt and pepper and a dash of lemon juice. Remove the rind of the Brie and cut the cheese into 1 cm cubes. Place the cheese cubes in the bottom of soup bowls and ladle the hot soup on top. Garnish with grilled bacon and the remaining cheese cubes and serve. Serves 6-8.

Beef Soup

Preparation time: 30

Cooking time: 150

Ingredients

3 medium carrots, peeled
2 large celery stalks
3 large leeks
3 bay leaves
500 g stewing beef pieces (with bones)
250 ml celery leaves, chopped
20 ml butter
100 ml semolina
10 potato fritters and ready-made apple sauce, to serve

Method:

1. Pour 2½ litres of water into a large saucepan. Roughly chop one carrot, one celery stalk and one leek and add to the saucepan along with the beef and bay leaves. Cover the saucepan and bring to the boil, then reduce the heat and simmer for 2 to 2½ hours until the meat comes off the bone easily.
2. Remove the vegetables and bay leaves and discard. Take out the meat and remove the bones. Cut the meat into smaller pieces and place back into the stock in the saucepan.
3. Chop the rest of the vegetables and add to the soup, along with the celery leaves. Return to the boil, then reduce the heat and simmer for 20 minutes.
4. Meanwhile, heat the butter in a frying pan. Add the semolina and fry over a medium heat, stirring until golden. Remove from the heat and allow to cool slightly. Add the semolina to the soup and simmer for another 10 minutes. Season well with salt and freshly ground black pepper and serve with potato fritters and apple sauce

Beef and barley soup

Preparation time: 10 min

Cooking time: 1hr 45 min

Ingredients

2 litre beef stock

400 g beef shin, chopped
2 onions, chopped
2 large carrots, sliced
400 g chopped tomatoes
250 ml pearl barley
salt and freshly ground black pepper, to taste
45 ml freshly chopped parsley
4 crusty rolls to serve

Method:

Heat the stock in a large saucepan.
Add the beef and bring to the boil.
Reduce the heat and allow to simmer for 1 hour.
Add all the remaining ingredients, except the parsley and allow to simmer for a further 45 minutes.
Remove the meat from the soup and discard the bones.
Dice the meat and return to the soup.
Stir in the parsley and serve with crusty rolls.

Bean soup

Cooking time: +/- 4 hours

Ingredients

500 g sugar beans
25 ml butter
1 onion, finely chopped
250 g streaky bacon, rind removed, finely chopped
few pieces beef shin
65 ml fresh parsley, finely chopped
1 bay leaf
2 litre cold water
finely grated rind of lemon
45 ml fresh parsley, finely chopped
salt and freshly ground black pepper to taste

Method:

Soak the beans overnight or according to the quick soaking method (see Tips). Drain and rinse. Heat the butter in a large saucepan and fry the onion until glossy. Add the bacon and stir-fry until done. Add the drained beans, shin, parsley, bay leaf and cold water and simmer slowly for about four hours until both the beans and meat are tender. Mash the beans slightly and season with lemon rind, more parsley, salt and freshly ground black pepper to taste. Serve hot with vetkoek.
Serves 5.

Bean and pasta soup

Ingredients

30 ml oil
1 onion
2 carrots
2 stick celery
2 litre chicken stock
3 ml garlic pepper
100 g fusilli noodles
410 g red kidney beans

Method:

Sauté the onion, carrots and celery in oil until soft.
Add chicken stock and seasoning, cover and simmer for 20 minutes.
Add the fusilli and cook for a further 10 minutes or until tender.
Purée half the kidney beans, add to the soup with the remaining whole beans and stir well.
Heat through for 2 minutes.

Black bean and sausage soup

Preparation time: 10 min

Cooking time: 70 min

Ingredients

350 g butternut
2 onions
2 cloves garlic, crushed
15 ml olive oil
250 ml black beans, soaked overnight
3 carrots, chopped
410 g tomatoes
2 litre chicken stock
12 chipolata sausages
30 ml freshly chopped parsley

Method:

Slice butternut and onion (with their skins on) into thick wedges. Toss in garlic and oil in a roasting pan and bake in a preheated oven at 180 °C for 45 minutes, or until just tender. Remove butternut and onion skins and dice flesh. Drain beans and rinse. Put into a large pot with carrot and plenty of water. Bring to the boil and simmer for 20 minutes, or until just cooked. Drain. Combine butternut, onion, tomatoes, beans and carrot in a large pan and add hot stock. Cook for 20 minutes, stirring occasionally. Prick sausages and grill until browned, then cut in half and add to soup with parsley. Serve with crusty bread. Serves 4.

Beetroot soup

Ingredients

30 g butter
1 onion, finely chopped
450 g raw beetroot, peeled and diced
250 g potatoes, peeled and diced
1 litre chicken stock
10 ml fennel seeds
bay leaf
salt and freshly ground black pepper
125 ml soured cream or plain yoghurt

Method:

1. Melt butter in a large saucepan and sauté the onion, beetroot and potatoes for 5 minutes, stirring constantly. 2. Pour in the stock, fennel seeds, bay leaf and seasoning. Bring to the boil, lower heat and simmer for an hour or until tender. 3. Remove bay leaf. Cool soup slightly before processing to a purée. Return soup to a clean pan and reheat, adjust seasoning. 4. To serve drizzle sour cream in centre of soup with grissini on the side.

Butternut Soup

Preparation time: 10

Cooking time: 40

Ingredients

800 g butternut, diced (1 medium butternut)
1 clove garlic, thinly sliced
5 ml mild curry powder
1 cube chicken stock cube, crumbled
250 ml buttermilk

Method:

1. Place the butternut, garlic, curry powder, stock and 400ml water in a large saucepan. Cover with a lid and bring to the boil. Reduce the heat and simmer for 30 to 40 minutes, stirring occasionally, until the butternut is tender.
2. Let the soup cool slightly, then purée in a food processor until smooth.
3. Stir in the buttermilk and heat slowly, until just hot. Serve with whole-wheat bread, butter and cheese.

Butternut and sweetcorn soup

Ingredients

1 small red onion, chopped
1 medium butternut peeled, seeded and diced
600 ml vegetable stock
nutmeg
salt and freshly ground black pepper
1 can whole kernel corn
15 ml chopped fresh parsley

Method:

Place the onion and butternut in a saucepan, add the stock and season with nutmeg, salt and pepper. Bring to the boil, cover and simmer for about 15 minutes until the vegetables are done. Add the sweetcorn and simmer for another 5 to 10 minutes. Mash the butternut with a fork or potato masher and season with more salt and pepper if necessary. Add the parsley.

Broccoli, bacon and feta soup

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

30 ml oil
1 onion, finely chopped
400 g broccoli, cut into florets
1 litre readymade white sauce
200 g feta cheese, crumbled
250 g streaky bacon, chopped

Method:

Heat the oil in a saucepan and sauté the onion until transparent. Add the broccoli and cook for just one minute.

Pour in the white sauce and bring to a simmer.
Cook over a low heat until the broccoli is soft.
Add 150 g feta and blend in a food processor until smooth.
Heat a large frying pan and cook the bacon until crispy.
Stir into the soup, reserving some for the garnish, then garnish with the remaining feta and bacon.

VARIATION

To make the white sauce, melt 90 g butter in a saucepan and add 90 g flour.
Stir over the heat for one minute.
Remove from the heat and gradually whisk in one litre of milk.
Return to the heat and stir until thickened. Season to taste.

Broccoli soup

Ingredients

60 g butter
1 head of broccoli, broken into florets
2 onions, chopped
2 cloves garlic
45 ml flour
1 litre chicken stock
250 ml milk
nutmeg to taste
pepper
250 ml cream
45 ml sherry
50 ml cream, lightly whipped to garnish

Method:

1. Melt butter in a pan, stir in the broccoli, chopped onions and crushed garlic and sauté over low heat for ten minutes. 2. Stir in the flour and cook for about 1 minute. Add chicken stock and milk with nutmeg and pepper, stir well and bring to the boil. Then simmer for 20 minutes until vegetables are tender. 3. Purée in liquidiser. Add cream and sherry and warm through. 4. Ladle into soup plates and drizzle in cream in a spiral. Draw a toothpick through the lines of cream to fan. 5. Can be served hot or cold. Serves 6.

Broad bean and vegetable soup with bacon

Preparation time: 25

Cooking time: 20

Ingredients

3 kg fresh broad beans (about 1,5kg once shelled)
45 ml olive oil
2 onions, finely chopped
3 carrots, finely chopped
3 celery sticks, finely chopped
2 leeks, white parts only, chopped
2 potatoes, peeled and diced
125 g rindless bacon, chopped
2 garlic cloves, crushed
4 ml salt and freshly ground black pepper, to taste
500 ml home-made chicken stock
100 ml olive oil (for garnish)
100 g Parmesan cheese (for garnish)

Method:

1. Shell and skin the broad beans. Heat the olive oil in a large saucepan and sauté the onion, carrots, celery and leeks until soft and shiny.
2. Add the potatoes, bacon and garlic and stir-fry for another minute or two before adding the broad beans. Stir-fry the beans until they are covered with vegetables and oil. Season with salt and freshly ground black pepper.
3. Add just enough chicken stock to cover the vegetables. Bring to the boil and simmer the vegetables for about 20 minutes or until the beans are soft. Add more stock if necessary.
4. Pour half the soup into a food processor and process to form a thick purée before returning it to the remaining soup in the saucepan. Add more chicken stock if the soup is too thick.
5. Place the soup in bowls, drizzle olive oil over each one and, finally, garnish with Parmesan cheese.

Carrot soup

Ingredients

30 ml olive oil
1 large onion, chopped
2 cloves garlic, crushed
3 ml ground cumin (jeera)
500 g carrots, scraped and cut into pieces
1 large potato, peeled and cut into pieces
1 litre vegetable or chicken stock
410 g white kidney beans, drained
salt and freshly ground black pepper
plain yoghurt for serving
chopped fresh parsley for garnishing

Method:

Heat the oil in a saucepan and sauté the onion until soft. Add the garlic, cumin, carrots and potato pieces and sauté until glossy. Add the stock and bring to the boil, reduce the heat and simmer slowly until the vegetables are tender. Cool slightly and process in a food processor. Return to the saucepan, add the beans and repeat. Ladle into hot soup bowls and garnish with a swirl of plain yoghurt and parsley. Serves 4.

Cauliflower soup

Preparation time: 20

Cooking time: 30

Ingredients

15 ml oil
640 g cauliflower, chopped
1 onion, peeled and chopped finely
2 leeks, chopped
500 ml vegetable stock nutmeg, to season
5 ml salt
5 ml freshly ground black pepper, to season
10 ml parmesan shavings

Method:

Heat the oil in a sauce-pan and gently cook the cauliflower, onion and leeks until golden brown.

Add the stock and let it come to the boil. Lower heat and simmer until cauliflower is soft. Purée in a blender until smooth. Season and ladle into warm bowls. Garnish with Parmesan shavings and a steamed cauliflower leaf.

Cauliflower soup

Ingredients

1 onion, finely chopped
1 litre chicken stock
2 potatoes, skinned and cut into pieces
500 g cauliflower, broken into florets
30 ml coconut milk
salt and freshly ground black pepper
1 lemon, juice

Method:

In a large saucepan, sauté the onion in a little oil. Add the stock (use 2 chicken stock cubes to make it, if desired), potatoes and cauliflower. Reduce the heat and simmer until the vegetables are done. Pour through a sieve, reserve the stock and pour back into the saucepan. Purée the vegetables in a food processor until smooth. Add to the stock in the saucepan. Add the coconut milk. Season with salt and pepper to taste and with lemon juice. Heat through. Serve hot with bread if desired.

Chicken and corn soup

Preparation time: 20

Cooking time: 50

Ingredients

30 ml butter
1 medium onion, finely chopped
5 ml crushed garlic
5 ml crushed ginger
1 fresh chilli, finely chopped (optional)
4 chicken breast fillets, cubed
2 cans creamstyle sweet corn
30 ml cornflour
30 g fresh coriander, chopped

Method:

Heat the butter in a large saucepan over a medium heat, then braise the onion until golden. Add the garlic, ginger, chilli and cubed chicken, and braise for a further 10 minutes. Add 2,5 litres water and 10ml salt, increase the temperature and bring to the boil. Reduce the heat and simmer, covered for 30 minutes.

Remove from the heat and shred half the cooked chicken, leaving the remaining cubes whole. Return the chicken to the saucepan, add the sweet corn and bring the soup back to the boil over a low heat.

Mix the cornflour with a little water and add to the soup, stirring constantly until slightly thickened. Add the chopped coriander and simmer for a further five minutes.

Chicken and Spinach Noodle Soup

Preparation time: 10

Cooking time: 10

Ingredients

450 g Chicken Breast (skinless, boneless and cubed)
125 ml Onion (chopped)
500 ml Carrots (chopped)
2 Garlic Cloves (crushed)
5 ml Dried Thyme
2 Bay Leaves
1200 ml Chicken Stock
110 g Spinach Fettucine (broken into 5 cm pieces)
125 ml Frozen Corn (thawed)
30 ml Fresh Italian Parsley (chopped)

Method:

In a large stockpot, combine chicken, onion, carrots, garlic, thyme and bay leaves.

Pour Chicken into a pot and cook over a high heat to bring to the boil.

Reduce heat to a medium –high.

Add spinach pasta, partially cover and cook for 3 –5 minutes, until noodles are tender.

Remove from heat, discard bay leaves and stir in corn and parsley.

Season to taste with salt and black pepper; ladle soup into bowls and serve.

Chicken noodle soup

Ingredients

1.50 litres chicken stock
4 chicken thighs or breasts
5 sprigs fresh thyme, or
5 ml dried thyme
5 ml grated lemon zest
4 carrots, peeled and chopped
60 g Chinese egg noodles
4 baby marrows or green beans, sliced
1 bunch spring onions, sliced
125 ml frozen peas
seasoning to taste

Method:

Heat the chicken stock in a large saucepan.

Add chicken pieces, fresh or dried thyme, grated lemon zest and carrots.

Bring to the boil, then reduce the heat and simmer for about one hour.

Remove the chicken pieces from the pot and allow to cool slightly.

Remove all meat from the bones and return the meat to the pot.

Bring to the boil and add Chinese noodles, baby marrows or beans and spring onions.

Boil for five to 10 minutes until the noodles are cooked, add peas and simmer for a further five minutes.

Chicken soup

Ingredients

1 whole free range chicken
1.50 litres water
2 onions, peeled and cut in half

4 carrots, peeled
4 celery sticks
4 parsnips, peeled
4 leeks, washed and trimmed
4 cloves garlic, crushed
4 sage leaves
1 bouquet garni
4 juniper berries
seasoning

Method:

Put all the ingredients in a large pot and simmer for 35 minutes.
Strain and pour the stock back into the pot.
Keep the veggies whole and shred the chicken meat into big pieces.
Return chicken and veggies to pot and heat through.
Season well. Slurp up while piping hot.

Chinese-style mushroom chicken soup

Ingredients

150 g thin egg noodles or spaghetti
30 ml oil
350 g fresh brown mushrooms, thinly sliced
1 bunch spring onions, sliced into julienne strips
15 ml soy sauce
30 ml sherry (optional)
1 litre chicken stock
2 cooked chicken breasts, shredded
125 ml bean sprouts
fresh coriander leaves to garnish

Method:

1. Cook noodles according to directions on packet. Drain and cut into shorter lengths with scissors. 2. Heat oil and sauté mushrooms and spring onions until soft. 3. Add soy sauce, sherry and stock. Bring to the boil and cook gently for 3 minutes. 4. Add noodles, chicken and bean sprouts. Heat gently, without boiling, for 5 minutes. 5. To serve, divide noodles and soup among 4 bowls and garnish with chopped coriander leaves.

Chunky beetroot soup

Ingredients

50 ml butter
15 ml olive oil
2 medium onions, chopped
3 garlic cloves, chopped
2 leeks, sliced
500 g beetroot, chopped
500 g potatoes, diced
500 ml chicken stock
125 g ham, diced (optional)
15 ml red wine
vinegar or raspberry vinegar
salt and milled black pepper
snipped chives to garnish

Method:

Heat butter and oil in a large saucepan. Add onions, garlic and leeks. Cook over moderate heat for 4 minutes. Add beetroot, potatoes and stock. Simmer until beetroot is cooked, about 30 minutes. Place in a blender and purée. Stir in ham (if using), vinegar, salt and pepper. Spoon into soup bowls, garnish with chives and serve.

Chunky carrot and sweet potato soup

Ingredients

sunflower oil for frying
1 large onion, chopped
1 fresh ginger, peeled and finely chopped
5 ml ground coriander
1 kg carrots, peeled and coarsely chopped
3 sweet potatoes, peeled and chopped
250 ml fresh orange juice
20 ml chicken stock powder
2 litre water
salt and milled pepper
5 ml sugar
45 ml chopped fresh parsley

Method:

Heat oil in a large saucepan. Add onion, ginger and coriander and sauté for about 3 minutes. Add carrots and sweet potatoes and toss to coat vegetables with oil. Add orange juice, stock powder and water and bring to boil. Reduce heat, add seasoning and sugar and simmer, partially covered, for 30 to 40 minutes, or until vegetables are tender. Purée soup coarsely in a food processor or blender. Return to saucepan, add parsley and heat through. Serve soup with crusty bread and cheese.

Chunky lentil and mushroom soup

Cooking time: 60 minutes

Ingredients

30 ml olive oil
2 onions, chopped finely
6 cloves garlic, sliced thinly
250 g button mushrooms, quartered
40 g dried porcini mushrooms, soaked in boiling water
250 g brown lentils
2 litre vegetable or beef stock
5 ml sugar
salt and milled pepper
1 lemon, halved
250 g (1 bunch) spinach, torn

Method:

Wash lentils thoroughly, picking out the little stones.
Heat oil in a deep pot and sauté onions and garlic for five minutes.
Add button mushrooms and porcini mushrooms including soaking liquid.
Cook till golden and fragrant and stir in lentils.
Pour in beef stock and sugar, season and simmer for 30 to 40 minutes.
Add lemon and cook for a further 20 minutes.
Ten minutes before serving toss in torn spinach and cook to wilt.

Chunky vegetable soup

Ingredients

60 g butter
2 large carrots, chopped
2 large celery sticks
4 courgettes, sliced
1 large onion, chopped
1 medium potato, peeled and chopped
1 bay leaf
2 ml dried thyme
salt and freshly ground black pepper
500 ml vegetable stock
400 g tomatoes
400 g butter or broad beans, drained and rinsed

Method:

Place butter in a deep 3 litre microwaveproof bowl and cook, covered with kitchen paper, on HIGH for 2 minutes, or until melted. Add vegetables, herbs and seasoning to melted butter and stir to combine. Cook covered, on HIGH for 7 to 9 minutes, until vegetables are tender, stirring twice. Add stock, tomatoes with their liquid and beans to the vegetable mixture, stirring to break up tomatoes. Cook, covered on HIGH for 5 minutes, or until piping hot. Discard bay leaf and serve hot with Savoury seed scones (see recipe).

Code di gamberoni 'a la nage' (Prawn and white wine soup)

Ingredients

400 g whole frozen prawns
30 g butter
1 onion, thinly sliced
1 carrot, sliced
200 ml white wine
200 ml water
200 ml cream
1 g saffron (optional)
salt and milled pepper to taste
chopped parsley to garnish

Method:

Defrost prawns in cold water. Separate tails from heads and peel, then refrigerate, tails. Melt butter in a saucepan until bubbling, and prawn heads and cook until they become pink. Add sliced onion and carrot and cook over low heat until vegetables soften. Add white wine and water and cook for 1 1/2 hours. Strain resulting broth and pour back into a clean saucepan. Add cream and cook, uncovered, until soup is reduced to saucelike consistency. Add saffron diluted in a little water, then season. Add prawn tails 2 minutes after serving. Serve garnished with finely chopped parsley.

Courgette and noodle soup

Ingredients

15 ml butter
1 onion, finely chopped
4 small courgettes, sliced
125 g fresh button mushrooms, sliced
25 ml butter
45 ml cake flour
1 packet chicken noodle soup powder
850 ml boiling water

100 ml elbow macaroni
50 ml parsley, finely chopped
250 ml milk
salt and black pepper to taste

Method:

Melt the butter in a large saucepan. Fry the onion, courgettes and mushrooms until soft. Remove from the pan and set aside. Melt the butter in the same saucepan and stir in the cake flour. Dissolve the soup powder in the boiling water and add small quantities at a time to the flour mixture, stirring continuously. Stir in the pasta and simmer slowly until the mixture thickens and the pasta is cooked. Stir continuously as the mixture burns easily. Add the parsley, milk and fried vegetables. Heat through and season to taste with salt and black pepper. Makes a thick soup – dilute if desired. Serves 4

Courgette soup

Ingredients

15 ml oil
1 onion, chopped
750 g courgettes, sliced
a few drops lemon juice
500 ml chicken stock
450 g cream of chicken soup
250 ml cream
20 g Cheddar cheese, grated
black pepper

Method:

Heat the oil in a pan and sauté the onion until soft. Add the courgettes, lemon juice and chicken stock and simmer until the vegetables are soft. Add the chicken soup, cream and cheese, and bring to the boil. Season to taste with black pepper. Cool slightly, then liquidise in a food processor. Makes 1 litre of soup.

Cream of cauliflower and blue cheese soup

Ingredients

50 ml butter
2 leeks, washed, trimmed and chopped
400 g cauliflower florets
500 ml chicken or vegetable stock
250 ml milk
50 ml cream
100 g blue cheese
salt and milled pepper to taste

GARNISH

lightly fried cauliflower florets
crumbled blue cheese

Method:

Melt butter in a saucepan and sauté leeks lightly. Add cauliflower and stock and simmer for 15 minutes, or until cauliflower is tender. Add milk and cream and heat through. Purée with blue cheese until smooth. Season to taste, garnish and serve.

Cream of mushroom soup

Ingredients

50 g butter or margarine
1 onion, chopped

250 g mushrooms, sliced
60 ml parsley, chopped
5 ml black pepper
50 ml cake flour
500 ml vegetable or chicken stock
250 ml cream
20 ml sherry
50 g Cheddar cheese, grated

Method:

Melt butter for 1 minute at 100 per cent power. Stir in the onion, mushrooms, parsley and black pepper. Cover and microwave for 5 minutes at 100 per cent power. Stir twice during the cooking process. Add the flour and chicken stock and microwave for 2 minutes at 100 per cent power. Add the cream, sherry and cheese and stir well. Microwave for 2 minutes at 100 per cent power.

Creamy chicken and mushroom soup

Preparation time: 15 minutes

Cooking time: about 25 minutes

Ingredients

250 ml lower GI oats
5 ml canola oil or olive oil
2 large onions, diced
1 garlic clove, crushed
50 ml dry white wine
1 x 410 g can evaporated low-fat milk
1 chicken stock cube or
20 ml chicken stock powder
630 ml water
2 cooked skinless chicken breast fillets, diced
250 g mushrooms, diced
2 ml chopped fresh marjoram or oregano
few drops soya sauce

Method:

Stir the oats in a dry saucepan over low heat until they begin to brown. Remove from the saucepan and set aside. Heat the oil in a saucepan, add the onions and garlic. Sauté, stirring continuously, until the onions are translucent. Add the browned oats, wine, evaporated milk, stock cube or powder, 1 ½ cans (use the evaporated milk can) water, chicken and mushrooms and simmer for five to 10 minutes, stirring occasionally to prevent the soup from burning. Season with herbs and soya sauce. Serve with oat breakfast rolls or oat health loaf.

Nutritional value per serving

Glycaemic index 36, fat 10 g, carbohydrate 32 g, fibre 4 g, protein 28 g, kJ 1 477, One serving = 1 starch, 2 protein and 1 dairy.

Cream of tomato soup

Ingredients

30 ml butter
1 onion, chopped
2 sticks celery with leaves, chopped
6 tomatoes, peeled and cubed

2 ml dried origanum
3 ml dried basil
1 bay leaf
30 ml tomato paste
50 g butter
60 ml cake flour
500 ml warm milk
300 ml chicken or vegetable stock (approximately)
seasoning to taste

Method:

Heat the butter in a saucepan.
Add onion and celery. Sauté for two minutes.
Add tomatoes, origanum, basil bay leaf and tomato paste.
Simmer for 15 minutes then liquidise until smooth. Set aside.
In another saucepan, heat butter, add cake flour and stir over the heat for one minute.
Gradually add warm milk, stirring continuously. Add 250 to 350 ml chicken or vegetable stock and stir until the mixture is slightly thickened and smooth.
Stir in the tomato paste mixture and season to taste.

Cream of vegetable and cheese soup

Ingredients

2 onions, peeled and finely chopped
350 g carrots, scraped and grated
350 g sweet potatoes, skinned and finely chopped
2 stalks celery, finely chopped
350 g potatoes, skinned and finely chopped
2 chicken stock cubes
150 g bacon
salt and black pepper to taste
600 ml milk
ml cream
175 g Cheddar cheese, grated
few strips vegetables, sautéed
few rashers bacon, fried and cut into thin strips
diced cheese

Method:

Place all the vegetables in a saucepan, add the chicken stock cubes (dissolved in 1 litre boiling water) and bacon and simmer until the vegetables are tender and the bacon is done. Season to taste with salt and pepper. Place the mixture in a liquidiser or food processor and purée until smooth. Return the mixture to the saucepan, add the milk and cream and heat until it just comes to the boil. Stir every now and then. Stir in the cheese slowly to help it melt. Pour into a soup tureen and garnish with strips of sautéed vegetables, pieces of bacon and diced cheese Serves 6.

Creamy broccoli soup

Preparation time: 10 minutes

Cooking time: 40 minutes

Ingredients

100 g butter
2 medium onions
8 sticks celery

500 g broccoli
10 ml ground coriander
400 ml vegetable stock
2 large potatoes
1 litre milk
salt and freshly ground black pepper
10 ml lemon juice

Method:

Melt butter in a large saucepan. Sauté onion and celery until soft.
Add broccoli and coriander and cook for 5 minutes until broccoli begins to soften.
Add the stock and bring to the boil. Add the potato, cover and turn down the heat, allowing the mixture to simmer for about 20 minutes, or until the potatoes are soft.
Remove from the heat and purée the mixture in a blender until smooth.
Return purée to the saucepan and stir in the milk. Heat gently and allow to simmer for 5 minutes.
Add salt, pepper and lemon juice to taste.

Creamy celery soup

Ingredients

25 ml oil
10 ml butter
1 onion, finely chopped
8 celery stalks, finely chopped
300 ml milk
300 ml chicken stock
salt and freshly ground black pepper to taste
nutmeg
cream
herbs for garnishing

Method:

Heat the oil and butter and fry the onion and celery over low heat until soft, but not brown. Cover and braise the vegetables until tender. Add half the milk, stock and salt and pepper, Bring to the boil, stirring continually, and simmer for about 25-30 minutes. Allow to cool slightly and process until smooth. Add the remaining milk and heat to just below boiling point before serving. Sprinkle with nutmeg and garnish with cream and herbs. Serves 4-6.

Creamy onion soup

Ingredients

2 onions, finely chopped
1 potato, peeled and diced
45 ml butter
500 ml milk OR
250 ml milk and
250 ml cream
250 ml vegetable stock
1 bay leaf
salt and white pepper to taste

Method:

Slowly sauté the onions and potato in the butter until the onions are soft and transparent.
Add the remaining ingredients, except the salt and pepper.
Bring to the boil, cover and simmer gently for about 20 minutes.

Remove the bay leaf, leave the soup to cool slightly and season to taste.
Process until smooth and serve with bread or rolls.
Alternatively serve with caramelised onions and sprinkle with paprika.

Creamy potato soup with lemon oil

Preparation time: 30

Cooking time: 40

Ingredients

10 ml lemon zest (grated)
50 ml extra-virgin olive oil
50 g butter
2 leeks (sliced)
2 onions (sliced)
1 celery stalk (sliced)
1 garlic clove
1 kg potatoes (peeled and cubed)
1.30 lts chicken stock
125 ml sour cream
15 ml snipped chives

Method:

Place the lemon zest and the olive oil in a small bowl in the microwave for one minute.
Stir well, then set aside to infuse.

Heat the butter in a saucepan.
Add the leeks, onions and celery and garlic.
Cook over a low heat for 10 minutes until soft.

Add the potatoes and stir well, then cover and cook over a medium heat for 10 minutes.
Add the chicken stock and bring to the boil.
Reduce the heat, cover and simmer for 20 minutes until the potatoes are tender.

Remove from the heat and blend in a food processor until smooth.
Return to the saucepan and gently heat through.

Add the sour cream and season to taste with salt and freshly ground black pepper.

Strain the olive oil and drizzle 5ml over each serving of soup.
Sprinkle with chives and serve immediately.

Creamy tomato and carrot soup

Ingredients

1 onion, sliced
2 cloves garlic, crushed
oil for frying
2 medium-sized carrots, scraped and sliced
1 green cooking apple, cored, peeled and diced
500 g ripe tomatoes, peeled and grated
1 litre chicken stock
2 ml ground ginger
1 ml nutmeg

1 ml ground coriander
30 ml sugar
pepper to taste
salt
125 ml cream

Method:

In a large saucepan, sauté the onion and garlic in oil until soft. Add the carrot and apple and stir-fry for about one minute more. Add the grated tomato, chicken stock and seasonings, and simmer until the vegetables are soft. Strain the soup by pouring it through a sieve. Reserve the stock. Purée the vegetables in a food processor. Add the puréed vegetables to the stock and blend. Correct the seasonings and add salt if necessary, If serving the soup hot, Heat through, stirring in the cream just before serving. Serve hot or cold. Garnish with finely chopped parsley and croûtons. Serves 4.

Dutch pea soup

Ingredients

500 g dried split peas, soaked overnight and drained
2 litre water
2 pork knuckles, chopped roughly
65 ml oil
2 onions, chopped
3 large leeks, washed and sliced into rings
4 stalks celery, washed and sliced
2 chicken stock cubes, crumbled in 500 ml of water
2 bay leaves
4 smoked Russian sausages, sliced
freshly ground black pepper
30 ml chopped fresh parsley

Method:

Rinse the peas and cook in the water until soft. Meanwhile, brush the pork knuckles with half the oil and grill until the meat begins to brown and the bone darkens. Heat the remaining oil in a large pot and sauté the onions, leeks and celery until softened. Add the cooked peas and their water, stock and bay leaves and bring to the boil. Add the grilled pork knuckles and cover. Reduce the heat and simmer until the meat is soft and comes away from the bones easily. Remove the bones if desired. Mash the peas slightly with a potato masher. Add the sliced sausage to the soup. Simmer gently until sausages are hot. Thin with boiling water if necessary. Season to taste with salt and pepper. Serve garnished with fresh parsley. Makes 4,5 litres soup.

Emergency tomato soup

Ingredients

olive oil for frying
2 onions
2 carrots
2 chicken stock cubes
750 ml hot water
820 g whole peeled tomatoes
200 g tomato purée
5 ml sugar
salt and milled pepper
6 fat cloves garlic
10 basil leaves

Method:

Heat oil in a pot, add onions and carrots and sauté for five minutes. Dissolve stock cubes in water and add together with remaining ingredients, except garlic and basil. Bring to the boil, reduce heat and simmer for about 45 minutes.

At this stage, purée soup if desired or leave chunky.
Five minutes before serving, season to taste, add garlic and basil.
Serve with crusty bread and grated Parmesan cheese.

Farmhouse pumpkin soup

Preparation time: 10 minutes

Cooking time: 35 minutes

Ingredients

30 ml oil
2 onions, finely chopped
2 cloves garlic, crushed
1 ml ground cloves
2 ml nutmeg, freshly grated
half a pumpkin, peeled, seeded and cut into chunks
200 ml red lentils
500 ml vegetable stock
15 ml lemon juice
125 ml cream, to serve

Method:

1 Heat the oil in a large saucepan over medium heat and fry the onions, garlic, cloves and nutmeg for 5 minutes. 2 Add the pumpkin, lentils, stock and lemon juice and simmer for 25-30 minutes, or until the vegetables are tender. Season with salt and freshly ground black pepper to taste. 3 Purée the soup in a processor and swirl in the cream just before serving.
Makes: 1,5 litres Preparation time: 10 minutes Cooking time: 35 minutes

Fresh tomato and basil soup

Preparation time: 5-7 minutes

Cooking time: 30-40 minutes

Ingredients

30 ml olive oil
1 large onion
1 large carrot
4 cloves of garlic
410 g whole peeled tomatoes
6 large ripe tomatoes
2 ml sugar
750 ml chicken or vegetable stock
1 handful fresh basil
salt and ground pepper

Method:

Heat oil in a large saucepan. Add onion (chopped), carrot (peeled and grated) and 1/4 of the garlic, crushed, and sauté until soft, about 5 to 7 minutes.
Add tomatoes (with juice), sugar, seasoning and stock and bring to the boil.
Reduce heat, cover and simmer for 30 to 40 minutes.
Add basil (chopped) and remaining garlic and adjust seasoning just before serving with crusty bread and cheese, like fat-free Philadelphia.

Note: You can bulk up the soup with a can or two of drained cannellini beans or 250 ml macaroni.

Fresh tomato soup

Ingredients

15 ml butter
15 ml olive oil
1 onion, peeled and chopped
2 cloves garlic, crushed
315 ml potatoes, peeled and sliced
500 ml fresh tomatoes, sliced but not peeled
750 ml vegetable stock, or water
salt and freshly ground black pepper, to taste
pinch of sugar, to taste
fresh basil, chopped
cooked ravioli or tortellini, to serve
extra olive oil for dressing
toasted bread and roasted garlic, to serve

Method:

Warm butter and olive oil in a large saucepan – don't let the butter brown.
Add onion and garlic, stir, cover the pan and leave to cook over a low heat for 5 minutes.
Add potatoes, stir well, cover again and cook over a low heat for 5 minutes.
Add potatoes, stir well, cover again and cook for a further 5 to 10 minutes, being careful not to let the vegetables brown as this would spoil the delicate flavour.
Add tomatoes and stock or water, bring to the boil, then reduce the heat.
Cover the pan and leave to simmer until the potato is tender, about 15 minutes.
Purée the soup in a blender or food processor.
Season to taste with salt, pepper, a pinch of sugar and basil.
Top with filled pasta (ravioli or tortellini) and a drizzle of olive oil.
Serve with roasted garlic spread onto slices of toasted bread.

Garlic soup

Ingredients

1 small onion, chopped
6 cloves garlic, coarsely chopped
30 ml olive oil
1 potato, peeled and sliced
1 litre chicken stock
250 ml cream
30 ml sour cream
coarse salt and milled black pepper
FENNEL DUMPLINGS
75 g butter
60 g cake flour
90 ml cornflour
1 egg, separated
2 ml salt
1 ml sugar
5 ml chopped fresh fennel

Method:

Sauté onion and garlic in heated oil in a large saucepan. Add potato slices and chicken stock and bring to the boil. Lower heat and simmer until potato and garlic are tender. Purée in a blender or food processor, then pour into a bowl. Stir in cream and sour cream and season with salt and pepper. Serve with fennel dumplings. FENNEL DUMPLINGS: Melt butter in a saucepan and stir in flour and cornflour to make a smooth paste. Cool. Whisk egg white until stiff. Add egg yolk, salt and sugar to the cold flour mixture. Fold in egg white and fennel. Shape into small balls, place in a saucepan of boiling water and simmer, covered, for about 15 minutes.

German sausage and bean soup

Ingredients

3 large onions, coarsely chopped
2 cloves garlic, crushed
1 green pepper, diced (use more if desired)
250 g bacon, cut into smaller pieces
375 g Russian sausages, sliced (optional)
3 potatoes, peeled and diced
3 carrots, scraped and sliced
3 tomatoes, peeled and coarsely chopped
2 litre boiling water or chicken stock
2 bay leaves
410 g butter beans (or more)
410 g beans in tomato sauce (or more)
5 ml paprika
salt and pepper to taste
chopped parsley

Method:

In a large saucepan, fry the onion, garlic, green pepper, bacon and sausages until soft and until the bacon and sausages are done. Add the vegetables and boiling water or chicken stock. Add the bay leaves and half the beans, along with the liquid. Simmer until the vegetables are soft and cooked. Add the remaining beans along with the liquid. Add the seasonings. Simmer well and sprinkle with chopped parsley just before serving. Serve with fresh bread. Serves 8-10.

Good 'ol lamb and bean soup

Cooking time: 2 hours

Ingredients

30 ml olive oil
2 cloves garlic, crushed
2 leeks, cleaned, leaves and stalks shredded
4 carrots, finely diced
2 stalks celery, finely diced
500 g lamb knuckles
2 x 410 g cans butter beans, drained and rinsed
2 handfuls parsley, chopped
1 litre lamb or chicken stock
1 x 400 g can chopped tomatoes
10 ml sugar
15 ml tomato paste
salt and milled pepper

Method:

Sauté garlic and leeks in olive oil for three minutes.
Add carrots, celery and meat.
Cook for about 10 minutes then add beans and half the parsley.
Toss to coat and pour in stock, tomatoes and sugar, and season to taste.
Bring to the boil, reduce heat and simmer very gently for one to one and a half hours.
Stir in the tomato paste and simmer for a further 30 minutes, until thick and velvety.
Season well and toss in the remaining parsley.

Note: You could use a ham hock in place of the lamb knuckle, just replace the lamb stock with chicken stock.

Goulash soup

Ingredients

3 onions, sliced
2 cloves garlic, crushed
oil
1 kg pork, cubed
salt
black pepper
60 ml paprika
15 ml cumin (jeera)
115 g tomato paste
5 chicken stock cubes
50 ml cake flour
250 ml sour cream
30 ml sugar
chopped parsley

Method:

In a large saucepan, sauté the onion and garlic in a little heated oil until soft. Lightly season the meat cubes with salt and pepper and brown in the oil. Add the paprika and cumin and stir-fry for about 1 minute. Add the tomato paste and stock cubes, dissolved in 2 litres boiling water. Reduce heat and simmer for about an hour or until the meat is tender. Blend the cake flour with a little water to form a paste. Add it to the soup and heat while stirring continuously until the mixture comes to the boil and thickens slightly. Add the cream and sugar, season with salt and black pepper and heat through. Sprinkle with a little chopped parsley just before serving. Serve with fresh bread rolls.

Grandpa Holst's bacon and lentil soup

Preparation time: 30 minutes

Cooking time: 2 hours, 15 minutes

Ingredients

6 rashers rindless streaky bacon, chopped
4 slices white bread, crusts removed
30 ml butter
2 large onions, finely chopped
4 large carrots, grated
3 celery sticks, trimmed and sliced
500 ml orange (red) lentils, washed
2 litre chicken stock
2 bay leaves
2 ml dried basil
15 ml parsley, freshly chopped
15 ml lemon juice

Method:

Fry the bacon over a gentle heat for three minutes.
Remove the bacon from the pan and set aside.
Cut the bread into cubes and add to the bacon fat in the frying pan.
Fry the bread until golden on all sides, then set aside.
Heat the butter in a large saucepan.
Sauté the onions for two minutes.
Add the carrot and celery and cook for four minutes, stirring twice.
Add the lentils, chicken stock, seasoning, bay leaves and basil.
Bring to the boil, then reduce heat and simmer gently for about two hours.
Stir occasionally.
Stir in the bacon and parsley. Simmer for two minutes, then serve with the prepared croûtons.

Hearty vegetable soup

Ingredients

50 ml butter
1 onion, chopped
2 cloves garlic, crushed
1 carrot, sliced into discs
1 stalk celery, chopped
3 small baby marrows, sliced into rings
200 g fresh green beans, sliced into 2,5 cm lengths
30 ml cake flour
70 g tomato paste
2 chicken stock cubes dissolved
340 g whole kernel corn, drained
150 g pasta shells
5 ml dried oregano
15 ml chopped fresh parsley
10 ml sugar
dash fresh lemon juice
salt and ground black pepper to taste

Method:

Melt the butter in a large pot until bubbling and sauté onion and garlic until soft and fragrant. Add the carrot, celery, baby marrows and green beans and sauté until the vegetables begin to soften. Sprinkle with cake flour and mix. Stir in the tomato paste and stock. Bring to the boil, add the corn, pasta and herbs and cover. Reduce heat and simmer for about 15 minutes until the pasta is cooked and the soup is slightly thickened. Season with sugar, lemon juice, salt and pepper. Ladle into warmed soup bowls. Serve with crusty bread. Makes 1,5 litres.

Herb potato soup

Ingredients

2 onions, finely chopped
50 ml butter
500 g potatoes, peeled and sliced
2 litre chicken stock
dried mixed herbs
nutmeg
salt and freshly ground black pepper
50 ml thin cream

Method:

Sauté the onions in the butter until soft. Add the sliced potato and stir-fry lightly. Add the chicken stock and bring to the boil. Reduce heat and simmer until the potatoes are soft. Remove the potatoes and process in a food processor with 500 ml of the stock. Return to the saucepan and bring to the boil once more. Stir continuously. Season to taste with mixed herbs, a pinch of nutmeg and salt and pepper. Remove from the heat and stir in the cream. Serve hot. Serves 6-8.

Horse & Mill Pub's vegetable soup

Ingredients

6 medium-sized carrots, diced
1 onion, finely chopped
1 small cauliflower, broken into florets
4 stalks celery, finely chopped
4 medium-sized potatoes, grated
500 ml dried peas, soaked in water for 30 minutes
2 tomato paste cubes
1 medium-sized butternut, peeled and diced
45 ml vegetable stock powder

250 ml small pasta shapes (optional)
2 handfuls chopped fresh parsley
1 grated rind of a lemon
salt and freshly ground black pepper to taste

Method:

Place all the ingredients, except the parsley and seasonings in a large saucepan. Add about 1,75 litres (7 c) water or enough to over the vegetables and bring to the boil. Reduce the temperature and simmer slowly until the peas are soft. Add more water as desired. Add the parsley and lemon rind, season generously with salt and black pepper and serve hot. Serves 16.

Hot split pea soup

Ingredients

10 ml butter or margarine
3 chives, finely chopped
1 small onion, finely chopped
2 litre chicken stock
250 ml split peas, soaked overnight in water to cover
1 medium potato, peeled and diced
1 large tomato, peeled and diced
1 small celery stalk, diced
2 carrots, sliced
15 ml fresh parsley chopped
salt and pepper to taste

Method:

In a deep soup pot, melt butter and sauté chives and onion. Add chicken stock and peas, and bring to the boil with the water the peas were soaked in. Reduce heat and simmer, adding more water if needed. Cook peas until tender. Add all other vegetables. Continue cooking at least 20 minutes longer. Cook until peas and vegetables are tender, then purée in a blender or rub through a sieve. Pour back into the saucepan and heat thoroughly. Season to taste, and garnish with fresh cream (optional) and chopped parsley. Serve hot with fresh rolls or croûtons if desired.

Lamb and lentil soup

Ingredients

flour for dusting
500 g lamb knuckles
37 ml olive oil
4 cloves garlic, crushed
1 large onion, chopped
2 leeks, cleaned and sliced
4 carrots, peeled and sliced
2 celery stalks with leaves, sliced
500 ml brown lentils, washed and stones picked out
2 handfuls of parsley, chopped
2 litres of lamb stock (use cubes or powder to make it, if desired)
2 x 410 g cans whole peeled tomatoes
10 ml sugar
15 ml tomato paste
salt and milled pepper to taste
1 lemon, juice and finely sliced peel

Method:

Place flour in a plastic bag and toss the knuckles in to coat them – do this just before cooking or the flour will seep into the meat and make it slimy.

Heat a tablespoon of olive oil in a large pot and brown meat in batches on all sides, to seal. Remove and set aside.

Add remaining oil and sauté garlic, onion and leeks for about three minutes.

Add carrots, celery, knuckles and half the parsley.

Cook for about 10 minutes and add lentils.

Toss to coat, pour in stock, tomatoes and sugar. Season to taste.
Bring to the boil, reduce heat and simmer very gently, partly covered for about two hours.
Stir in the tomato paste and simmer for a further 30 minutes, until thick and velvety.
Season well and toss in the remaining parsley, a squeeze of lemon juice and top with finely sliced lemon peel.

COOK'S NOTE

You could use a ham hock in place of the lamb knuckle – replace lamb stock with chicken stock and you can even add a dried-up Parmesan rind for extra depth.
Shredded spinach is nice to add just before serving.

Leek and potato soup

Preparation time: 15

Cooking time: 20

Ingredients

30 ml butter
250 g leeks, chopped
1 g clove garlic, crushed
350 g potatoes, peeled and chopped
1 litre vegetable stock
2 bay leaves
125 g rindless streaky bacon, chopped and fried until crisp

Method:

Heat the butter in a large frying pan and sauté the leeks for three minutes, until soft.
Add the garlic and potatoes and stir well.
Cover and cook until tender.
Pour in the stock and add the bay leaves.
Bring to the boil, cover and allow to simmer gently for about 15 minutes, until the vegetables are tender.
Remove the bay leaves and blend the soup in a food processor until smooth.
Season with salt and freshly ground black pepper to taste.
Sprinkle with crisp bacon just before serving.

Lentil soup with smoked sausage

Ingredients

30 g butter
1 onion, finely chopped
3 carrots, peeled and diced
2 large Granny Smith apples, peeled and diced
100 g split red lentils
salt and freshly ground black pepper
1 litre vegetable stock
2 bay leaves
2 smoked sausages

Method:

1. Melt the butter in a large saucepan, add the onion and sauté until soft and transparent. Rinse the lentils under the cold tap and drain well. 2. Add carrots, apples, lentils and seasoning to the onion mixture. Sauté for 2 minutes before adding stock and bay leaves; bring to a simmer. 3. Cover pan with a lid and continue to simmer for 45 minutes or until lentils and carrots are quite tender. Stir occasionally – so as to incorporate the apple pieces that will break up whilst cooking. 4. With a slotted spoon, lift half the vegetables into a food processor or blender. Cover and whiz to a purée, then return to the saucepan. 5. Slash the smoked sausages and add to the soup. Return pan to the boil and simmer for 10 more minutes. 6. Cut sausage in portions before serving with garlic croûtons.

Lentil and vegetable soup

Ingredients

375 ml green lentils
45 ml oil
1 onion, finely chopped
5 ml paprika
5 ml origanum
2 litre vegetable stock
410 g crushed tomatoes
70 g tomato paste
3 sticks celery, thinly sliced
2 medium carrots, thinly sliced
2 bay leaves
3 small baby marrows, sliced
150 g green beans, halved
410 g beans in tomato sauce
salt and freshly ground black pepper

Method:

Leave the lentils to soak in cold water for two hours. Rinse and drain well. Heat oil in a large, heavy-based pan. Sauté onion, paprika and origanum over medium heat until soft, but not browned. Add the lentils, stock, undrained tomatoes and tomato paste to the pan. Bring to the boil, reduce heat and simmer, uncovered, for 5 minutes. Add celery, carrots and bay leaves. Stir to combine. Bring to the boil, reduce heat and simmer, covered, for 40 minutes until the soup has thickened. Add baby marrows and green beans. Simmer, covered for a further 10 to 15 minutes, or until the vegetables are tender. Add beans in tomato sauce and heat through. Remove the bay leaves before serving with crusty bread.

Meatball and pasta tomato soup

Ingredients

10 ml garlic flakes
820 g tomatoes, finely chopped
23 ml tomato paste
2 beef stock cubes, crumbled
2 litre hot water
15 ml sugar
80 ml elbow macaroni
5 ml basil
MEATBALLS
500 g mince
190 ml stale breadcrumbs
1 onion, chopped
5 ml garlic and herb seasoning
1 egg, lightly beaten
15 ml oil
SOUP
15 ml oil
1 onion, chopped

Method:

Cook onion and garlic flakes (soaked for 10 minutes, then drained) in oil until onion is soft. Add tomatoes, tomato paste, stock cubes, water and sugar and blend well. Bring to the boil and simmer covered for 15 minutes. Combine all meatball ingredients, except the oil, and roll into small balls. Brown the meatballs in the oil and, when cooked through, drain. Add elbow macaroni and meatballs to soup, boil uncovered until pasta is tender. Stir in the basil and simmer for five minutes. Serves 6.

Meatball and veggie soup

Preparation time: 20 min

Cooking time: 40 min

Ingredients

30 ml olive oil
2 onions, chopped
3 carrots, peeled and diced
2 stalks celery, chopped
2 litre beef stock
12 brussel sprouts
200 g green beans, cut into pieces
8 patty pans, cut into sixths
200 g cauliflower, broken into florets
MEATBALLS
300 g lean beef mince
1 large egg, lightly beaten
10 ml ground coriander
10 ml Worcestershire sauce
2 ground cumin
salt and freshly ground pepper, to taste
freshly chopped parsley, to garnish

Method:

Heat the oil in a large saucepan and sauté the onions, carrots and celery for 5 minutes.
Add the stock and vegetables and bring to the boil. Reduce the heat and simmer for 10 minutes.
MEATBALLS:
Mix all ingredients together and roll into small balls.
Add to the soup, one by one.
Continue to simmer gently for 20 minutes. Season to taste and serve sprinkled with chopped parsley.

Meaty soup

Preparation time: 20

Cooking time: 60

Ingredients

1 kg meaty beef shins, cut into 4 cm thick pieces
1 kg marrow bones, with meat and fat, cut into pieces
50 ml oil
2 onions, halved and cut into thick slices
2 celery stalks with leaves, washed and roughly chopped
4 carrots, peeled and cut into chunks
2 turnips, peeled, quartered and sprinkled with lemon juice
6 cloves
1 small piece stick cinnamon
3 bay leaves
6 sprigs parsley, thoroughly washed
6 whole allspice
15 ml black peppercorns
5 ml salt

Method:

Wipe the shins and marrow bones to remove any sawdust.

Bring a pot of water to the boil in a large saucepan. Add the meat and bones, bring the water to the boil once more.

Remove the shins and bones and pat them dry with a clean cloth. Discard the blanching water. Heat the oil in a large cast-iron or soup pot and slowly brown the shins over medium heat.

Remove from the pot and discard the excess fat. Add 250 ml water to the pot used for browning the meat and stir, scraping loose any bits stuck to the bottom.

Return the shins and marrow bones to the pot and add 4 to 5 litres of water. Bring to the boil, skimming off any foam that rises to the top.

Add the remaining ingredients and simmer slowly (uncovered) for 2-3 hours. Add more water if necessary.

The shin meat should be tender and the soup must have a rich, meaty flavour. Season with more salt and pepper if necessary.

Remove the marrow bones, carefully remove the marrow and serve on toast with the soup.

Minestrone soup

Ingredients

500 g sugar beans
50 ml margarine
30 ml olive oil
2 onions, finely chopped
3 leeks, sliced into rings
4 stalks celery, finely chopped
1 bunch carrots, scraped clean and sliced into rings
1 bunch turnips, scraped clean and cut into pieces
100 g green beans
350 g cabbage, finely shredded
15 ml finely chopped garlic
3 litre vegetable stock
5 ml dried basil
410 g tomatoes, chopped
30 ml tomato purée
250 g spaghetti, broken into smaller pieces
65 ml finely chopped parsley
salt and freshly ground black pepper to taste

Method:

Soak sugar beans in hot water for 1 hour. Pour off the soaking water, cover with clean water and boil until soft. Drain and season with salt. Heat the margarine and oil in a large saucepan and fry all the fresh vegetables until glossy. Add the stock and drained beans, cover and simmer slowly for about 20 minutes. Add the dried basil, can of tomatoes, tomato purée and spaghetti and simmer slowly until the spaghetti is cooked and the soup is thick and flavoursome. Add the parsley and season to taste with salt and pepper.

Mushroom and spinach soup

Ingredients

1 onion, finely chopped
250 g button mushrooms, chopped
500 g spinach, washed
3 garlic cloves, crushed
45 ml Italian parsley, chopped
2 ml fresh thyme
400 ml boiling water
10 ml vegetable stock powder
250 ml cream
salt and freshly ground black pepper

Method:

Melt a knob of butter in a saucepan.

Add onion, mushroom, garlic, spinach, thyme and parsley.

Cook for 5 minutes over a medium heat.

Add the water and stock and bring to the boil and then simmer for 10 to 15 minutes.

Blend and place soup back in pot, add cream, salt and pepper and bring to the boil.

Serve with a swirl of cream and warm, fresh Italian bread.

Mushroom soup

Ingredients

15 ml butter

1 onion, peeled and chopped

3 cloves garlic, crushed

500 ml brown mushrooms

1 litre vegetable stock

30 ml chopped fresh parsley

30 ml chopped fresh chives

250 ml cream

lemon juice to taste

salt, black pepper and nutmeg to taste

pumpnickel bread and cream cheese, to serve

Method:

Melt butter in a large saucepan.

Add onion, give it a stir and cover the pan, leaving it to cook over low heat, without browning, for 5 minutes.

Add garlic and mushrooms, stir well, cover and cook over a low heat for a further 5 to 10 minutes.

Pour in the stock and bring to the boil, then reduce the heat, cover the pan and leave to simmer for about 15 minutes.

Pour soup into a blender or food processor and whiz until smooth.

Pour soup back into the pan, and add chopped herbs, cream and a squeeze of lemon juice.

Season to taste with salt, pepper and nutmeg and reheat gently.

Serve in warmed bowls.

Serve with pumpnickel bread, cut into triangles, with cream cheese spread on top.

Mussel soup

Ingredients

FISH STOCK

1 kg fish trimmings and/or heads

salt and milled black pepper

BINDING

30 ml cornflour

30 ml water

190 ml thick cream

1 onion, quartered

2 large carrots

1 stalk celery

2 ml dill seed

2 bay leaves

15 ml salt

6 peppercorns

2 litre cold water

SOUP

30 ml butter

5 ml sunflower oil

2 onions, finely chopped

6 cloves garlic, finely chopped

10 ml mustard powder

5 ml medium curry powder
milled black pepper to taste
500 ml white wine
300 g mussel meat, reserving a few whole mussels for garnish
snipped chervil for garnish
VEGETABLES JULIENNE
1 leek (white part only), well washed and cut into matchsticks
1 large carrot, cut into matchsticks
1 stalk celery, cut into matchsticks
15 ml butter

Method:

STOCK: Place all ingredients in a large saucepan. Cover and bring to boil, turn down heat slightly, cook for 30 minutes. Remove lid and cook briskly over high heat until reduced to 1,25 litres (5 cups). Strain and set aside. SOUP: Heat butter and oil in a separate saucepan and sauté onions and garlic and softened, about 5 minutes, then add mustard, curry powder and seasoning. Pour in white wine and reduce stock and bring to boil. Add mussel meat, cover and cook over high heat for about 6 minutes. VEGETABLES: Fry in heated butter for about 5 minutes. Season and reserve. BINDING: Mix cornflour and water until smooth, then stir into simmering soup. Stir in cream and cook, stirring, over low heat until soup begins to thicken and comes to boil. Check seasoning. Serve garnished with julienne vegetables and reserved mussels, and sprinkled with chervil.

Nourishing beef soup

Cooking time: 60 minutes

Ingredients

30 ml olive oil
2 onions, chopped
2 cloves garlic, crushed
500 g beef shin or blade beef, cut into large chunks
3 carrots, diced
2 celery stalks, chopped
2 litre beef stock (made with 15 ml stock powder)
125 ml white wine
5 ml sugar
30 ml tomato paste
300 g butternut, diced
salt and milled pepper
2 handfuls Italian parsley, chopped

Method:

Heat oil in a large pot.
Add onions and garlic and sauté for three minutes.
Add beef and cook to brown slightly.
Add the carrots and celery and toss to coat.
Add stock, wine, sugar and seasoning and bring to the boil.
Reduce heat, cover and simmer for 40 minutes.
Add butternut and simmer for another 15 to 20 minutes.
Season well and toss in a handful of parsley and a sprinkling of chopped spring onions before serving.

Old-fashioned bean soup

Preparation time: 15 minutes

Cooking time: 2 hours 30 minutes Serves 12

Ingredients

1230 g white kidney beans

6.0 litre weak beef stock
1500 g beef shin
300 g rindless streaky bacon, chopped
3 onion, chopped
3 turnip, finely chopped
6 carrots, chopped
3 large ripe tomato, skinned and finely chopped
salt and freshly ground black pepper
225 ml brandy
15 ml lemon juice

Method:

Drain the beans and place in a large saucepan with the stock, beef shin and bacon. Cover and simmer gently for an hour. Add the onion, turnip and carrot and cook for a further hour. Remove the bones and fat and discard. Add the tomato and seasoning and simmer for 10 minutes. Add the brandy and lemon juice before serving.

Onion soup

Ingredients

1080 g onions, finely sliced
108 g butter
2 large potato, peeled and diced
salt and freshly ground black pepper
24 ml fresh sage
2.4 litre chicken stock
fresh Parmesan cheese

Method:

1. Melt the butter in a large saucepan and sauté the onions. Cover and continue cooking over a gentle heat for 45 minutes to an hour, shaking the pan occasionally. 2. Allow onions to turn colour, by removing the lid. (Onions should be a pale caramel colour) 3. Add potato to the pan and stir in the stock and sage. Adjust the seasoning and simmer for another hour. Let the soup cool slightly, before processing or blending in batches. 4. Return the soup to a clean pan and reheat, adjust seasoning and serve with croûtons and shavings of fresh Parmesan cheese. Serves 12

Oxtail soup

Ingredients

2 oxtail, chopped into joints
4 carrots, sliced
4 large onions, sliced
4 stalks of celery, sliced (or more to taste)
60 g lard or dripping
a few sprigs of fresh thyme
salt and black pepper
2 strip of streaky bacon, sliced
4.0 litre good beef stock
30 g cornflour (or more if you like a thicker soup)
60 ml dry sherry (or more to taste)

Method:

1. Place the oxtail joints in a large saucepan, cover with cold water and bring to the boil; strain and dry very well. 2. Melt the lard or dripping in a large pan and brown the oxtail pieces one by one, to prevent lowering the temperature. Repeat with remaining oxtail pieces and drain. 3. Add vegetables and brown lightly. Return meat to the pan with the thyme, seasoning, bacon and stock. Bring to the boil, cover and simmer gently for 3 to 4 hours. 4. Strain the soup and set aside the oxtail bones. Cool the soup overnight. Remove all the meat from the oxtail bones and shred finely. 5. The next day, remove the layer of fat from the surface of the soup and reboil soup. 6. Stir in cornflour, mixed to a paste with 30-45 ml water, and return soup to boil, stirring as the soup thickens. Add oxtail meat, adjust seasoning and stir in sherry. 7. To serve, make up a salsa verde. Place heaps of fresh basil leaves, a few garlic cloves,

salt and black pepper, a dash of olive oil and wine vinegar in a blender or food processor. Process until smooth. Spoon dollops into the middle of each plate. Serves 12

Oxtail soup with vegetables

Preparation time: 40 minutes

Cooking time: about 4 hours

Ingredients

3.42857142857 kg oxtails, trimmed
51 ml sunflower oil
3 onions, finely sliced
2 leek, finely chopped
3 carrots, peeled and diced
2 stalk celery, diced
3 cloves garlic, crushed
3 bay leaves
51 ml tomato paste
2 sprig thyme
3 sprigs flat-leafed parsley

Method:

Place oxtails on a baking tray and bake in a preheated 200 °C oven until golden brown, turning occasionally.

Leave to cool.

Heat the oil in a large pot and sauté the onion, leek, carrots and celery for three to four minutes or until soft.

Stir in the garlic, bay leaves and tomato paste.

Add the oxtails, thyme and parsley.

Add the stock and bring to the boil.

Reduce the heat and simmer over a low heat for three hours or until the oxtails are tender and the meat falls from the bone.

Skim off any scum that rises to the surface.

Remove the oxtails and allow to cool slightly.

Remove the meat from the bones and discard the bones and sinew.

Roughly chop the meat and add to the soup along with the Guinness, tomatoes and 500 ml water.

Add the vegetables and simmer for 10 to 20 minutes or until the vegetables are tender.

Season to taste and serve with crusty bread. Serves 12

Paprika cabbage soup

Ingredients

90 ml sunflower oil
1200 g shin
600 g brisket
6 onions, sliced
6 cloves garlic, crushed
15 ml paprika
1200 g very ripe tomatoes, chopped
98 g tomato paste
3 large potatoes, diced
6 bay leaves
15 ml salt
23 ml mustard powder
4.5 litre water
large cabbage, shredded
6 large carrots, grated

Method:

1. Heat 30 ml (2 tbsp) oil in a large soup pot (6-8 litre capacity). 2. Brown the shin and brisket on both

sides in the oil. Remove and set aside. 3. Add remaining oil to the pot and sauté the onion, garlic and paprika over moderate heat for 3 to 5 minutes. 4. Add the tomatoes, tomato paste, cubed potatoes, bay leaves, salt and mustard powder. Stir well. 5. Add the meat and water, cover and bring to the boil. When boiling briskly, add the cabbage and carrots. 6. Simmer gently for 2 to 3 hours. Check seasoning, you may wish to add more salt. 7. Remove the meat from the pot, discard the bones and dice the meat finely. Return the meat to the soup, heat through and serve. Serves 12

Pea and bacon soup

Ingredients

540 g smoked bacon
1500 g frozen peas
3.0 litre chicken stock
salt and pepper
bouquet garni (a sprig of thyme, a few parsley stalks and a bay leaf tied up with string)
375 ml cream

Method:

Remove the rust and rind, then dice bacon. Blanch bacon in boiling water for 2 to 3 minutes and remove. In another pot, add frozen peas, diced bacon, seasoning and bouquet garni to boiling chicken stock. Simmer for 20 minutes, remove bouquet garni and bacon. Purée soup in a blender and return to clean pot. Add bacon and stir in cream. Gently reheat soup without boiling. Serve with croûtons or bread fried in garlic butter. Serves 12

Pea and ham soup

Cooking time: 15 min

Ingredients

100 ml butter
2 small leek or onion, finely chopped
1000 g frozen peas
500 g ham, diced
4.0 litre vegetable or chicken stock
salt and freshly ground black pepper
30 ml chopped fresh mint

Method:

Melt the butter in a large saucepan and sauté the leek until glossy. Add the peas and diced ham and stir. Add the stock, bring to the boil and reduce the heat. Simmer for 15 minutes and season with salt and pepper to taste. Cool the soup slightly and purée half in a food processor. Add to the remaining soup in the saucepan and add the mint. Repeat and spoon into hot bowls. Serves 12.

Pea soup

Ingredients

750 ml dried peas
23 ml olive oil
2 large onion, chopped
2 bunch soup celery, finely chopped (optional)
150 g bacon or Russian sausages, cut into chunks
3 large potatoes, peeled and diced
3.0 litre water
3 chicken stock cubes
salt and freshly ground black pepper to taste
TO SERVE
3 Russian sausages, sliced into rings (optional)

Method:

Soak the peas in cold water overnight. Rinse and drain. Cover with fresh water, bring to the boil (do not add salt at this stage) and boil for about 10 minutes. Drain the peas once more. Heat the oil in a large saucepan or pressure cooker and fry the onion and celery until glossy. Add the bacon and stir-fry until the bacon is just done. Add the peas, potatoes and water. Bring to the boil, reduce the heat and simmer for about 2 1/2 hours (pressure cook for about 45 minutes) or until the peas are soft. Mash the peas slightly to make a thick soup, add the stock cubes and salt and pepper to taste. Fry the Russian sausage chunks in a little oil until crisp and add to the soup just before serving. Serves 12.

Popeye's soup

Ingredients

900 g fresh spinach, rinsed
675 g deboned chicken (optional)
salt
pepper
180 ml butter
12 spring onions, chopped
90 ml cake flour
3.0 litre chicken stock
300 ml plain yoghurt (optional)

Method:

Strip the spinach leaves off the hard stalks and shred them finely. Lightly season the chicken with salt and pepper and sauté in the heated butter until cooked. Remove the chicken from the pan and dice. Set aside. Sauté the chopped spring onion in the butter until soft. Add the spinach and stir-fry for about 3 minutes. Add the cake flour. Mix well and then slowly add the chicken stock, stirring continuously. Bring to the boil, reduce the heat and simmer for about 15 minutes. Season to taste with salt and pepper if necessary. Add the cooked diced chicken and simmer for about 5 minutes. Pour into soup bowls, adding a dollop of yoghurt to each bowl if desired. Serve with croûtons. Serves 12.

Potato and haddock soup

Ingredients

900 g potatoes, peeled and chopped
50 ml butter
onion, finely chopped
1600 g haddock, skinned
1000 ml fish or chicken stock
1160 ml milk
300 ml cream
30 ml fresh chives

Method:

Boil the potatoes in salted water until tender. Drain well and mash. Melt the butter in a large saucepan and sauté the onion until tender. Add the haddock, stock and milk and simmer until the fish is done. Drain and process the fish in a food processor until smooth. Return to the drained milk mixture in the saucepan, add the mashed potato, cream and chives. Bring to the boil while stirring and season with salt and pepper if necessary. Serve with fresh bread. Serves 12

Pumpkin soup

Ingredients

1 kg peeled and seeded pumpkin, cubed (peeled weight)
2 onions, chopped
2 thin slices green ginger or stem ginger
1 litre chicken stock
salt and milled black pepper
2 ml grated nutmeg

30 ml cake flour
30 ml softened butter
250 ml cream

Method:

Combine pumpkin, onion, ginger and stock in a large saucepan. Season with salt, pepper and nutmeg. Cover and simmer for about 30 minutes, or until vegetables are tender. Strain and reserve liquid. Purée vegetables with a little of the liquid. Mix flour and butter into the purée. Pour back into saucepan with remaining liquid and stir over moderate heat for 1 to 2 minutes, or until soup thickens. (If you prefer a thicker soup, reduce by boiling, uncovered, for 20 to 30 minutes then continue with recipe.) Add cream, check flavour and adjust seasoning if necessary. Ladle soup into warm bowls and garnish, if you wish, with swirls of cream and a sprinkling of chopped fresh herbs. Serves 8

Pumpkin soup with sour cream and bacon

Preparation time: 15 min

Cooking time: 40 min

Ingredients

55 g butter
2 medium onions, sliced
900 g peeled pumpkin pieces
4 rashers streaky bacon, chopped
5 ml chopped fresh thyme
5 ml brown sugar
600 ml milk
600 ml chicken or vegetable stock
60 ml sour cream
crusty bread, to serve

Method:

Melt the butter in a large saucepan. Add the onions and fry gently for five minutes. Stir in the pumpkin, bacon, thyme and brown sugar and cook for a few minutes more. Add the milk and stock, then cover and leave to simmer for 30 minutes. Purée half of the soup, then pour back into the remaining soup to thicken the mixture. Top each serving with 15 ml sour cream and serve with crusty bread. Serves: 4 Preparation time: 15 minutes Cooking time: 40 minutes Serves 4

Quick butternut soup

Preparation time: 15

Cooking time: 20

Ingredients

40 ml butter
1 onion, chopped
pinch of ground cumin
500 g butternut, peeled and cubed
300 ml chicken stock
15-20 ml lemon juice
125 ml cream

Method:

Heat the butter in a saucepan.
Add the onion and sauté for 30 seconds.
Add the butternut and chicken stock and bring to the boil.
Reduce the heat, cover and simmer for 15 to 20 minutes until the butternut is soft.
Remove from the heat and add the lemon juice and cream.
Pour into a food processor and blend until smooth.

Season to taste with salt and freshly ground black pepper.
Serve with crusty bread. Serves 4

Quick tuna and asparagus soup

Ingredients

410 g asparagus pieces
340 g shredded tuna in brine
65 ml butter
1 small onion, chopped
2 cloves garlic, crushed
65 ml cake flour
500 ml hot chicken or vegetable stock
500 ml hot milk
30 ml chopped fresh parsley
salt and lemon pepper

Method:

Drain the asparagus and tuna, reserving the liquid. Puree tuna and asparagus and pour the liquid over the mixture. Melt the butter in a large pot and sauté the onion and garlic until soft and aromatic. Stir in the flour and cook for 1 minute. Remove from the stove and beat in the hot stock and milk. Beat until smooth and return to stove. Heat to boiling point, then add the rest of the ingredients, including the asparagus-tuna mixture. Simmer slowly for 2 minutes and ladle into warmed bowls. Makes 1,5 litres soup.

Real tomato soup

Ingredients

50 g Butter
2 tbsp Olive Oil
4 Onions (finely chopped)
2 Carrots (finely sliced)
5 Garlic Cloves (finely chopped)
4 Whole Tomatoes (tinned)
5 tbsp Tomato Puré e
2 tsp Brown Sugar
2 tsp Sea Salt Flakes
1 tsp Freshly Ground Black Pepper
1.40 litres Homemade Chicken Stock

Method:

1. Heat the butter and oil in a large pot over medium heat and sauté the onion, celery, carrot and garlic until soft.
2. Add the tomatoes, tomato purée, sugar, salt and pepper, and cook off the tomatoes until they have melted down and reduced.
3. Add the stock, bring to the boil and simmer for 15 minutes. Add the basil leaves right at the end and process until smooth with a hand-held blender or in batches in a food processor.
4. Stir through the balsamic vinegar and season again to taste (add a splash of Worcestershire sauce if you like). Add the cherry tomatoes and serve warm, garnished with some baby basil leaves. Serves 8

Roasted butternut soup

Ingredients

1 kg butternut

30 ml olive oil
1 onion
10 ml ground cumin
1 carrot
1 celery stick
1 l vegetable stock

Method:

Pre-heat oven to 180 degrees celcius. Put butternut on a greased baking tray and lightly brush with half olive oil. Bake for twenty minutes, or until softened and slightly browned around edges.
Heat remaining oil in a large saucepan.
Cook onion and cumin for two minutes, then add carrots and celery and cook for a further three minutes, stirring frequently.
Add roasted butternut and stock. Bring to the boil, reduce heat and simmer for twenty minutes.
Allow to cool a little before puréeing in a blender or food processor.
Return soup to pan and gently reheat, without boiling.
Season to taste with salt and black pepper.
Top with cream, and sprinkle with parsley and black pepper.
Serve with rolls or bread. Serves 6

Spicy pumpkin soup

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

500 g pumpkin, diced
1 large onion, finely chopped
4 garlic cloves, crushed
15 ml oil
5 ml ground cumin
5 ml ground coriander
7 ml (or more to taste) mild curry powder
15 ml fresh coriander
1.10 litres hot chicken stock
50 ml cream
salt and freshly ground black pepper

TO GARNISH

60 ml sour cream
fresh coriander
roasted pumpkin seeds

Method:

Fry the pumpkin, onion and garlic in the oil for 10 minutes.
Add the cumin, coriander, curry powder and fresh coriander and fry for another minute.
Add the hot stock, bring to the boil and simmer for 12 minutes.
Process until smooth, stir in the cream and season to taste with salt and black pepper.
Spoon into heated bowls and garnish with a scoop of sour cream and pumpkin seeds.
Makes 1.2 litres of soup.