

Soups

- Beef and Barley Soup
- Cabbage Soup (Λαχανόσουπα)
- Carrot and Parsnip Soup
- Chicken and Sweetcorn Soup
- French Onion Soup
- Meatball Soup
- Mixed Vegetable Soup
- Pea Soup
- Pumpkin Soup
- Spinach and Rice Soup
- Shorbet Adas (Lebanese-Style Lentil Soup)

Beef and Barley Soup

Ingredients

- 500g / 1lb minced beef
- 4 carrots
- 2 leeks
- 2 tsp minced garlic
- 1.5L / 6 cups beef stock
- 1/2 cup barley
- 1 tbsp Worcestershire sauce
- 1 tsp pepper
- 1/2 tsp nutmeg

Method

1. Sauté beef, garlic, and thinly-sliced leeks in a saucepan.
2. Add diced carrots, beef stock, Worcestershire sauce, and spices.
3. Bring in to the boil and then simmer or transfer to crock pot.
4. Add barley 2 hours (crock pot) or 30 minutes (saucepan) before serving.

Cabbage Soup

(Λαχανόσουπα)



Ingredients

- 1/2 head of cabbage
- 4 carrots
- 2-4 potatoes
- 2 onions
- 1 zucchini
- 4 tbsp minced garlic
- 6-8 stalks dill
- 2 tbsp dried thyme
- 1 tsp salt

- 1 tsp pepper
- 3 tbsp lemon juice

Method

1. Sauté onions and garlic until translucent, then add salt, pepper, dill, and thyme.
2. Dice carrots and zucchini and add to pot, stirring well.
3. Finely chop cabbage and add to pot, with a little more olive oil if needed, and cook until it begins to wilt.
4. Peel and dice potatoes and add along with 1.5-2L (6-8 cups) water.
5. Bring to boil and simmer for 20 minutes until all vegetables are tender.
6. Remove from heat and stir in lemon juice.

Notes

Makes 6 serves.

Carrot and Parsnip Soup

Ingredients

- 3 large carrots
- 3 large parsnips
- 2 onions
- 1 cup fresh parsley
- 2 tsp minced garlic
- 1.5L / 6 cups vegetable stock

Method

1. Finely chop onion and sauté in soup saucepan with garlic until soft and translucent.
2. Roughly chop carrots and parsnips and add to pan along with parsley and stock.
3. Bring to the boil and then simmer until soft.
4. Blend until smooth.

Chicken and Sweetcorn Soup



Ingredients

- 1L / 4 cups chicken stock
- 1-2 cups leftover chicken, shredded
- 1 can sweetcorn kernels
- 2 tsp minced ginger
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 egg whites
- 1 tbsp starch

Method

1. Mix stock, soy sauce, and ginger; bring to the boil and then thicken with starch oobleck.
2. Add chicken and corn.
3. Whisk egg whites and pour slowly into the soup, stirring consistently.

4. Simmer until the egg white forms ribbons.
5. Add sesame oil, salt, and pepper to taste.

French Onion Soup

Ingredients

- 2-4 large onions
- 1 tsp sugar
- 1/2 tsp salt
- 1 tsp minced garlic
- 750mL / 3 cups vegetable or beef stock
- 1/2 cup white wine or mead
- bread and cheese

Method

1. Peel and thinly slice onions, then sauté until beginning to brown.
2. Add sugar and salt, and cook on low heat until caramelised.
3. Add garlic and wine, and scrape pot to deglaze.
4. Add stock and simmer for 30 minutes or until ready to serve.
5. Serve topped with cheesy toast.

Notes

Beware stomach ache! Digesting large quantities of onions may cause gas.

Meatball Soup

Ingredients

For the Meatballs

- 500g / 1lb minced beef
- 1 egg
- 1/2 cup breadcrumbs
- 1 tbsp parsley
- pinch of pepper

For the Soup

- 1.5L / 6 cups beef stock
- 1 can stewed tomatoes
- 2 carrots
- 1 cup green beans
- 1 tsp oregano
- 1/4 cup mini shell pasta

Method

1. Combine egg, breadcrumbs, parsley and pepper, and then mix in the beef.
2. Shape into small meatballs and fry until outside is firm.
3. Drain meatballs and then add all ingredients to the saucepan except for the pasta.
4. Bring to the boil and simmer for 10 minutes.
5. Add the pasta and serve once it is soft.

Mixed Vegetable Soup

Ingredients

- 1.5L / 6 cups vegetable stock (or onion soup base)
- 2-3 cups diced root vegetables, such as
 - 2 carrots
 - 1 turnip
 - 1 parsnip
 - 1 swede
 - 1/2 sweet potato
 - 1/2 celeriac
 - 1/4 butternut pumpkin
- 1 cup other vegetables, such as
 - 1-2 zucchinis
 - handful of green beans, finely chopped
 - corn kernels
 - peas
- 1 cup barley or wheat

Method

1. Bring stock and finely diced root vegetables to the boil.
2. Add the other vegetables and simmer until the root vegetables are soft.
3. Add barley, and then serve when the barley is soft.

Pea Soup

Ingredients

- 1 cup green split peas
- 1 carrot
- 1 onion
- 1 cup frozen peas
- 3 tsp minced garlic
- 2 tsp dried marjoram
- 1.5L / 6 cups vegetable stock

Method

1. Soak split peas overnight.
2. Put drained split peas, roughly-chopped carrot and onion, garlic, marjoram, and vegetable stock into a saugepan.
3. Bring to the boil and then simmer (covered) for 1.5 hours.
4. Blend until smooth, then add frozen peas.

Pumpkin Soup

Ingredients

- 1 large butternut pumpkin
- 1 large onion
- 5 tsp minced garlic
- 1L / 4 cups vegetable stock
- 1 can coconut milk
- 2 tbsp maple syrup
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp cloves
- pinch of pepper

Method

1. Peel and chop pumpkin, rub in oil, and bake for 30-40 minutes at 220C / 425F.
2. Roughly chop onion and sauté with garlic and salt until translucent.
3. Add baked pumpkin along with spices, and stir to break up.
4. Add vegetable stock, bring to the boil, and then simmer for 15 minutes.
5. Stir in coconut cream and syrup.
6. Blend until smooth.

Spinach and Rice Soup

Ingredients

- 250g / 10oz fresh spinach
- 3 carrots
- 3 onions
- 1 cup frozen peas
- 1/2 cup white rice
- 500mL / 2 cups vegetable stock
- 2L / 8 cups water
- 1 tbsp vegeta (optional)

Method

1. Sauté finely chopped onions and diced carrots
2. Add rice and sauté until lightly browned.
3. Add water, stock, vegeta, and spinach.
4. Bring to the boil and then simmer until all is soft.
5. Add peas before serving.

Shorbet Adas (Lebanese-Style Lentil Soup)

Ingredients

- 2 cans lentils (or 2 cups soaked overnight)
- 1/2 cup uncooked white rice
- 1 large onion
- 2 carrots
- 2L / 8 cups vegetable stock
- 1/4 cup lemon juice
- 2 tsp minced garlic
- 1.5tsp cumin
- 1 tsp turmeric
- 1 tsp ginger

Lentils

1. Sauté chopped onion, diced carrots, garlic and spices in a soup saucepan.
2. Add drained lentils, rice and vegetable stock, and stir well.
3. Bring to the boil and then simmer for 30 or more minutes.
4. Add lemon juice and blend.
5. Serve topped with pita chips.