

Sweet Potato Soup

Thick and hearty



10 servings



INGREDIENTS

10 ml (2 tsp) olive oil
1 onion, chopped
3 medium carrots, peeled and roughly chopped
5 ml (1 tsp) paprika
5 ml (1 tsp) cumin
5 ml (1 tsp) crushed garlic
5 ml (1 tsp) crushed ginger
2.5 ml ($\frac{1}{2}$ tsp) turmeric
125 ml ($\frac{1}{2}$ cup) masala wine
800 g sweet potatoes, peeled and cut into 2 cm cubes
30 ml (2 tbsp) peanut butter
1 litre (4 cups) vegetable stock
salt and pepper
fresh coriander, chopped to serve
toasted sourdough to serve (optional)

DIRECTIONS

1. Heat the olive oil in a large pot over a medium heat. Add the onion and carrots and sauté for a few minutes.
2. Add the paprika, cumin, garlic, ginger and turmeric. Sauté for 1 minute. Stir in the masala wine.
3. Add the sweet potato and the peanut butter. Stir well to coat the potato in the spices. Leave to cook for 3-4 minutes, stirring regularly.
4. Add the vegetable stock. Season. Stir well and bring to the boil. Reduce the heat and allow to simmer for 20 minutes, or until the potatoes are cooked through.
5. Take the pot off the heat and allow the soup to cool. Blitz in a food processor until smooth. Check the seasoning.
6. Reheat at serving time and sprinkle with coriander. Serve with the sourdough.

French Onion Soup

With Gruyère toasts



6-8 servings



INGREDIENTS

50 g butter
800 g brown onions, thinly sliced
2 garlic cloves, finely chopped
45 g flour
2 litres (8 cups) chicken stock
250 ml (1 cup) white wine
1 bay leaf
2 thyme sprigs
12 slices baguette
100 g gruyère cheese, finely grated

DIRECTIONS

1. Melt the butter in a large pot. Add the onion. Cook over a low heat for 30-40 minutes or until the onion is golden and caramelised, stirring only occasionally.
2. Add the chopped garlic and flour and stir for 2 minutes on the heat. Gradually add the chicken stock and white wine. Add the bay leaf and thyme sprigs and bring the soup to the boil. Lower the heat and leave to simmer for 30 minutes. Check the seasoning.
3. Remove the bay leaf and thyme sprigs and pop the grill on. Ladle the soup into bowls and top each bowl with two slices of baguette. Sprinkle the Gruyère over the baguette slices. Pop the bowls under the hot grill until the cheese melts and starts turning golden. Serve immediately.

Roasted Carrot & Butternut Soup

With homemade rolls

 5 servings



INGREDIENTS

Carrot soup:

500 g butternut cubes (bite-sized)
500 g carrots, scrubbed and sliced thickly
3 cloves of garlic, peeled
10 ml (2 tsp) olive oil
salt and freshly ground black pepper
15 ml (1 tbsp) butter
1 brown onion, diced
4 celery fingers, sliced
5 ml (1 tsp) ground cumin
5 ml (1 tsp) ginger paste
750 ml (3 cups) vegetable stock
180 ml (¾ cup) cream
extra cream and freshly ground black pepper,
to garnish

Easy bread rolls:

250 g plain flour
10 ml (2 tsp) baking powder
1.25 ml (¼ tsp) salt
250 ml (1 cup) plain yoghurt
extra flour, for dusting
15 ml (1 tbsp) butter, melted

DIRECTIONS

1. Preheat the oven to 190°C and line a large baking tray. Arrange the butternut, carrot and garlic on the tray. Drizzle with the olive oil and season well with salt and pepper. Roast for 40 minutes.
2. Melt the butter in a large pot. Add the onion and celery and cook for a few minutes to soften. Add the ground cumin and ginger paste and cook for another minute.
3. Add the roasted carrots, butternut and garlic into the pot. Pour in the vegetable stock and simmer gently for 15 minutes.
4. Stir in the cream and process the soup with a stick blender or in batches in a food processor until smooth. Check the seasoning and adjust if necessary. Serve with freshly baked rolls.
5. To make the rolls preheat the oven to 180°C and grease a small baking tray or dish. Stir the flour, baking powder and salt together in a bowl. Add the yoghurt and stir until just combined and you have a soft, slightly sticky dough.
6. Dust your hands with flour and roll the dough into six balls. Arrange these on the greased baking tray and brush with melted butter. Bake for 30 minutes and serve fresh.

Roasted Tomato Soup

With red pepper & basil



6-8 servings



INGREDIENTS

- 16 large tomatoes
- 4 red peppers
- olive oil for drizzling
- 45 ml (3 tbsp) dried mixed herbs
- salt and pepper
- 20 g fresh basil
- 1 x 400 g tin cannellini beans, drained
- 60 ml (4 tbsp) tomato purée
- 1.2 litres vegetable stock (or water)
- 30 ml (2 tbsp) tamari or soy sauce

DIRECTIONS

1. Preheat your oven to 190°C and lightly grease two baking trays.
2. Quarter the tomatoes and cut the red peppers into thick strips (discard the seeds).
3. Arrange the tomatoes and peppers on the trays. Drizzle with olive oil, sprinkle the mixed herbs on top and season with salt and pepper. Bake for 30 minutes.
4. Allow the tomatoes and peppers to cool slightly. Place in a blender with the basil, beans, tomato purée, veggie stock and tamari. Blend until smooth.
5. Transfer the soup to a pot and heat. Check the seasoning, then serve with toasted bread.

Spicy Chickpea & Bulgar Soup

With creamed feta



4-6 servings



INGREDIENTS

Chickpea soup:

- 30 ml (2 tbsp) olive oil
- 180 g diced onion (about 1 large onion)
- 4 garlic cloves, crushed
- 250 g peeled and diced carrot
- 250 g diced celery
- 30 ml (2 tbsp) harissa paste
- 5 ml (1 tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 7.5 ml (1½ tsp) caraway seeds
- 500 g cooked or tinned chickpeas (2 tins, drained)
- salt and pepper

1.2 litres vegetable stock

100 g bulgar wheat

Creamed feta paste:

- 100 g feta, cut into chunks
- 60 g crème fraîche
- 15 g fresh coriander, roughly chopped
- 15 g mint leaves
- pinch of salt

DIRECTIONS

1. Place the olive oil in a large pot over a medium heat. Add the onion and sauté for 5 minutes, stirring occasionally.
2. Add the garlic, carrot and celery. Cook for a further 8 minutes.
3. Add the harissa, cumin, coriander and caraway seeds. Cook for 2 minutes, stirring well to combine. Add the chickpeas and stir gently so that you don't squash them. Add one teaspoon of salt and some pepper.
4. Add the stock, stir and bring to the boil. Reduce the heat and allow to simmer gently for 10 minutes.
5. While the soup is simmering prepare the bulgar wheat. Rinse the bulgar and place in a small saucepan. Cover generously with cold water and bring to the boil. As soon as bubbles appear take the saucepan off the heat. Drain the bulgar and refresh under cold water. Drain again, then set aside.
6. To make the feta paste place the feta, crème fraîche, coriander, mint and salt in a food processor. Blitz for a few minutes until well combined and creamy. Set aside in the fridge until serving time.
7. Add the cooked bulgar to the soup. Check the seasoning, then bring a simmer. Dish into bowls and add a dollop of feta paste to each bowl just before serving.