

SPOONFUL OF SOUP



Sprinkles & Sprouts



Introduction

Hi I'm Claire,

Food loving blogger over at Sprinkles and Sprouts. I believe in home cooking, comforting dinners, simple lunches and large portions!

This book is a collection of my favourite soups. Some are more traditional than others, but all are packed with flavour and perfect for serving up in a deep bowl with plenty of bread.

If you fancy making your own bread to go with your big bowl of soup then I have a bread collection over on my blog, there are plenty of bread recipes on there and even a simple no-knead bread recipe. Pop on over and have a look.

Within this book you will find childhood favourites like cream of tomato, creamy sophisticated soups like my potato and mascarpone, and soups that pack a punch like my Thai meatball soup. There is something for everyone here.

Soup is the perfect comfort food, it is a hug in a bowl, but served in a delicate bowl it is great for "prepare ahead" entertaining, so grab a spoon and enjoy this collection of scrumptious soups.

Claire x

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SERVES 4

1 ONION
1 CELERY STICK
25 G BUTTER
750 ML PASSATA
1/2 TSP RAW SUGAR
500 ML VEGETABLE STOCK
SEA SALT

125 ML CREAM (PLUS EXTRA FOR GARNISH)

Cream of Tomato

Finely chop the onion and celery.

Melt the butter in a large saucepan, add the onions and celery and cook over a low heat until they are soft.

Pour in the passata, sprinkle over the sugar and season with a small amount of salt.

Bring to the boil then reduce the heat and simmer for 20 minutes.

Use a stick blender to blend the soup until smooth.

Return to the pan and add the cream.

Heat the soup, but do not allow it to boil.

Serve immediately with an additional swirl of cream.

If you want to make this in advance then stop at the blending stage, then add the cream and reheat when you are ready to serve.



SERVES 2

2 ONIONS

1 RED CAPSICUM

4 GARLIC CLOVES

1 TBSP OLIVE OIL

2 TSP GROUND CUMIN

1/2 - 1 TSP CHILLI POWDER

500 ML VEGETABLE STOCK

1 TIN OF CHOPPED TOMATO
(400G)

1 TIN BLACK BEANS (400G)

150 G FROZEN CORN

Black Bean & Corn

Finely chop the onion and slice the celery into small half moons.

Melt the butter in a heavy pan.

Add the onion and celery and cook over a medium heat until the vegetable are soft.

Remove a few pieces of celery for garnish later.

Add the vegetable stock and bay leaves to the pan.

Bring to boil then reduce the heat and simmer the soup for 20 minutes.

Remove the bay leaves and use a stick blender (or bench top blender) to create a smooth soup.

Return to the pan, and bring to a simmer.

Add the cream and then crumble in the blue cheese.

Stir gently until the cream has combined and the cheese has melted.

Check the seasoning and serve with a garnish of the reserved celery and a sprinkling of blue cheese.



SERVES 4

- | | |
|---------------------|--------------------------|
| 1 SMALL ONION | 100ML SINGLE CREAM (PLUS |
| KNOB OF BUTTER | EXTRA FOR SERVING) |
| 1 TSP OLIVE OIL | WHITE PEPPER/SALT |
| 600G CAULIFLOWER | 4 RASHERS OF BACON |
| 2 SWEET APPLES | FRESH CHIVES |
| 1 L VEGETABLE STOCK | |

Cauliflower, Apple & Bacon

Pre-heat the oven to 180°C
Chop the onion, then add it to a large pan along with the butter and olive oil.
Place over a low heat and allow it to cook slowly.
Whilst that is cooking, break the cauliflower into florets.
Add the cauliflower to the onions, stir and then pour over the vegetable stock.
Bring to the boil, reduce to a simmer and cook for 20 minutes. Check the cauliflower is very tender.
Lay the bacon onto a lined baking sheet and cook in the oven for 10-15 minutes until crispy. Remove and set aside.
Meanwhile peel and core the apple.
Add it to the soup and cook for a further 5 minutes.
Blend the soup with a stick blender or a bench top blender.
Return it to the pan and pour in the cream.
Check the seasoning.
Serve the soup in deep bowls, crumble over the bacon, sprinkle with some chopped chives and dot with extra cream.



SERVES 4

- 1 ONION
- 1 LARGE BUNCH OF CELERY
- 2 TBSP BUTTER
- 2 BAY LEAVES
- 1 LT VEGETABLE STOCK
- 60ML SINGLE CREAM
- 100G BLUE CHEESE (PLUS EXTRA FOR GARNISH)

Celery & Blue Cheese

Finely chop the onion and slice the celery into small half-moons.
Melt the butter in a heavy pan.
Add the onion and celery and cook over a medium heat until the vegetables are soft.
Remove a few pieces of celery for garnish later.
Add the vegetable stock and bay leaves to the pan.
Bring to boil then reduce the heat and simmer the soup for 20 minutes.
Remove the bay leaves and use a stick blender (or bench top blender) to create a smooth soup.
Return to the pan, and bring to a simmer.
Add the cream and then crumble in the blue cheese.
Stir gently until the cream has combined and the cheese has melted.
Check the seasoning and serve with a garnish of the reserved celery and a sprinkling of blue cheese.



SERVES 4

600G ONIONS, THINLY SLICED
(ABOUT 1 1/2 TO 2 LBS)

2 TSP VEGETABLE OIL

1 TBSP BUTTER

1/4 TSP SUGAR

1/2 TSP SALT

1 1/2 TBSP PLAIN FLOUR

1 LT BEEF STOCK

150ML WHITE WINE

PINCH SAGE

PINCH WHITE PEPPER

2 TSP BRANDY

250G SWISS CHEESE, GRATED

8 SLICES FRENCH BREAD

OLIVE OIL

French Onion

Peel and thinly slice the onions.

Place heavy bottom pan on the hob over a low heat. Add the oil and the butter and allow to melt. Add the sliced onions and stir so they are evenly in the butter.

Cover the pan and cook for 30 minutes.

Remove the lid and add the sugar and salt and then cook over a medium-high heat until the onions are caramelised.

Stir the flour through the onions, then add a small amount of the beef stock. Stir to ensure the flour and butter melt into the stock. Then gradually add the remaining stock.

Pour in the wine, add the sage and the white pepper and simmer the soup for 20 minutes.

Drizzle each side of the bread slices with a bit of olive oil and place on a lined baking tray.

Grill the bread for a couple of minutes on each side until golden and crisp, set aside.

Remove the soup from the heat, discard the bay leaf, pour in the brandy and check your seasoning.

Transfer the soup to deep bowls.

Float two slices of bread in each bowl, sprinkle over the grated cheese and then place the bowls under the grill to melt the cheese.

Serve immediately.



SERVES 4

1 KG MIXED MUSHROOMS

1 SHALLOT

2 TBSP OLIVE OIL

1 TBSP BUTTER

60ML BRANDY

4 SPRIGS OF THYME

1 L VEGETABLE STOCK (OR
CHICKEN IF NOT SERVING

VEGETARIANS)

80ML SINGLE CREAM (PLUS EXTRA
FOR GARNISH)

SALT & PEPPER

FRESH PARSLEY

Mixed Mushroom

Remove the stalks from your mushrooms.

Chop the stalks into small pieces then slice the caps.

Finely chop the shallot (or small onion)

Add the olive oil and butter to a large pan, once the butter is melted add the shallot and mushrooms to the pan.

Reduce the heat slightly and fry gently until everything has softened.

Remove a 12 nice meaty slices of mushrooms to use as garnish, then turn up the heat and then add the brandy.

Allow this to cook for a few minutes.

Sprinkle over the thyme leaves, pour in the stock and bring to a simmer.

Cook for 15-20 minutes until everything is soft.

Use a stick blender to puree the soup.

Return the soup to the pan and pour in the cream.

Bring the soup back to a simmer and then serve with a swirl of cream, a few slices of mushroom and some fresh parsley.



SERVES 4

2 LARGE EGGPLANTS (~300G EACH)

30G SULTANAS

2 TBSP OLIVE OIL

1 ONION, SLICED

2 CLOVE GARLIC

1 1/2 TSP GROUND CUMIN

750ML VEGETABLE STOCK

1 TBSP SESAME SEEDS

2 TBSP NATURAL YOGURT

1 SPRING ONION

Egyptian Eggplant

Pre-heat the oven to 200°C

Pierce the eggplants several times (to ensure they don't burst) and then place them in the middle of the oven. Directly onto the oven shelf is fine.

Place the sultanas in a mug and then cover with boiling water.

Heat the olive oil in a large pan and cook the onion until it starts to turn golden. Stir through the cumin and then add the garlic.

Cook for a further minute stirring constantly.

Remove the eggplants from the oven, place in a large bowl and allow them to cool slightly.

Cut each eggplant open and scoop out all of the flesh. Add this to the onion pan, along with any liquid that has collected in the bottom of the bowl.

Add the vegetable stock and simmer gently for 5 minutes.

Whilst this simmers, get a dry frying pan hot and then fry off the sesame seeds until they are golden.

As soon as you see them change colour remove them from the pan or they will burn.

Chop the spring onion into thin rings

Transfer the soup to a blender (or use a stick blender) to puree the soup until smooth.

Check for seasoning. It should be heavy with garlic and cumin and will probably need more salt.

Serve the soup in bowls. Garnish each portion with some natural yogurt, a sprinkling of sesame seeds and a few spring onion rings.



SERVES 4

3 LARGE POTATOES, PEELED AND THINLY SLICED
2 ONIONS
2 GARLIC CLOVES
1 L VEGETABLE STOCK
200ML OF MASCARPONE CREAM
PINCH OF MUSHROOM SALT (OR CELERY SALT)

Potato & Mascarpone

Peel and thinly slice the potatoes and onions.
Peel and roughly chop the garlic.
Add the onion and garlic to a large pan along with the olive oil.
Sweat the veg for 5 minutes until they are starting to change colour.
Add the potatoes and the vegetable stock.
Cook for 15 minutes until the potatoes are very soft.
Puree the soup in a blender or use a stick blender.
Check the soup for seasoning, then serve in shallow bowls with a dollop of mascarpone and a sprinkle of salt.

SERVES 4

- | | |
|-------------------------------|---------------------------|
| 3 GARLIC CLOVES | PINCH OF GROUND FENUGREEK |
| 1 GREEN CHILLI (OPTIONAL) | 300G RED LENTILS |
| 3 TBSP BUTTER | 1.5 LT VEGETABLE STOCK |
| 2 TSP TURMERIC | SALT AND PEPPER |
| 1 TSP CUMIN | FOR GARNISH |
| 1/2 TSP YELLOW MUSTARD POWDER | 4 TBSP YOGHURT |
| 1/4 TSP GROUND CARDAMOM | 4 TBSP CRISPY ONIONS |
| 1/4 TSP GROUND CORIANDER | FRESH CORIANDER |

Spiced Red Lentil

Finely chop the garlic and chilli (if using).
Add the butter, garlic and chilli (if using) to a large saucepan and allow the butter to melt.
Add all of the spices and stir well.
Tip in the lentils and stir to coat in the spiced butter.
Pour in the stock, bring to a boil, then reduce the heat to a simmer and cook for 30 minutes until the lentils are soft.
Puree the soup with a blender, check the seasoning and serve garnished with yoghurt, crispy onions and fresh coriander.





SERVES 2

2 STEMS LEMONGRASS

2 RED CHILLIES

2 CLOVES GARLIC

2.5CM PIECE FRESH GINGER

500 G PARSNIPS

1 ONION

2 TBSP VEGETABLE OIL

350ML VEGETABLE STOCK

2 TBSP FISH SAUCE

1 TSP LIME JUICE

400ML COCONUT MILK

1 LIME

HANDFUL FRESH CORIANDER

LEAVES

RED CHILLI FOR GARNISH

Thai Spiced Parsnip

Cut the very dry top off the lemongrass and then use a rolling pin to bruise it.

Finely chop the chillies, garlic and ginger.

Peel and dice the onion and the parsnips.

Add the vegetable oil to a large pan and add the veg.

Place over a low heat, add a lid and cook gently for 10 minutes.

Add in the vegetable stock and bring to a boil.

Turn the soup down to a simmer and then cook for 15 minutes.

Remove the lemon grass from the soup.

Add the fish sauce, lime juice and the coconut milk.

Transfer the soup to a blender or use a stick blender to liquidise the soup.

If it is too thick add a small amount more stock

Serve the soup with some fresh coriander and juliennes of red chilli.

SERVES 2 hungry people



SERVES 4

2 STICKS OF CELERY

1 ONION

3 TBSP OLIVE OIL

3 GARLIC CLOVES, CRUSHED

1.5L CHICKEN STOCK

1 TIN OF CHICKPEAS

2 CHICKEN THIGHS

1 TBSP LEMON JUICE

2 TBSP LEMON OIL (OR 2 TBSP

EXTRA VIRGIN OIL AND 1 TSP

LEMON ZEST)

Chicken, Lemon & Chickpea

Chop the celery and onion.

Place a large pan over a medium heat and add the oil.

Fry the celery and onion until they start to soften.

Crush in the garlic and stir well, then pour in the chicken stock.

Drain and rinse the chickpeas and add them to the soup.

Lower in the chicken thighs and cook for 15 minutes, remove them from the soup and then continue to simmer the soup for another 30 minutes.

Place the chicken in a blender, pour over the soup.

Add the lemon juice to the soup and puree everything until smooth.

Return to the pan and check the seasoning.

It will probably need more salt.

Divide the soup into bowls and serve drizzled with lemon oil.



SERVES 2

4 MEDIUM LEEKS

1 TBSP OLIVE OIL

15G BUTTER

A FEW SPRIGS OF THYME

3 GARLIC CLOVES

1 BAY LEAF

1.2 LITRES VEGETABLE STOCK

1 LARGE CHICKEN BREAST

SEA SALT AND FRESHLY GROUND

BLACK PEPPER

FOR THE CHILLI OIL

4 RED CHILLIES

200ML OLIVE OIL

A FEW SPRIGS OF THYME, LEAVES ONLY

1 GARLIC CLOVE.

Chicken & Leek with Chilli Oil

First, make the chilli oil.

Deseed and slice the chillies.

Put them into a small saucepan with the olive oil, thyme leaves.

Give the garlic clove a bash with the side of a knife, remove the skin and then add the whole clove to the oil.

Place the pan over a medium heat and allow the oil to heat up slowly.

Once it is almost at simmering point, reduce the heat and cook for about 20 minutes.

Remove from the heat and cool.

For the soup, trim the leeks, keeping the white and pale green part only.

Half them lengthways and cut into thin slices. Place them in a colander and wash well.

Heat the olive oil and butter in a large saucepan. Add the leeks to the pan, sprinkle over the thyme

and sweat the leeks gently for about 10 minutes until they are soft.

Crush the garlic, add it to the leek, and stir well. Add the bay leaf, pour over the stock and cook for 20 minutes.

Add the whole chicken breast to the soup and poach it gently for 10 minutes.

Remove the chicken and cut into bite sized chunks.

Add the chunks of chicken back to the soup, and bring back to a simmer point.

Check the seasoning and then serve with trickle of chilli oil over the top.



SERVES 4

300 G GRAVY BEEF (SHIN BEEF)	1.2 LT BEEF STOCK
1 KNOB BUTTER	1 BAY LEAF
1 TSP OLIVE OIL	1 SPRIG OF FRESH THYME
2 TSP PLAIN FLOUR	SALT AND PEPPER
2 TSP MARMITE	FRESHLY GROUND BLACK PEPPER
1 TSP WORCESTERSHIRE SAUCE	100 G PEARL BARLEY
40ML DARK ALE	
1 RED ONION	

Beef & Barley

Cut the beef into small chunks.

Melt the butter and olive oil in a large saucepan then add the meat and brown it. Stir in the flour then add the marmite, Worcestershire sauce and dark ale.

Peel and roughly chop the onion, then add it to the beef.

Pour in the stock, add the bay leaf and the thyme.

Bring to the boil and then turn down the heat and simmer for 2 hours.

Add the pearl barley and cook for a further 30 minutes until the barley is tender.

Check the seasoning and serve with plenty of bread.



SERVES 4

2 CHORIZO SAUSAGES

2 SMALL ONIONS

2 RED CHILLIES

2 GARLIC CLOVES

1 TBSP OLIVE OIL

550G FROZEN SWEETCORN

1 TBSP SMOKED PAPRIKA

700ML VEGETABLE STOCK

300ML MILK

FRESH CORIANDER (FOR GARNISH)

Smoky Spicy Sweetcorn & Chorizo

Slice the chorizo into thick chunks.

Place the chorizo in a cold pan. Place over a medium heat and cook gently until plenty of oil has been released and the chorizo is crisp.

If you find no oil is coming out you can add extra.

Remove the chorizo using a slotted spoon, leaving the wonderful oil in the pan.

Finely chop the onion.

Cook the onion over a low heat until they are soft.

Add the garlic, chilli and sweetcorn.

Stir in the smoked paprika and then add the vegetable stock.

Bring to a boil, then reduce the heat to a simmer and cook for 15 minutes.

Remove from the heat and reserve a cup of the soup (get plenty of bits)

Use a stick blender to puree your soup to a thick coarse puree.

Return to the pan with the reserved bits.

Add the milk, fried chorizo and bring back to simmering point.

Serve garnished with some coriander.



SERVES 4

FOR THE MEATBALLS

2 SPRING ONIONS
 3 GARLIC CLOVES
 2 CM PIECE GINGER
 2 RED CHILLIES
 SMALL HANDFUL FRESH
 CORIANDER (STEMS AND LEAVES)
 ZEST OF A LIME (SAVE THE JUICE)

FOR THE BROTH)

1/2 TSP SALT
 400G PORK MINCE
 1 TBSP OLIVE OIL

FOR THE BROTH

3 GARLIC CLOVES
 2 LT CHICKEN STOCK
 1 TSP SOY SAUCE
 1 TSP FISH SAUCE
 350G DRY NOODLES
 2 LARGE HANDFULS OF
 BEANSPROUTS
 8 CHESTNUT MUSHROOMS
 2 RED CHILLIES

LARGE HANDFUL FRESH
 CORIANDER
 LIME JUICE

Thai Meatball

Cut off the root and the very dark end of the spring onions, add them to the food processor along with the garlic. Slice or grate the ginger into the processor. Cut the ends off the chillies and add them too.

Blitz the mix until you have a roughly chopped mixture.

Add the coriander, lime zest and salt. Blitz again until you have a finely chopped mixture.

Add the pork mince and whizz until combined.

Fill a bowl with water and dip your hands in.

Remove about a teaspoon of the mixture and shape into a small ball. Place the ball on a lined baking sheet and repeat. (and repeat.....)

Fry the meatballs in olive oil until they are lightly golden and just cooked through.

Finely chop the garlic and place it into a sauce pan with the chicken stock, soy sauce and fish sauce.

Bring to a boil. Add the noodles cook for 2-3 minutes (or as directed on the packet)

Share the meatballs between 4 bowls, divide the beansprouts between each bowl, then thinly slice the mushrooms and add them to the bowls.

Use tongs to remove the noodles and add them to the bowls.

Pour over the stock and then garnish each bowl with plenty of chopped chilli and fresh coriander.

Spritz each bowl with a little lime juice and serve.

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RECIPES ON MY BLOG.**

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