

BUTTERNUT AND COCONUT SOUP

Sauté onion, leek and garlic in a heavy-based pot until soft and transparent. Add butternut, chicken stock and coconut cream. Bring to the boil while stirring and reduce heat. Simmer for about 30 minutes or until reduced by about two-thirds; check that butternut is well cooked and falling apart. Allow to cool and process in a blender; add butter and seasoning. To serve, heat the soup and garnish with croutons.

Serves 6

10 ml cooking oil
1 white onion, finely chopped
2 leeks, finely sliced
1 garlic clove, finely chopped
1 large butternut, peeled and cubed
1 l chicken stock
1 tin (400 ml) coconut cream
150 g butter
salt and pepper to taste
croutons, to garnish

CAULIFLOWER AND ARTICHOKE SOUP

Sauté onion, leek and garlic in a heavy-based pot until soft and transparent. Add cauliflower and artichoke hearts. Cook for a further 5 minutes, taking care not to burn the vegetables. Add stock and simmer for about 1 hour over gentle heat. Allow to cool and place in a blender. Blend until the soup is smooth and season to taste. To serve, heat the soup.

Serves 6

10 ml cooking oil
2 white onions, finely chopped
2 leeks, finely sliced
3 garlic cloves, finely chopped
1,5 kg cauliflower, cut into florets
500 g artichoke hearts
1-1,5 l vegetable stock
salt and pepper to taste

ROAST TOMATO AND RED PEPPER SOUP

Preheat the oven to 160°C. Combine all the vegetables in a roasting tray. Mix oil, vinegar, sugar, salt and pepper and drizzle over the vegetables. Roast for 1 hour.

Place vegetables and stock in a large pot over low heat and simmer for 30 minutes. Allow to cool and process in a blender until smooth. To serve, heat the soup.

Serves 6

1 white onion, finely chopped
1 kg tinned tomatoes
1 kg red sweet peppers
2 leeks, finely sliced
1 garlic clove
30 ml oil
50 ml balsamic vinegar
salt, sugar and pepper to taste
1 l vegetable stock

