

Sunday soup

By Miele

15 minutes

Preparation Time

40 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

Base soup recipe

40 g butter
150 g (1 cup) base vegetables
(eg. onion, leek or celery),
roughly chopped
150 g (1 cup) root vegetables
(eg. potato, parsnip or sweet potato),
roughly chopped
400 g (3 cups) soft vegetables
(eg. zucchini, squash or peas),
roughly chopped
750 ml (3 cups) homemade
or store-bought stock
Salt flakes and pepper, to taste
200 g (2 cups) greens (eg. spinach,
rocket or peas tendrils), roughly
chopped
30 g (¾ cup) soft herbs (eg. dill,
parsley or chives), roughly chopped
2 tbsp (40 ml) cream, sour cream
or crème fraîche

Garlic croutons

2 tbsp (40 ml) olive oil
20 g butter
100 g (2 slices) day old bread,
cut in 1 cm cubes
1 garlic clove, crushed
Salt flakes and pepper, to taste

Herb oil

20 g (½ cup) soft herbs (we used
dill, parsley, mint, basil)
1 tsp capers, rinsed if salted
80 ml (? cup) light olive oil
20 g parmesan, grated
1 lemon, juiced, to taste
Salt flakes and pepper, to taste

METHOD

Base soup recipe

1. Melt the butter in a large saucepan on medium heat, induction setting 6. Cook the base vegetables for 6 minutes, stirring occasionally, until softened. Add the root vegetables and cook for a further 3 minutes.
2. Add the soft vegetables, stir to combine, and cook for another 4 minutes. Add enough stock to cover the vegetables and season with salt and pepper. Reduce the heat to induction setting 5, cover and simmer for 20 minutes, or until the vegetables are tender.
3. Stir in the greens and soft herbs, continue to cook until the greens are wilted.
4. Use a stick blender to blend until smooth. Return the saucepan to the heat on induction setting 5 and adjust the consistency with extra stock if required. Add the cream and adjust the seasoning with salt and pepper.

Garlic croutons

1. Heat the olive oil and butter in a frying pan on medium heat, induction setting 5.
2. Add the bread cubes and cook for 10 minutes, or until the croutons are crisp. Stir through garlic and chilli, if using, and cook for another minute. Season to taste.

Herb oil

1. Finely chop the herbs and capers and combine with other ingredients.

To serve

1. Ladle the soup into warm bowls, drizzle with herb oil and top with croutons.

Hints and tips

- This recipe gives you a guide of how to make a sustainable soup out of whatever needs to be used up in the fridge.
- We made this soup with lots of leek, zucchini, spinach and peas. We garnished the soup with sugar snap peas and pea tendrils.
- Making your own stock is a great way to use food scraps. We freeze scraps (and bones for meat stocks) and, when we have enough, make stock either on the induction cooktop or in the steam oven.
- Soup is delicious served chilled on a hot summer's day.
- While we have made a vegetarian soup, it is also amazing with bacon or other cured meats cooked with the croutons.