



8
FABULOUS
AND EASY
SOUP RECIPES


CHRISTINE
Capendale



Roasted red pepper, tomato and red onion soup

served with basil pesto, crème fraiche and griddled bruchetta



SERVES
4 - 6

Ingredients

- 2 kg organic ripe tomatoes
- 2 red peppers, seeded and cut into quarters
- 2 large red onions, cut into chunks
- Several sprigs of thyme
- 1 large bulb of garlic – cut in half horizontally
- 1 red chilli – sliced vertically or chopped
- 50 ml olive oil – good quality
- Salt and pepper to taste
- 10 ml sugar
- 125 ml cream
- 600 ml chicken stock
- 6 slices ciabatta or sourdough bread, brushed with olive oil on both sides
- Basil pesto for serving OR use black olive tapenade
- Crème fraiche for serving

Method

- Preheat the oven to 190°C. Cut the tomatoes in quarters and lay out on one or two large oiled roasting trays
- Add the red peppers, onions, garlic, chilli, thyme and season with salt, black pepper and the sugar
- Drizzle over a generous amount of extra virgin olive oil
- Roast open in the oven for about 35 minutes. Remove from the oven and let it cool slightly, remove any hard thyme stalks (if any)
- Press the soft garlic cloves out from their skins with a fork (discard the skins) then liquidise the tomato/onion/chilli/garlic in a blender until smooth
- Add the cream and chicken stock
- Taste and season if necessary with salt and pepper. Serve drizzled with a generous dollop of basil pesto OR olive tapenade and crème fraiche.
- Heat a griddle pan on medium heat and toast the bread on both sides until golden brown and lightly charred. Serve with the soup on the side.



Pea, fennel and baby spinach soup

with parmesan garlic bread



SERVES
4 - 6

This unusual soup is quick, delicious and easy to make...

Ingredients

- 40 ml olive oil
- 1 large fennel bulb, chopped
- 4 leeks, thinly sliced
- 2 garlic cloves, crushed
- 1 liter chicken stock
- 1 kg frozen baby peas, defrosted
- 750 ml baby spinach
- Zest of 1 lemon
- Salt and black pepper for seasoning
- Parmesan shavings for serving

Method

- Heat the oil in a saucepan on medium heat and add the fennel, leeks and the garlic. Saute for about 5 minutes until tender.
- Add the stock and bring to a boil. Reduce the heat and simmer for about 5 minutes.
- Add most of the peas (keep some for serving) and the spinach and cook just until the spinach has wilted. Do NOT overcook the soup – it will lose its beautiful bright green colour

- Process with a blender until very smooth. Taste and adjust the seasoning. Add the lemon zest and serve the soup in small bowls, topped with the remaining peas, parmesan shavings and some fennel fronds.
- Serve the parmesan garlic bread as accompaniment to the soup for a delicious and healthy meal.

Pamesan Garlic Bread

- 60 g butter
- 25 g grated parmesan cheese
- 1 garlic clove, crushed
- Black pepper
- 1 small baguette, sliced but keep the base intact
- Pre heat the oven to 200°C.
- Combine the butter, cheese, garlic and the black pepper
- Thickly spread both sides of each slice with the butter mixture. Wrap in foil and bake for about 10 minutes in the oven
- Unwrap and bake for another 5 minutes until crisp and golden brown. Serve hot with the soup.



Goulash soup

served with dollops of soured cream



SERVES
6

This is my favourite meaty winter soup! If this one does not warm you up – nothing will! (Double up on this recipe and keep leftovers in the fridge for a few days – it will last well. You can also freeze leftovers for 1 month). This soup is served at ski resorts all over Europe – we had it for the first time with Austrian friends many years ago in Langebaan. (on a cold, rainy day!) It was thick and chunky – almost like a stew! This recipe is my version.

Ingredients

- 1 kg topside beef, cut in cubes
- 2 onions, chopped
- 2 cloves of garlic, crushed
- 25 ml olive oil
- 1 tin chopped tomatoes (tinned)
- 15 ml paprika
- 5 ml ground cumin
- 1,5 l beef stock
- 1 large red pepper, cut into strips
- 2 potatoes, cubed
- 5 ml freshly squeezed lemon juice
- 1 tin French cut green beans, drained
- Salt and freshly ground black pepper to taste
- 200 ml soured cream – for serving
- Chopped parsley and coriander for serving

Method

- Saute the onions and garlic in the oil
- Add the meat and cook for a few minutes whilst stirring – to brown
- Add the tomatoes, paprika, cumin, beef stock and some salt and pepper
- Cook the soup until the meat is tender, ±2 hours at a very gently heat and stir regularly. Top up with beef stock or water if necessary.
- Add the cubed potato and the red pepper strips to the soup once the meat is tender and almost falling apart.
- Simmer until the potatoes are soft and tender
- Adjust the seasoning – add more salt, pepper and a dash of lemon juice to the soup
- Add the drained beans, heat through and serve with dollops of soured cream and some chopped parsley or coriander



Roasted cauliflower soup

with truffle oil and parmesan



SERVES
4

I had a similar soup at one of my favourite restaurants in Cape Town recently and decided that this is the soup for this week!!! It is a very simple recipe that can be vegetarian (just substitute the chicken stock with vegetable or mushroom stock) OR Vegan! For a Vegan variation I will substitute the chicken stock with vegetable stock, the milk with almond milk, the butter with olive oil and leave out the crème fraiche and parmesan. Drizzle with a generous “glug” of good quality truffle oil and perhaps garnish with some pan fried wild mushrooms for the Vegan option?

Ingredients

- 2 medium sized heads of cauliflower, florets removed
- 30 ml olive oil
- Salt and pepper to taste
- 250 g sliced leeks
- 20 g butter
- 2 cloves of garlic, crushed
- 500 ml milk
- 1 liter chicken stock
- 100 ml crème fraiche
- 20 g finely grated parmesan cheese
- 30 ml good quality truffle oil
- Parmesan shavings for serving
- Truffle oil for serving
- Micro herbs for garnish

Method

- Pre heat the oven to 200°C
- Place the cauliflower florets onto a baking tray, drizzle with half of the olive oil, sprinkle with a bit of salt and pepper and roast in the oven until cooked and lightly charred.
- Saute the leeks in the rest of the olive oil and the butter for about 2 minutes, add the garlic.
- Add most of the cauliflower, the milk and stock to the leeks and simmer for 10 minutes (low heat with lid on)
- Cool the soup
- Add the crème fraiche and blend the soup, it must be very smooth
- Reheat the soup and taste to adjust the seasoning
- Blend the grated parmesan cheese and truffle oil well together in a coffee grinder to make a puree.
- Divide the soup between 4 bowls and spoon over some of the parmesan and truffle puree, a drizzle of truffle oil and some micro herbs just before serving



Cannellini bean and pancetta soup

served with ricotta dumplings



SERVES
4

This is an easy, healthy vegetable soup. The pancetta gives the soup a delicious smoky flavour and the dumplings served with the soup lift this soup to another level! The dumplings are light and cheesy – it takes only a few minutes to make and SO worth the little bit of effort. This soup is a meal on its own.

Ingredients

- 30 ml olive oil
- 15 g butter
- 3 garlic cloves
- 1 large onion, chopped
- 2 large carrots, cut into very thin circles or chopped
- 250 ml thinly sliced celery
- 125 ml diced red pepper
- 100 g pancetta, chopped
- 1 tin Italian tomatoes, chopped finely or liquidized
- 1 liter chicken or vegetable stock
- 5 ml brown sugar or honey
- Salt and black pepper to taste
- 1 tin drained, rinsed cannellini beans
- Zest and juice of ½ lemon
- Chopped parsley

Method

- Heat the olive oil and butter on medium heat, add the garlic and onion and saute for a few minutes. Add the carrots, celery, red pepper and the pancetta and saute for another 5 minutes
- Add the tomato, stock and brown sugar and cook for about 30 minutes until the vegetables are soft.
- Taste and add salt and black pepper to taste
- Add the beans, some chopped parsley and the lemon zest and juice. Bring to a gentle simmer and add the dumplings. Simmer for about 5 minutes and serve immediately with more chopped parsley

Dumpling Recipe on next page...



Ricotta dumplings

(I got this recipe from my friend Theresa - easy and makes this soup really special)



SERVES
4

Ingredients

- 200 g ricotta
- 125 ml finely grated parmesan cheese
- 30 ml chopped chives or parsley
- 1 egg lightly beaten
- 65 g flour
- Zest of 1 lemon
- Salt and black pepper to taste

Method

- Mix together all the ingredients
- Roll into little balls, cover and refrigerate till needed



Lamb and chickpea soup (Harira)



SERVES
8

I got the inspiration for this soup from the FAMOUS MOROCCAN SOUP – HARIRA. If this soup does not warm you up - nothing will! Absolutely delicious and needs to be cooked long and slow!

Ingredients

- 1kg boneless, cubed lamb (I use deboned leg of lamb)
- 45 ml olive oil
- 2 onions, chopped
- 4 cloves garlic, crushed
- 20 ml grated fresh ginger
- 15 ml ground cumin
- 10 m paprika
- 4 bay leaves
- 30 ml tomato paste
- 1,5 liter lamb stock
- 2 tins chickpeas, drained
- 2 tin chopped tomatoes
- 100 ml chopped fresh herbs (coriander, dill and basil)
- salt and pepper to taste
- yoghurt for serving

Method

- Add oil to saucepan and sauté the onions, garlic and ginger
- Add the meat and stir fry for a few minutes
- Add the cumin, paprika, bay leaf to the pan and cook until fragrant
- Add the tomato paste and cook another 2 minutes – stirring constantly and add the stock
- Add the drained chickpeas, chopped tomatoes, half of the coriander and the parsley.
- Simmer for ± 3 hours – until meat is very tender – stir occasionally
- Season to taste and serve with the fresh herbs and yoghurt



Biltong and mushroom soup



SERVES
4

This is a very popular soup and it takes less than 30 minutes to prepare. Make sure you use finely sliced biltong OR shaved biltong. You can also use some biltong powder (available at some supermarkets) but not more than 50% (Thus: 70 g biltong powder and 70 g finely shaved/sliced biltong)

Ingredients

- 60 g butter
- 2 cloves garlic, crushed
- 2 leeks, sliced thinly
- 10 g thinly sliced mushrooms
- 2,5 ml ground black pepper
- 2,5 ml ground coriander
- Pinch nutmeg
- 60 ml flour
- 500 ml organic beef stock
- 250 ml milk
- 125 ml cream
- 150 ml coarsely grated Cheddar cheese
OR 100 ml crumbled blue cheese
- 140 g finely sliced (shaved) biltong
- Salt (to taste)
- 80 ml chopped chives
- Extra biltong slices for garnish

Method

- Mix together the stock, milk and cream and keep aside
- Melt the butter in a heavy-based saucepan
- Add the leeks, garlic and the spices and cook for a few minutes then add the mushrooms. Cook until the leeks and mushrooms start to brown slightly.
- Mix in half of the biltong
- Add the flour and add the liquid (mixture of stock, milk and cream) whilst stirring all the time.
- Heat slowly over medium heat until the mixture begins to simmer and thicken
- Remove from the heat and stir in the cheese and the rest of the biltong. Return to the heat but do not boil – heat until the cheese melt and the soup is piping hot.
- Taste and adjust the seasoning. Add some of the chopped chives.
- Ladle the soup into 4 deep bowls and scatter a few slices of biltong and the rest of the chives on the soup.



Spicy sweet potato soup with Thai red curry chicken strips



SERVES
4

The addition of the chicken strips makes the soup wholesome and perfect for a complete and delicious winter meal

Ingredients

- 600 g peeled and chopped sweet potato
- 1 peeled and chopped large potato
- 1 onion, chopped
- 2 garlic cloves, crushed
- 30ml grated root ginger
- Chopped chilli (to taste)
- 30ml oil
- 500ml chicken stock
- 1 tin coconut milk or coconut cream
- 10ml Thai red curry paste
- 3 deboned chicken breasts – cut into thin strips
- fresh coriander
- salt and pepper to taste

Method

- Sauté the onion, garlic, ginger and chilli in the oil.
- Add the sweet potato and potato as well as the chicken stock. Simmer until the vegetables are tender.
- Add the coconut milk and liquidise. Taste and adjust the seasoning.
- Sauté the chicken in a little bit of oil and add the red curry paste.
- Ladle the soup into 4 bowls and top with the spicy chicken strips. Add some chopped fresh coriander.

