

20 Vegetable purée soup



Ingredient	4 portions	10 portions
Onions, leek and celery, sliced	100 g	250 g
Other suitable vegetables, sliced	200 g	500 g
Butter or oil	50 g	125 g
Flour	50 g	125 g
White stock or water	1 litre	2.5 litres
Bouquet garni	1	2
Salt, pepper		

Suitable vegetables include Jerusalem artichokes, cauliflower, celery, leeks, onions, parsnips, turnips and fennel.

Energy	Cals	Fat	Sat fat	Carb	Sugar	Protein	Fibre
601 kJ	143 kcal	10.3g	4.4g	11.4g	1.8g	1.9g	1.9g

Using hard margarine.

- 1 Gently cook all the sliced vegetables in the fat under a lid, without colour.
- 2 Mix in the flour and cook slowly for a few minutes without colour. Cool slightly.
- 3 Gradually mix in the hot stock. Stir to the boil.
- 4 Add the bouquet garni and season.
- 5 Simmer for approximately 45 minutes; skim when necessary.
- 6 Remove the bouquet garni; liquidise or pass firmly through a sieve and then through a medium strainer.
- 7 Return to a clean pan, reboil, and correct the seasoning and consistency.

Variation

Add a little spice, sufficient to give a subtle background flavour, e.g. garam masala with parsnip soup.

Just before serving add a little freshly chopped herb(s), e.g. parsley, chervil, tarragon, coriander.

Healthy eating tips

- Use an unsaturated oil (sunflower or vegetable) to lightly oil the pan. Drain off any excess after the frying is complete and skim the fat from the finished dish.
- Season with the minimum amount of salt.
- Try using more vegetables to thicken the soup in place of the flour.



Video: making a purée soup
<http://bit.ly/17qTOU8>