

# Seasonal soup chooser

Soup and broths are cost-effective and warming food which can be batch-cooked, frozen and shared with your friends and community.

It can be daunting to know how to use ingredients you're not fond of or that are past their best. This resource will share plenty of ideas, including tips on seasonings and garnishes, so you can cook a variety of soups for your community, school or event.



**Monday 30th October - Friday 24th November**

[fflgettogether.org/cookandshare](https://fflgettogether.org/cookandshare) | [X @SAfoodforlife](https://twitter.com/SAfoodforlife)





# Chooser Chart



## Vegetables

**Bulbs** – red onion, brown onion, leeks, spring onions, shallots, fennel, garlic

**Roots** – carrots, parsnips, celeriac, turnips, swede, beetroot

**Fruits** – tomatoes, peppers, aubergine, courgettes, butternut squash, pumpkin, okra, chilli, sweetcorn

**Flowers** – broccoli, cauliflower, globe artichoke

**Leaves** – spinach, lettuce, cabbage, chard, nettle

**Stems** – celery, asparagus, kohlrabi

**Fungi** – button and flat mushrooms, shitaki mushrooms, oyster mushrooms

**Tubers** – potato, yam, Jerusalem artichoke, sweet potato

**Seeds** – French beans, broad beans, peas, runner beans

**Fats** (for sweating vegetables) Olive oil

**Sunflower oil**

**Rapeseed oil**

**Butter**

## Starchy thickeners

**Pulses** – lentils, cannellini beans, butter beans, chickpeas

**Pasta**

**Rice**

**Potatoes**

**Flour** for roux or cornflour for blended thickening

**Okra**

**Noodles**

**Pearl barley**

## Seasonings

**Vinegar** – balsamic, red wine, cider vinegar

**Tomato purée**, sun-dried tomatoes

**Spices** – ground pepper, nutmeg, coriander, ginger, mace, cumin, cinnamon, turmeric, paprika, cayenne, root ginger, lemongrass, garlic

**Herbs** – basil, mint, thyme, chervil, chives, coriander, rosemary, bay leaf, tarragon, sage, oregano

**Miso paste, harissa paste**

**Citrus** – lemon juice, orange zest, lime juice

**Beef or yeast extract Worcestershire sauce, soy sauce, tabasco**

## Liquids

**Vegetable stock, Chicken stock, Milk, Coconut milk, Water**

**Tomato juice or passata**

## Garnishes

**Single cream, double cream, crème fraîche**

**Yoghurt**

**Croutons**

**Finely chopped vegetables** (brunoise)

**Grated cheese**

**Chopped herbs**

**Crispy onions**

**Flavoured oil** – chilli, nut, herb etc.

**Bacon**





# Basic Soup Methods

Use our Chooser Chart to help develop tasty, seasonal soups

Soups are super flexible! You can use frozen and tinned veggies or wonky veg and gluts from the allotment or school garden. They also freeze well so can be batch-cooked and reheated in the microwave to save money.

For a smooth, puréed soup, choose vegetables that blend well and think about the colour the soup will be when liquidized – best to keep to either a green or orange theme to avoid everything looking brown!

Milk, coconut milk, cream or dairy alternative added at the end will give a creamier texture and flavour.

For a broth-type soup like minestrone, more advanced chopping skills are required to ensure that the vegetables cook evenly and look attractive when served. A mixture of colours looks attractive in this type of soup.

Use seasonings to complement the vegetable ingredients and think about classic combinations that work well together. Some of our favourites are carrot and coriander, tomato and basil, curried parsnip and leek and potato!

Don't forget to check allergens when creating recipes. Look out for celery, stock cubes, dairy and flour.



# How to make it

## Puree soup

- 1 Roughly chop vegetables
- 2 Sweat vegetables in small amount of oil or melted butter until they begin to soften; onion will look translucent when ready. To change things up, you could also roast vegetables in the oven.



- 3 Add liquid to cover vegetables
- 4 Add seasoning
- 5 Simmer until vegetables are tender
- 6 Remove from heat, cool slightly



- 7 Blend soup until smooth using a hand (stick) blender in the pan or in a food processor or liquidizer
- 8 Adjust consistency – thin down with added stock or milk
- 9 Taste and adjust seasoning
- 10 Garnish and serve

## Broth

- 1 Dice vegetables finely and evenly
- 2 Sweat vegetables in small amount of oil or melted butter until they begin to soften; onion will look translucent when ready
- 3 Add liquid to cover vegetables



- 4 Add pasta, rice, pulses etc.
- 5 Add seasoning
- 6 Simmer until everything is tender
- 7 Adjust consistency – thicken with a blended cornflour mix or thin down with extra stock or other liquid
- 8 Taste and adjust seasoning

Frozen or tinned vegetables can be used to save money



- 9 Garnish and serve