

THE LITTLE BOOK OF SOUP

in support of

LENT LUNCH

A chance to gather - with soup and brief reflection
in support of the work of Christian Aid

Four Thursdays 12.30-1.15pm
Beginning 25th February

Either join us on Zoom,
or simply take part at home.

Find out more, and how to join
www.stg-stj.org.uk/lent-lunches



Introduction

We offer here some tasty ideas for soups easily made at home with a few basic ingredients. The book contains four main soup recipes, one for each week of our lent lunches, but also offers a few extra options for very easy 'last-minute' soups. For the more adventurous, there's a cheese scone recipe at the end of the book.

Our thanks go to Mary Bishop who supplied most of the recipes from her 'tried-and tested' soups from previous lent lunches at St George's.

Whether you make soup, or buy it, the idea is to set aside Thursday lunchtime to be deliberately mindful of those who are hungry, to reflect on the widening gap between the rich and the poor across the world, and to engage with the work of Christian Aid.

Information about the work of Christian Aid and suggestions for short prayers and reflection will be offered each week. Join with others on Zoom each Thursday from 25 February at 12.30pm, or follow the same pattern individually at home.

The Zoom link will be emailed separately, or please contact the Benefice Office on 01635 41249 for details.

However you join in, please give generously to the vital work of Christian Aid via:

www.justgiving.com/fundraising/trevor-maines1

Tomato and pepper soup

Ingredients

1 medium onion
1 red pepper
1 clove garlic
1 chilli pepper (I used a jalapeno, you can choose something higher on the Scoville scale if you like more heat, or you can use chilli powder or paste instead.)
25g/1oz butter or vegetarian equivalent
1 dessertspoon plain flour
1 tin chopped tomatoes
½ tin water or stock
1 bay leaf
1 tbsp sugar (I prefer soft brown sugar but any sort would be okay.)

Method

Chop the onion, red pepper, garlic (chopped very finely or crushed) and pepper.

Sweat the vegetables in butter, then stir in flour.

Add chopped tomatoes, water or stock, bay leaf and sugar.

Bring gently to the boil, stirring all the time, and simmer for 5 minutes, stirring now and then.

Allow to cool a little (so any splashes don't scald you).

Remove bay leaf and blitz.

Season to taste with salt and ground black pepper.

Sweat - to fry very gently, stirring often until soft but not browned.

Blitz - to turn into a thick, smooth liquid with a blender or by sieving.

Leek and potato soup

Ingredients

1 medium potato

2 large leeks

25g/1oz butter or vegetarian equivalent

1 dessertspoon plain flour

½ pint chicken or vegetable stock

½ pint milk

Method

Peel and finely chop the potato. Discard the tough dark green leaves from the leeks, halve lengthwise and slice finely across.

Sweat in the butter.

Stir in flour, then add stock and milk.

Bring gently to the boil, stirring all the time, and simmer for 5 minutes, stirring now and then.

Allow to cool a little.

Blitz.

Season to taste.

For a rather un-Lentish soup, bring back to simmer and stir in half a small pack of soft cheese.

Parsnip soup with ginger and coconut

Ingredients

1 medium onion

300g /12oz parsnips

40g/1½oz butter or vegetarian equivalent

2" fresh ginger, peeled

1 dessertspoon plain flour

400ml tin coconut milk

Method

Peel and chop onion and parsnips.

Sweat in butter.

Grate ginger over the pan or chop very finely and add (this is fairly mild, add more ginger if you like it hot. You can substitute ground ginger or even rinsed stem ginger).

Stir in flour, add coconut milk and 1 tin of water.

Bring gently to the boil, stirring all the time and simmer for 5 minutes, stirring now and then.

Allow to cool a little.

Blitz.

Season to taste.

What have I got? soup

Ingredients

1 large onion

450g/1lb mixed root vegetables (I had celery and carrots)

25g/1oz butter or vegetarian equivalent

1 clove garlic , finely chopped

1 dessertspoon plain flour

400ml/15 fl oz vegetable stock (from a cube)

75g/3 oz stilton, crumbled (you can use the rind, it will all melt into the soup)

Method

Peel and chop the onion and root vegetables.

Sweat in butter.

Add garlic.

Stir in flour, then add vegetable stock.

Bring gently to the boil, stirring continually, then simmer for 5 minutes, stirring occasionally.

Allow to cool a little.

Blitz.

Return to heat and add the stilton.

Season with ground black pepper but you probably won't need any salt.

Stilton works best but any cheese would probably taste good.

Alternative soups

Elizabeth's Desperation soup

Mix together 1 tin of mushy peas, ½ a tin of water or stock and curry paste or powder to taste.

Blitz.

Heat and eat.

Tomato and bean soup

Mix together 1 jar passata, 1 tin baked beans and chilli powder or paste to taste.

Blitz.

Heat and eat.

Easy-peas-y Green Soup

1 tbsp any kind of cooking oil or butter-type product

½ onion, chopped

200g/7oz frozen peas

300ml/10fl oz chicken stock or vegetable stock.

50ml/2fl oz milk or cream (optional)

salt and pepper

Heat the oil in a saucepan over a medium heat.

Add the onion and fry for 3–4 minutes, until softened.

Add the frozen peas and stock, and bring to the boil.

Reduce the heat and simmer for ten minutes.

Add the milk or cream if wanted (top up with 5ml water if not).

Use a hand blender to liquidise the soup (or leave chunky!).

Season, to taste and serve.

Cheese scones

Ingredients

170g/6oz self raising flour

½ tsp salt

½ tsp mustard powder

pinch of cayenne pepper

25g/1oz butter or vegetarian equivalent

75g/3oz cheddar cheese

1 large egg

2 tbsp milk

Method

Preheat oven to 200°C.

Sieve together flour, salt, mustard powder and cayenne pepper.

Rub in butter.

Grate cheese and mix in.

Beat egg with milk, add to dry ingredients and mix to a dough, adding a little more milk if you need it.

Roll out ¾" thick and cut into rounds.

Place on baking sheet, greased unless it's non-stick, brush with a little milk and top with ½oz of finely grated cheddar.

Bake for 15 to 20 minutes.

Or place the lump of dough on a greased or non-stick baking sheet, pat into a round ¾" thick, brush with a little milk and top with ½ oz finely grated cheddar. With a knife, mark 6 or 8 wedges.