

# **Come and Cook with Ridleys**

## **Soup Recipes**



**Plymouth Guild**  
Providing Support, Advice and Volunteers

# **Contents**

<b>Page 1</b>	<b>What is Recipe Club?</b>
<b>Page 2</b>	<b>Carol's Mushroom Soup</b>
<b>Page 3</b>	<b>David's Leek and Potato Soup</b>
<b>Page 4</b>	<b>Xanthe's Tomato Soup</b>
<b>Page 5</b>	<b>Alison's Gazpacho Tomato Soup</b>
<b>Page 6</b>	<b>Janet's Vegetable Soup</b>
<b>Page 7</b>	<b>John's Chicken Soup</b>
<b>Page 8</b>	<b>Lee's chickpea and Garlic Soup</b>
<b>Page 9</b>	<b>Carrot Soup</b>
<b>Page 10</b>	<b>Spicy Parsnip and Apple Soup</b>
<b>Page 11</b>	<b>Ridleys Vegetable Surprise</b>
<b>Page 12</b>	<b>Garlic Croutons</b>
<b>Page 13</b>	<b>Bread Rolls</b>
<b>Page 14</b>	<b>Cheese Straws</b>
<b>Page 15</b>	<b>Clients Comments Section</b>

# **What is Recipe Club?**

**On a Wednesday a group of people get together at Ridleys to make recipes to go into a recipe book.**

**This group meet for 13 weeks and at the end make a book like this one.**

**All of the recipes have been made and tasted by all of the group. Not every recipe was good enough and they did not make it into our book.**

**The recipe club is an ongoing workshop so that lots of people get a chance to make recipes and create a book.**

**Our next book will be a recipe book of cakes so look out for it!!!!!!**



# **Carol's Mushroom Soup**

## **Ingredients**

**1lb mushrooms**  
**3oz plain flour**  
**3oz butter**  
**2 medium onions**  
**1 clove of garlic**  
**2 pints of chicken stock**  
**4 fluid oz of single cream**  
**Salt and pepper**

## **Method**

- 1. Wash the mushrooms and chop them into small pieces.**
- 2. Chop the onions and garlic into small pieces.**
- 3. Heat the butter in a saucepan and cook the onions and garlic until soft, but not browned.**
- 4. Add the mushrooms and cook on a high heat for 3 minutes, stirring constantly.**
- 5. Sprinkle the flour over the mushroom mix and stir well to combine.**
- 6. Pour in the hot chicken stock and bring to the boil.**
- 7. Simmer for 10 minutes.**
- 8. Blend the soup using a liquidiser or hand held blender.**
- 9. Return the blended soup to the heat and season with salt and pepper. Reheat until boiling, add the cream and serve.**

# **David's Leek & Potato Soup**

## **Ingredients**

- 1 tablespoon of olive oil**
- 1 large onion**
- 2 large leeks**
- 1 clove of garlic**
- 2 pints of vegetable stock**
- 4 medium potatoes**
- ¼ pint of milk**
- Salt and freshly ground black pepper**

## **Method**

- 1. Finely chop the leeks and wash them well in a colander.**
- 2. Finely chop the onion, crush the clove of garlic and peel the potatoes and chop them into small pieces**
- 3. Put the olive oil into a large saucepan and add the Onions, garlic and potatoes. Cook on a low heat for 5 minutes.**
- 4. Add the 2 pints of vegetable stock, bring to the boil and simmer until the potatoes are soft.**
- 5. Using a liquidiser or hand blender blend all the ingredients together until the mixture is smooth.**
- 6. Add the milk and salt and pepper to taste.**
- 7. Reheat the soup before serving with cheese straws (See page 14)**

# **Xanthe's Tomato Soup**

## **Ingredients**

**2 lb of ripe tomatoes      1 medium Onion**  
**1 Stick of Celery          2 tablespoons of Olive Oil**  
**1 Small Carrot              2 tablespoons of tomato puree**  
**2 bay leaves                  1 large pinch of sugar**  
**2 pints of vegetable stock**  
**Salt and freshly ground black pepper**

## **Method**

- 1. Cut each tomato into quarters and slice off any hard cores as these will not soften during cooking.**
- 2. Peel the onion and carrot and chop them into small pieces. Chop the celery the same size.**
- 3. Add the oil to a large saucepan. Add the onion, carrot and celery and mix. Cook the vegetables on a low heat until they are soft.**
- 4. Add the 2 tablespoons of tomato puree and stir it around to turn the vegetables red.**
- 5. Add the chopped tomatoes, sugar, salt and black pepper and bay leaves.**
- 6. Stir to mix everything together and put a lid on the pan. Simmer for 10 minutes.**
- 7. Slowly pour in the stock, stirring at the same time. Heat and cook gently for 15minutes.**
- 8. Take the soup off the heat and take the lid off. Remove the bay leaves.**
- 9. Ladle the mixture into a liquidiser and blend until smooth.**
- 10. Put the soup back on the heat to reheat and add salt and pepper to taste.**

# **Alison's Gazpacho Tomato Soup**

## **Ingredients**

- 3 slices of brown bread cut into small cubes**
- ½ pint of tomato juice**
- 2 garlic cloves, finely chopped**
- ½ cucumber, peeled and finely chopped**
- 1 large onion, finely chopped.**
- 1 green pepper, cored, seeded and finely chopped**
- 1 red pepper, cored, seeded and finely chopped**
- 1 ½ lbs of tomatoes, blanched, skinned, seeded and chopped**
- 6 tablespoons of Olive oil**
- 2 tablespoons of red wine vinegar**
- ¼ teaspoon of dried marjoram**
- Salt and black pepper to taste**

## **Method**

- 1. Soak the bread cubes in the tomato juice for 5 minutes, then reserve the juice and mix the cubes with the garlic, cucumber, peppers, onions and tomatoes.**
- 2. Puree the mixture in a blender, add the remaining ingredients and the reserved tomato juice to the puree and mix well.**
- 3. Chill in the fridge for at least 2 hours and add salt and black pepper to taste.**

# **Janet's easy Vegetable Soup**

## **Ingredients**

- 1 tin of chopped tomatoes**
- 1 clove of garlic**
- 4 carrots chopped into small pieces**
- 2 small onions chopped into small pieces**
- 2 courgettes chopped into small pieces**
- 1 vegetable stock cube**
- 1 pints of water**
- Salt and pepper**

## **Method**

- 1. Place all ingredients into a pan**
- 2. Cover with water and cook for 20 minutes**
- 3. Puree in a blender or liquidiser**

**For chunky soup only blend half of the ingredients**

# **John's Chicken Soup**

## **Ingredients**

- ½ lb of cooked diced chicken breast**
- 25g/1oz Butter**
- 1 medium onion chopped into small pieces**
- 2 celery sticks chopped into small pieces**
- 2 medium carrots chopped into small pieces**
- 1 ½ tablespoons of flour**
- 1 ½ pints of chicken stock**
- 2 sprigs of parsley**
- 2 sprigs of thyme**
- 1 bay leaf**
- 2 tablespoons of thick cream**
- 1 teaspoon of salt**
- Black pepper**
- 1 oz of fresh Chopped Parsley**

## **Method**

- 1. Melt the butter in a large saucepan**
- 2. Add the chopped vegetables and fry for 10 minutes**
- 3. Add the flour and cook for 2 minutes stirring continuously**
- 4. Add the chicken stock and stir until it boils**
- 5. Add the parsley, thyme and bay leaf and simmer for 15 minutes**
- 6. Stir in the chicken and bring to the boil**
- 7. Remove the pan from the heat and add the cream, salt , pepper and whisk well**
- 8. Remove the herbs and bay leaf and add the chopped parsley. Serve as soon as possible.**

# **Lee's chickpea and garlic Soup**

## **Ingredients**

- 2 tablespoons of olive oil**
- 1 onion, chopped in small pieces**
- 2 cloves garlic, crushed**
- 2 tins of chickpeas**
- 2 pints of vegetable stock**
- 1 tin of sweet corn**
- 1 tablespoon of soy sauce**
- Salt and freshly ground black pepper**

## **Method**

- 1. Heat the oil, add the onion and cook gently**
- 2. Add the garlic and cook for a further 5 minutes**
- 3. Drain the water from the chickpeas and add to the pan together with the vegetable stock**
- 4. Bring the mixture to the boil and simmer for 15 minutes**
- 5. Drain the water from the sweet corn and add to the mix**
- 6. Add the soy sauce and salt and pepper to taste**
- 7. Leave to cool slightly and puree in a food processor or blender.**

# Carrot Soup

## Ingredients

**1** tablespoon of sunflower oil  
**1** onion sliced  
**450g/1lb** carrots sliced  
**75g/3oz** split red lentils  
**2** pints of vegetable stock  
**1** tablespoon of ground coriander  
**3** tablespoons of chopped fresh parsley  
**Salt and ground black pepper**

## Method

- 1. Heat the oil and add the onion. Cook until it starts to brown**
- 2. Add the sliced carrots and cook gently. Stir frequently for 4 or 5 minutes until they start to soften**
- 3. Meanwhile put the lentils in a small bowl and cover with cold water pour off any bits that float on the surface, tip the lentils into a sieve and rinse under cold running water.**
- 4. Add the lentils, stock and coriander to the pan and bring the soup to the boil**
- 5. Lower the heat and cover and simmer gently for 30 minutes or until the lentils are cooked and tender. Add the parsley and salt and pepper and cook for 5 minutes. Set the pan aside to cool slightly.**
- 6. Pour the soup into a blender or food processor and process until smooth. You may have to do this half at a time. Rinse the pan and reheat the soup before serving.**

# **Spicy Parsnip and Apple Soup**

## **Ingredients**

**2 tablespoons of olive oil**  
**1 medium onion, chopped finely**  
**1  $\frac{3}{4}$  lb Parsnips peeled and chopped into small pieces**  
**1 apple peeled and chopped into small pieces**  
**2 tablespoons of curry powder**  
**700ml  $\frac{1}{2}$  pints of vegetable stock**

## **Method**

- 1. Heat the oil and add the onion. Cook until it starts to go soft but not brown**
- 2. Add the parsnip, apple and curry powder to the saucepan and cook for 30 seconds**
- 3. Then add the vegetable stock and bring to the boil**
- 4. Simmer for 15 minutes until the parsnips are soft**
- 5. Pour the soup into a blender or food processor and process until smooth**
- 6. Add some water to loosen the soup if necessary**
- 7. Season to taste**

# **Ridleys vegetable surprise**

**The group created this recipe by choosing one ingredient each and mixing them all together. It tastes great!!**

## **Ingredients**

- 1 clove of garlic, crushed**
- 2 leeks, washed and cut into small pieces**
- 4 tomatoes cut into small pieces**
- 4 parsnips, peeled and cut into small pieces**
- 1 head of broccoli, cut into small pieces**
- 3 oz of red lentils**
- ½ Swede, chopped into small pieces**
- 3 tablespoons of olive oil**
- 2 vegetable stock cubes**
- 2 ½ pints of boiling water**
- Salt and pepper**

## **Method**

- 1. Prepare all of the vegetables**
- 2. Add the olive oil to a large saucepan and heat it gently**
- 3. Add all of the vegetables one at a time and cook for 5 minutes. Do not let the vegetables brown**
- 4. Add the red lentils and stir**
- 5. Make up the stock using the cubes and 2 ½ pints of boiling water and add to the vegetables**
- 6. Place a lid on the saucepan and simmer for 20 minutes or until the swede and parsnips are soft**
- 7. Pour the soup into a blender or food processor and process until smooth**
- 8. Add some water to loosen the soup if necessary**
- 9. Season to taste**

# **Garlic Croutons**

## **Ingredients**

**2 thick slices of wholemeal bread**  
**4 tablespoons of olive oil**  
**2 cloves of garlic, crushed**  
**Salt and black pepper**

## **Method**

- 1. Preheat the oven to 200C/400F/Gas mark 6**
- 2. Trim the crusts from the bread and cut into small cubes**
- 3. Put the olive oil and crushed garlic in a bowl and season with salt and black pepper. Mix well**
- 4. Add the bread cubes and gently mix by hand until the croutons are well coated. The croutons must now be cooked immediately**
- 5. Place the garlic croutons on a baking tray and cook for 10 minutes**
- 6. Leave the garlic croutons to cool then place in an airtight container and store in the fridge – They will keep for up to two days**

# Bread Rolls

## Ingredients

**225g Strong plain white bread flour**  
**1 level teaspoon of salt**  
**1 level teaspoon of sugar**  
**15g soft tub margarine**  
**1 sachet (7g) of easy blend dried yeast**  
**150ml of warm water (Not hot!!)**

## Method

- 1. Sieve flour into a mixing bowl, add the salt and sugar**
- 2. Add the margarine and rub into the flour with your fingertips**
- 3. Add the dried yeast and stir into the flour mix**
- 4. Add all of the water to the flour mix and stir together using a wooden spoon**
- 5. Use your hands as the dough gets tough and starts to leave the side of the bowl clean (Add a little more flour if it is too sticky). Put the dough onto a floured surface**
- 6. The dough will feel tight and lumpy and you must 'knead' it to make it smooth and stretchy. Push your hands into the dough, gather it back into a ball and repeat. You will need to do this for about 5 minutes**
- 7. Shape the dough in to rolls and place them on a greased baking tray. Cover the rolls with greased cling film to stop them drying out**
- 8. Put them in a warm place for 30 minutes so that the yeast can make them rise.**
- 9. Put the oven on to 230 degrees centigrade/ Gas mark 8**
- 10. When the rolls have doubled in size remove the cling film and put the rolls in the centre of the oven**
- 11. Bake for 12 – 15 minutes. They should be golden brown and sound hollow when tapped underneath**
- 12. Put the rolls on a wire rack to cool before eating**

# **Cheese Straws**

## **Ingredients**

**8oz self raising flour**

**Pinch of salt**

**4oz cheese, grated**

**3 oz margarine**

**2 eggs**

**1 tablespoon of milk**

## **Method**

- 1. Sieve the flour and salt into a large mixing bowl**
- 2. Rub in the margarine until the mix looks like fine breadcrumbs**
- 3. Add the grated cheese and make a stiff paste by adding the beaten egg and milk**
- 4. Roll out the mix on a floured work surface and cut into any shape you wish**
- 5. Place on a greased baking tray and prick with a fork**
- 6. Brush over them with a little beaten egg or milk and bake in the oven on 180 degrees centigrade/ Gas mark 4 for 15 – 20 minutes or until golden brown**
- 7. Place on a cooling rack to cool before eating**

# **Client's Comments**

**John said, “We made beetroot soup, which nobody liked – My favourite was chicken soup”**

**Carol said, “ I liked the mushroom soup and carrot soup but I did not like the spicy parsnip”**

**Xanthe said, “ We made beetroot soup and I did not like it. I liked the tomato soup most”**

**David said, “The leek and potato soup was very good but it needed a kick of garlic. Everyone in the group enjoyed it!”**

**Janet said, “ After tasting all the soups I think chicken is my favourite”**