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# Liplekker

## Soppe



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## Voorwoord

Alle lof en eer kom die Hemelse Vader oë wat my die talente gegee het.

Hierdie versameling sop resepte is wat die afgelope 4 jaar op ons webtuiste verskyn het. Julle mag die resepte versprei. Daar is slegs een voorwaarde en dit is as julle op enige sosiale media enige van die resepte plaas moet julle as erkenning gee aan [www.liplekker.co.za](http://www.liplekker.co.za).

Die resepte verskyn in die volgorde wat dit geplaas is op die webtuiste.



Om 'n resep te soek funksie van Adobe Acrobat. Tik net in wat jy soek bv Aartappel en al die sop resepte met aartappel in sal vertoon word.

Baie dankie aan ieder en elkeen van julle wat deur die jare resepte ingestuur het, raad gegee het en ondersteun het. Dankie ook aan die persoon wat hierdie dokument so bietjie onderhande gehad het om die foute reg te maak.

## Gerhard se aartappel- en preisop ~ RSG

### Bestanddele en Metode

100g botter  
1 ui – fyngekap  
250g aartappels – in blokkies gesny  
6 preie – fyngekap  
Sout en peper  
500 ml groente-aftreksel  
500 ml volroom melk  
100 ml room

### Metode

Kook alles saam en maak fyn

## Groentesop ~ RSG

### Bestanddele

Sopvleis/-bene  
Halwe pak gort of sopmengsel  
Genoeg water (2 liter)  
Sout en peper na smaak  
Groente in bokkies gesny of gerasper (wortels, aartappels, raap, uie, ens.)  
1 pakkie soppoeier (voorstel was sampioensop, maar beesstert en dik groentesop doen ook die ding)

### Metode

Kook sopvleis in stoempot vir so 20 minute andersins kook op stoof vir so 45 min tot 'n uur.  
Voeg dan meer water by en sit die gort of sopmengsel, sout en peper by – kook vir nog 15 min in stoempot of andersins tot sag op stoof. Gooi groente by en ekstra water om genoeg sop te maak vir aantal etes en kook tot amper sag. Maak soppoeier aan soos op pakkie aangedui en voeg by sop en kook in stoempot vir 'n minuut of twee sonder deksel en op stoof kook vir nog so 15 tot 20 minute. Eet met tuisgebakte brood, vars broodrolletjies (veral bruin broodrolletjies) of roosterbrood

## Marina se gesteelde mossel sop resep ~ RSG

### Bestanddele

1 pakkie hoender roomsop  
1 blikkie mossels  
500 ml melk  
250 ml water

### Metode

Maak hoendersop aan soos op pakkie aangedui, maar gebruik 500 ml melk en 250 ml water.  
Druk mossels fyn en gooi by sop.

## Petro se ongeluk aartappelsop ~ RSG

### Bestanddele

1 pakkie kits kapok aartappel poeier  
1 liter melk  
1 pakkie sampioen soppoeier  
1 medium ui, gerasper  
Knoffel en parmesaan-geursel  
Sout en peper na smaak  
Fyn opgekapte oorskiet hoender, ham of gekerfde biltong  
125ml room

### Metode

Maak kapokaartappels aan met 1 liter kookwater. Sit op stoof en laat dit warm word. Sit stoof op laer hitte en laat prut van hier af. Meng melk en soppoeier en voeg by aartappels. Voeg gerasperde uie by en laat prut. Voeg geurmiddels en hoender/ham/biltong by. Laat prut. Voeg room by vyf minute voor opdiening.

## Sam se vissop ~ RSG

### Bestanddele

- 1 ui
- 2 stok visfilette (vlok dit)
- 1 pakkie uiesop (meng met melk)
- 1 pakkie sampioensop
- 2 blikkies tuna (vlok dit)
- 2 blikkies gerookte mossels

### Metode

Braai ui en gevlokte visfilette. Voeg die res by. Maak die soppoeier aan soos dit op die pakkies staan. Prut vir 20minute. Bedien met 'n warm Italiaanse brood en gerasperde kaas.

## Susan se sjef-gehalte sop en volgraanbrood ~ RSG

### Bestanddele Brood

- 3 koppies volgraanmeel
- 1 koppie hawermout
- 1 pakkie kitssuurdeeg
- Sout
- 500ml karringmelk
- Lou water

### Metode Brood

Maak karringmelk warm. Meng met al die droë bestanddele en voeg lou water by en maak 'n deeg. Sit in broodpan en sit in oond teen 70 grade vir 9 minute om te rys.

### Bestanddele Sop

- Botterskorsies, geskil en in ringe gesny
- 1 ui, in ringe gesny
- 2 hande vol vars basiliekruid
- Olyfolie
- 1 liter vetvrye melk
- Room (opsioneel)
- Sout en peper
- Rissie- en knoffel speserye

### Metode

Strooi olyfolie en een hand vol basiliekruid oor groente en sit in oondvaste bak met deksel wat styf pas. Sit in oond waarin brood is, en verstel hitte tot 220 grade Celsius. Bak vir 1 uur tot 1 uur en 20 minute of totdat botterskorsie sag is. Haal uit oond en sit in pot en voeg ander bestanddele by en kook saam. Dit is 'n heerlike sop!

## MEERMIN se Aartappelsop

### Bestanddele

10 aartappels

1 liter water

40ml botter (jy kan meer ook gebruik)

3 uie, fyn gekap

10ml sout

2ml peper (ek gebruik gewoonlik 'n bietjie meer)

Aromat, na smaak, Sweet Basil, na smaak,

5ml pietersielie (kan dit uitlaat)

375ml room/melk

### Metode

Skil en sny die aartappels in blokkies. Kook in water tot sag. Druk aartappels in water fyn. Braai uie in die botter tot bruin. Voeg dit by die aartappels. voeg die sout, peper, aromat, sweet basil en pietersielie by. Voeg die room by die aartappelmengsel en meng. Laat die sop op kook. Indien te dik, verdun met melk. Sit sop met roosterbrood voor. Heerlik saam my Mieliebrood.

## Tamatie en wors sop.

Dankie vir jou bydrae Jackie

Bestanddele:

500 gram wors. Jy kan enige wors gebruik waarvan jy hou.

2 eetlepels olyf olie

1 teelepel gerookte paprika

2 blikkies rooi lensies, afgespoel

2 blikkies geskilde tamaties

1 sakkie tamatie pasta

1 medium ui, gekap

1-2 huisies knoffel, fyn gekap

Vars basil

sout en peper

Omtrent 2 teelepel suiker.

1 eetlepel rooiwyn asyn

Nog basil of pietersielie vir garnering

creme fraiche of jogurt

Instruksies:

Verwyder die vleis uit die wors derm en maak klein frikkadelletjies. Verhit die olie en braai die frikkadelletjies daarin tot goudbruin. Haal uit en sit eenkant. In dieselfde olie, voeg die paprika by en braai die ui en knoffel. As die uie deurskynend is, voeg die res van die bestanddele by, behalwe die creme fraiche en van die kruie wat vir die versiering gebruik kan word. Sit die frikkadelletjies terug en verwarm sodat die sop die geur van die vleis kan kry. Dien op met vars kruie en creme fraiche.

## Meermin se lui huisvrou bone sop

### Bestanddele

1 pak bone  
2/3 wortels  
2/3 uie  
2/3 aartappels  
1 pak Bacon  
sout  
peper  
aromat  
sweet basil

### Metode

Week die bone oornag in water. Sit dit die volgende oggend in 'n slow cooker, HIGH vir so 2/3 ure. Sit dan op AUTO SWIFT. Na so 3 ure kom die wortels wat in sirkels gesny is, en aartappels (dunnerig gesny) by die sop. Kook vir 'n verdere uur. Braai die bacon en uie tot bruin. Voeg dit by die sop. Geur met geurmiddels. Kook vir 'n verdere uur. Heerlik saam warm tuisgebakte potbrood.

## Easy Noodle Soup

Serves 4 | Preparation Time: 5 min | Cooking Time: 10 min

### Ingredients

1 small onion, chopped  
15 ml butter  
375 ml hot water  
1 x 410 g tin green asparagus cuts  
Croutons (optional)  
1 clove garlic, crushed  
500 ml hot milk  
1 x Knorr Cheese, Ham & Mushroom Pasta & Sauce  
125 ml cream

### Instructions

Fry the onion and garlic in heated butter until transparent stir in the milk, water and Knorr Cheese, Ham & Mushroom Pasta & Sauce add the drained Asparagus and boil for 8–10 min, stirring occasionally. Lastly stir in the cream Serve with croutons

## Hollandse ertjiesop



#### Bestanddele

225g gesplete droë ertjies  
1.5 liter koue water  
500g kasslerib rib gerookte varkblad  
2 groot aartappels, geskil en opgesny  
3 preie, opgesny  
1 ui, opgesny  
1 Hollandse rookwors of 'n pakkie varkworsies  
15ml fyn gekapte vars seldery  
sout en gemaalde swartpeper  
15ml gekapte vars pietersielie  
growwe bruinbrood of pompernikkel  
room (opsioneel)

#### Metode

Week gewaste ertjies oornag in 1.5 liter koue water. Voeg die vleis, aartappels, preie, uie en seldery by die ertjies en water en prut stadig tot die vleis sag is. Roer nou en dan om te voorkom dat die ertjies aanbrand. Voeg die rookwors of varkworsies by en prut nog 15 minute lank. Geur na smaak en voeg die gekapte pietersielie by. Sit die sop voor met growwe bruinbrood of pompernikkel. 'n Bietjie room kan by die sop gevoeg word.

## Stracciatella

#### Bestanddele

900ml sterk hoenderaftreksel  
3 klein eiers  
55g gerasperde parmesaankaas  
30ml fyn semolina / meelblom  
sout en peper

#### Metode

Verhit aftreksel in 'n kastrol tot kookpunt. Klits die eiers met 'n vurk in 'n mengbak, voeg kaas, semolina of meelblom en sout en peper na smaak by. Voeg 30ml van die kokende aftreksel by die eiermengsel, meng goed en gooi dit by die kokende sop; klits deeglik saam. Kook net 1 minuut lank voor opdiening.

## Frikkadelsop

Bestanddele

750g sobbene

2 wortels

2 selderystele

frikkadelle

400g tamaties, geskil

125ml pasta rys

sout en varsgemaalde swartpeper

15ml gekapte vars pietersielie

Metode

Plaas sobbene, geskilde en opgekapte wortels en selderystingels in 'n groot kastrol en bedek met water. Kook, verminder hitte, bedek en laat prut 1 uur lank. Skep deurentyd enige opdrifsels af. Berei intussen frikkadelle en hou eenkant. Verwyder wortels en seldery uit kastrol en plaas eenkant om af te koel. Verwyder sobbene uit kastrol en gooi oorblywende vloeistof deur 'n sif in 'n groot houer. Gooi terug in kastrol, kook 10 minute lank, dreineer en spoel onder koue water af. Voeg pasta saam met frikkadelle by sop en kook nog 10 minute lank. Geur met sout en peper en versier met gekapte pietersielie.

## Kerrie-appelsop

Bestanddele

30ml botter

1 groot uit, in groot stukke gekap

hoenderaftreksel

5ml kerriepoeier

15ml mielieblom

2 eiergele

300ml dik room, effens verhit

2 appels

sap van ½ suurlemoen

sout en gemaalde swartpeper

Metode

Smelt botter in kastrol, voeg ui by en kook totdat die groente sag is, maar nog nie verkleur het nie. Roer die hoenderaftreksel en kerriepoeier daarby in. Maak mielieblom aan met 'n bietjie water en roer in. Meng deeglik en verhit tot kookpunt. Verlaag hitte en prut 30 minute lank. Voeg die eiergele by die verhitte room en roer geleidelik by die warm sop in. Verwyder van die hitte en verplaas die mengsel na 'n voedselverwerker. Skil een appel, ontkern, sny in skywe en voeg by. Vermeng tot romerig en styf. Geur na smaak met suurlemoensap, sout en peper en laat afkoel. Skil tweede appel, ontkern en kap in blokkies. Roer appelblokkies net voor opdiening in die sop in.

## Italiaanse Minestrone

Met die eerste oogopslag kan die hoeveelheid verskillende bestanddele wat hierdie resep voorskryf, mens dalk afskrik. Die voorbereiding daarvan is egter heel maklik. Die resultaat is so lekker en wonderlik geurig dat dit oor en oor die moeite werd is. Die sop kan in 'n lugdigte houder tot 3 dae in die yskas bewaar word voor bediening. Verhit dit stadig en voeg water by indien dit baie dik is. Die geur van die sop ontwikkel indien dit 'n dag of wat in die yskas staan en dit word net al hoe lekkerder. Bedien die sop met "Knoffel Bruchetta" en vars gerasperde parmesaankaas. Dis 'n fees!

#### Bestanddele

250g swoerdlose streepspek (gekap)  
80ml olyfolie  
1 groot wortel (100 mm blokkies gesny)  
1 groot ui (gekap)  
2 selderystingels (in 100 mm-skyfies gesny)  
3 knoffelhuisies (fyngemaak)  
2-3 murgpampoentjies (100 mm dik skyfies gesny)  
200g vars groenbone (150 mm lengtes gesny)  
250g aartappels (blokkies gesny)  
6 x 250ml (250g) vars spinasie (was, dreineer en kap)  
1 blik heel geskilde tamaties (grof gekap) 4 x 250ml kopkool (fyn gesny)  
1 liter hoenderaftreksel (tuisgemaak of 2 blokkies + 1 liter water)  
1 blik boontjies in tamatiesous  
sout en varsgemaalde swartpeper

#### Metode

Braai die streepspek in die olie in 'n groot kastrol totdat dit bros en goudbruin is. Voeg die uie by en braai tot die uie deurskynend is. Voeg die wortels, seldery en knoffel by en roerbraai vir 4 minute. Voeg die murgpampoene, groenbone en aartappels by en roerbraai vir nog 4 minute. Voeg die gesnyde kool en spinasie by en roerbraai tot dit net begin sag word. Voeg die tamaties en die hoenderaftreksel by, bring tot kookpunt en laat prut by lae hitte vir 1 uur. Voeg die boontjies in tamatiesous by en laat vir 5 – 10 minute sonder 'n deksel prut. Geur met sout en swartpeper. Bedien dadelik of laat goed afkoel voordat dit in die yskas geplaas word.

## Vissop

Hierdie geurige sop kan vir 'n gesinsete of 'n onthaal saam met varsgebakte brood bedien word. Indien die mossels te duur sou wees vir 'n gesinsete kan dit weggelaat word en die stokvis vermeerder word na 800g. 250ml gaar aartappel, in blokkies gesny, kan ook bygevoeg word.

#### Bestanddele

500g stokvis (in blokkies gesny)  
1 ui (fyn gekerf)  
2 huisies knoffel (fyngemaak)  
3 eelt. pietersielie (fyngeskap)  
1 blikkie "baby clams" (290g)  
1 blik mossels in skulp (900g)  
1 pakkie sampioensop met 400ml water aangemaak  
125ml wit wyn  
250ml water  
30ml sonneblomolie  
10ml Italiaanse kruiemengsel  
2ml rooipeper  
varsgemaalde swartpeper  
sout na smaak

#### Metode

Soteer uie en knoffel in olie. Voeg stokvis by en roer. Voeg wyn en water by en roer. Kook vir 5 minute. Voeg sampioensop, kruie en pietersielie by en kook 5 minute. Voeg gedreineerde inhoud van die blikkies by en laat opkook. Voeg sout en swartpeper na smaak by en bedien warm.

## Aartappelroomsop

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Bestanddele

42g botter  
450g middelslagaartappels, geskil en in dun skywe gesny  
1 groot ui, in dun skywe gesny  
1 lourierblaar  
560ml melk  
280ml water  
sout en peper  
1 – 2 eiergele  
15ml room

Metode

Smelt botter in kastrol, voeg groente by, maak dig toe met botterpapier en deksel en smoor 5 – 6 minute lank stadig sonder dat groente verkleur. Voeg lourierblaar, melk, water en geurmiddels by. Verhit tot kookpunt, sit deksel op en laat 20 – 25 minute lank prut tot groente heeltemal sag is. Verwyder lourierblaar en vryf sop deur draad sif of verwerk in voedselverwerker. Gooi verwerkte sop terug in kastrol, verhit en geur na smaak. Roer eiergele en room saam in mengbak, voeg 2 – 3 eetlepels warm sop by mengsel en gooi eiermengsel stadig terug by sop terwyl aanhoudend geklop word. Verhit stadig tot warm, maar nie kookpunt nie. Belangrik: Eiers word onder kookpunt gaar, dus sal die liason skif indien die sop gekook word.



## Italiaanse mossel sop

Bestanddele  
60ml slaaiolie

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1 middelslag ui, fyn gekap  
1 knoffelhuisie, fyn gekap  
1 blikkie (400g) tamaties  
sout en peper  
700ml aftreksel of water  
90ml witwyn  
1 bouquet garnie bestaande uit 2 selderystele, 'n takkie tiemie en 'n reep suurlemoenskil  
1 blikkie mossels  
60ml vars broodkrummels  
15ml fyn gekapte vars pietersielie

#### Metode

Verhit die olie en smoor die ui en knoffel daarin tot goudbruin. Voeg tamaties by en druk stukkend met 'n houtlepel; geur liggies, gooi aftreksel of water, asook witwyn en bouquet garnie by en verhit tot kookpunt. Laat 15 – 20 minute lank prut tot dik en moes agtig. Verwyder bouquet garnie. Voeg die vloeistof van die blokkie mossels en die broodkrummels by en laat 5 minute lank prut. Voeg mossels by sop. Laat weer 5 minute lank prut. Voeg pietersielie by en sit voor.

## Nog 'n Aartappelroomsop

#### Bestanddele

2 repies ontbyt spek  
1 ui  
750ml gekookte aartappelblokkies  
500ml kookwater  
1 liter kookmelk  
250ml groenmielies  
Sout en peper na smaak

#### Metode

Soteer die ui en aartappels in die kastrol waarin spek gebraai is. Voeg die spek, kookwater, kookmelk en mielies by. Indien vars mielies gebruik word, moet dit eers vir 20 min. gekook word. Geur met sout en laat kook.

## Tamatieroomsop

#### Bestanddele

6 tamaties, geskil  
1 klein ui  
5ml suiker  
2,5ml sout

#### Metode

Kook al die bestanddele saam tot sag. Versap tot pulp. Meng met die witsous. Lewer 750ml sop. Dit is belangrik om daarop te let dat wanneer die witsous en tamatiemoes gemeng is, dit nie weer gekook moet word nie. Dit sal die sop laat skif. Bring dus die witsous en moes apart tot kookpunt en meng net voor opdien.

Hier is die witsous resep:

Bestanddele en Metode

Dit is 'n heerlike en baie voedsame sop.

Die basis is 'n witsous wat van die volgende bestanddele berei word.

50ml margarien  
50ml koekmeelblom  
500ml melk  
5ml sout  
Knippie peper

## Aspersieroomsop



**Bestanddele**

1 blik aspersiestukkies  
45ml gerasperde kaas

**Metode**

Hou die aspersiepuntjies heel en plaas die res van die aspersies in 'n versapper en maak goed fyn. Voeg nou die aspersiemoes en puntjies by die witsous en laat opkook. Strooi die kaas oor net voor opdien.

**Hier is die witsous reseps**

**Bestanddele en Metode**

Dit is 'n heerlike en baie voedsame sop.

Die basis is 'n witsous wat van die volgende bestanddele berei word.

50ml margarien  
50ml koekmeelblom  
500ml melk  
5ml sout  
Knippie peper

## Mielieroomsop

**Bestanddele**

500ml ingemaakte mielies of blikkies

**Metode**

Voeg mielies, heel of fyn gemaak, by die witsous.

**Hier is die witsous reseps**

**Bestanddele en Metode**

Dit is 'n heerlike en baie voedsame sop.

Die basis is 'n witsous wat van die volgende bestanddele berei word.

50ml margarien  
50ml koekmeelblom  
500ml melk  
5ml sout  
Knippie peper

## Lensiesop

#### Bestanddele

2 x 500g pakke lensies ( 1 rooi, 1 groen)  
1 bossie wortels, gerasper  
1 bossie seldery, gerasper  
4-6 uie, gerasper  
1 pak ontbyt spek, gebraai

#### Metode

Meng alles, behalwe die spek, in 'n kastrol en bedek met water. Kook tot sag. Voeg spek by.  
Geur met Aromat, sout en peper.

## Groentesop

#### Bestanddele

250ml fyn gesnyde spekvleis  
Groot sopbeen  
Gerasperde wortels, aartappels en uie  
100ml drie in een sopmengsel

#### Metode

Kook die sopbeen in genoeg water vir 2 ure. Voeg die wortels, aartappels, uie en sopmengsel by. Kook vir nog 2 ure. Verwyder die bene en versap.

## Alles-in-een-sop

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Bestanddele

¾ pakkie (375g) gesplete ertjies  
water  
4 groot geelwortels, geskil en grof gerasper  
2 tamaties, geskil en gekap  
3 uie, gekap  
150g broccoli, in klein stukkies  
37,5ml worcestersous  
37,5ml tamatiesous  
10ml suiker  
10ml selderysout  
5ml knoffelvlokkies  
sout en peper na smaak  
125g ontbyt spek, gesnipper en gebraai  
2 hande vol pasta

Metode

Spoel die ertjies deeglik af en plaas in 'n drukpot. Maak die pot twee derdes vol water en drukkook vir 15 minute. Voeg die res van die bestanddele behalwe die pasta en ontbyt spek by. Drukkook nog 20 minute. Voeg nog water by indien die sop te dik is. Laat 'n uur sonder die drukmeter prut. Voeg die pasta en ontbytspek by en prut tot die pasta sag is.

## Ertjiesop

#### Bestanddele

375g gesplete ertjies  
2 liter koue water  
1 ui, gerasper  
1 geelwortel, geskil en fyn gerasper  
1 beesvleisaftrekselblokkie  
250ml kookwater  
3ml gemengde speserye  
5ml paprika  
5ml selderysout  
2ml swartpeper  
Sout na smaak  
500ml gesnipperde gaar varkwors

#### Metode

Spoel die ertjies goed af in koue water. Plaas die ertjies in 'n drukpot met die 2 liter kouewater. Voeg die gerasperde ui, geelwortel en aftrekselblokkie by. Sit die deksel op en drukkook 25 minute. Voeg die res van die bestanddele, behalwe die varkwors by en sit die deksel terug, maar verwyder die drukmeter. Kook nog 30 minute. Voeg die varkwors by en kook nog 15 minute.

### Kerrie-botterskorsiesop

#### Bestanddele

1,5kg botterskorsie, geskil en in blokkies gesny      1 middelslag ui, gekap  
5ml matige kerriepoeier  
5ml knoffelvlokkies  
5ml gemengde kruie  
Swartpeper na smaak  
250ml suiwer lemoensap  
500ml hoenderaftreksel  
Room of suurroom en droë pietersielie (opsioneel)

#### Metode

Kook die botterskorsie en ui tot sag in 'n bietjie water. Voeg die kerriepoeier, knoffelvlokkies, gemengde kruie en swartpeper by en roer goed. Meng die helfte van die lemoensap en hoenderaftreksel met die helfte van die botterskorsiemengsel. Meng met 'n menger of klitser tot glad en doen dieselfde met die orige helfte. Die sop kan na smaak met lemoensap of met hoenderaftreksel verdun word. Sit warm voor. Indien verkies, kan 'n bietjie room of suurroom en droë pietersielie liggies ingeroer word.

### Bonesop

Bestanddele

500g suikerbone, oornag in water geweek

2,5 liter water

250g swoerdlose ontbytspek, gesnipper

1 groot ui, in ringe gesny

500g skaapskenkels

5ml swartpeper

Knippie sout

Metode

Dreineer die bone en plaas saam met die vars water in 'n kastrol. Verhit tot kookpunt en voeg al die ander bestanddele by. Verlaag die hitte en laat sowat 2 uur prut of tot die bone sag is. Sit warm voor met vars brood.

Wenk

As daar 'n vetterige laag op sop is, gooi 'n paar ysblokkies daarin. Die vet sal dan aan die ys vassit.

## Asparagus and pea soup

### Ingredients

400 g fresh green (young) asparagus spears  
250 ml water  
30 ml butter  
10 ml sunflower oil  
1 medium onion, finely chopped  
1 large potato, peeled and diced  
400 g frozen peas, defrosted  
500 ml chicken or vegetable stock  
salt and milled black peper to taste  
250 ml thick cream

### Method:

Cut off asparagus tips and set aside. Chop stalks coarsely. Bring water to boil and steam stalks for 3 to 4 minutes. Set aside. Using same water, cook tips until tender (2 to 4 minutes, depending on thickness). Reserve water for soup. Heat butter and oil in a large saucepan. Add onion and sauté until glossy but not browned. Add potato and toss to coat with butter mixture. Add reserved cooking liquor and cook for 10 to 15 minutes, or until potato is tender. Add peas, asparagus stalks and a quarter of the tips. Add stock (use 2 cubes) and bring to boil, then reduce temperature and simmer for 10 minutes. Purée soup until smooth, then return to saucepan. Season with salt and peper, reheat (but don't allow to boil). And stir in cream and remaining asparagus tips. Serve in heated bowls, with crusty bread.

## Leek & potato soup – serves 4

### Ingredients

500 g potatoes  
1 litre chicken stock (3 stock cubes)  
500 g leeks  
250 ml milk  
Salt & milled black peper  
25 g butter  
Fresh chives & parsley

### Method

Trim the leeks & wash VERY well. Cut the leeks in half, length wise & slice finely. Peel & cube the potatoes. In a deep saucepan, melt the butter. Add the sliced leeks & cube potatoes & sauté for 5 minutes. Add the stock & allow mixture to simmer until all the vegetables are tender. Remove the saucepan from the heat & allow to cool slightly. Blend the soup with a hand blender until the mixture is smooth. Season the soup with salt & milled black peper. Stir in the milk. Return to the heat, but do not allow to boil. Serve hot garnished with the chopped fresh herbs. FREEZES Well

## Sweet Corn & Tomato Soup – 4 – 6 servings

### Ingredients

50 g butter  
3 large tomatoes, skinned & chopped  
1 large onion, finely chopped  
600 ml chicken stock (3 stock cubes)  
40 g cake flour  
5 ml curry powder  
15 ml tomato puree  
300 ml milk  
1 can creamed sweet corn  
Salt & milled black peper

### Method

Melt butter in a large heavy based saucepan. Add the onions & stir fry for 4 minutes. DO NOT ALLOW ONIONS TO BROWN. Stir in the curry powder, tomato puree & flour. Stir fry for 2 minutes. Add the chopped tomato, stir fry for 2 minutes. Add the chicken stock, bring soup to the boil. Allow to simmer for 10 minutes. Add the milk & sweet corn. Stir well. Season with salt & milled black peper. Simmer for a further 5 minutes. Serve hot!!

## Tomato or pasta sauce

### Ingredients

1 kg ripe tomatoes, skinned  
3 large carrots, finely grated & finely chopped  
3 onions, finely grated  
4 celery stalks, finely chopped  
30 ml tomato sauce  
30 ml sugar  
90 g butter  
20 g cake flour  
6 sprigs of fresh rosemary  
5 ml bicarb of soda  
Salt & milled black peper

### Put in muslin bag:

8 peper corns  
4 bay leaves  
3 curls lemon peel  
3 whole cloves

### Method

Place all ingredients (except butter, flour & bicarb of soda) in a LARGE pot. Low to boil for 90 minutes. Remove muslin bag & allow liquid to cool slightly. Liquidise all contents in the pot. Return the contents back to the pot. VERY GRADUALLY, add the bicarb to the contents in the pot. Stir well... In a frying pan melt the butter & add the flour, gradually. Add some of the hot liquid from the pot gradually into the frying pan, making a roux. Add the butter roux back to the pot full of liquid. Stirring all the time, bring the liquid back to the boil. Season with salt & milled black peper. Dilute if necessary. Serve with a dollop of cream.



## Vegetable Soup

Serves 6

### Ingredients

60 ml olive oil  
30 ml butter  
4 large carrots, peeled, sliced into 5 mm half moons  
1 large turnip, peeled, sliced into 5 mm fans  
2 medium onions, chopped  
2 leeks, well washed & sliced  
1 small bunch soup celery, chopped  
2 potatoes, peeled & sliced  
6 ripe tomatoes, peeled & chopped  
410 g canned butter beans, drained  
3 bay leaves  
6 sprigs lemon thyme  
6 cloves garlic, crushed  
10 ml salt  
Milled black peper  
1 litre cold water  
125 ml lentils (cleaned, not cooked)  
2 additions cloves garlic, finely chopped  
Finely grated peel of 1 lemon  
60 ml fresh chopped parsley

### Method

Prepare all the vegetables as stated in ingredients list. Heat olive oil & butter in a large heavy-based saucepan, until butter foams. Add the carrots, turnips, onions, leeks, celery & potatoes to the saucepan. Stir-fry the veggies until they become translucent & start to soften. About 10 minutes. Add the tomatoes, butter beans, bay leaves, lemon thyme & crushed garlic to the veggies in the saucepan. Season with the salt & milled black peper. Add the 1 litre cold water to the saucepan & bring to the boil. Reduce the heat, cover the saucepan & allow the soup to simmer for 10 minutes. Add the lentil to the soup, cover & allow the soup to simmer for 30 minutes. Remove from the stove, season further if necessary. Add the finely chopped parsley, extra chopped garlic & grated lemon rind which will add glorious flavour. Serve hot in heated bowls. FREEZES WELL!!

## Ertjiesop

Nog 'n resep van Jan v Niekerk

### Bestanddele

500 ml Droë groen split-ertjies  
10 ml Olie  
3 Gekapte uie  
5 ml Gemaalde knoffel  
10 ml Gemengde kruie  
2 Blokkies hoenderaftreksel  
3 l Water  
300 g Gevriesde ertjies  
1 Blik gemengde groente  
30 ml Ertjiemeel  
15 ml Maizena  
250 ml Gerookte hoenderborsie  
10 ml Sout  
30 ml Worcestersous  
10 ml Varsgemaalde swartpeper

### Metode:

Week die ertjies oornag in koue water. Dreineer water en plaas in kastrol. Voeg die water by. Kook vir 3 ure tot sag. Verhit die olie in 'n pan en braai die ui en knoffel vir 3 minute. Voeg die gemengde kruie by en braai 2 minute. Skep dit by die ertjies in kastrol. Voeg die aftreksel by en bring tot kookpunt. Voeg die gevriesde ertjies, sout, worcestersous en peper by en prut vir 10 minute. Verlaag die hitte en prut vir 30 minute. Gooi die blikkie groente by. Voeg die gerookte hoenderborsies en ertjiemeel by en prut vir 15 minute. Maak die maizena aan met bietjie koue water en voeg by die sop. Prut vir 15 minute en bedien. Lewer 8 ruim porsies.



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## TAMATIESOP

Dankie vir jou resep Sarie du Randt

Ek het die resep in die Vrouekeur gekry en ietwat aangepas, dis heerlik, maklik en goedkoop!

### Bestanddele

1 Kg tamaties (skille afgetrek)

Sout

Growwe swartpeper

1 E gemengde kruie

4 koppies water

3 E meelblom

1 Ui fyngekap

Olie (ek het olyfolie gebruik)

1 E suiker

Spaghetti

### Metode

Sny tamaties in stukkie, plaas in oondpan, sprinkel sout, peper en 2 E olie oor en rooster in oond vir 15 minute. Soteer ui in olie in 'n grootkastro tot deurskynend. Voeg al die bestanddele behalwe meel by, kook vir 15 minute. Maak fyn in voedselverwerker, plaas terug in kastro en bring tot kookpunt. Meng meel in bietjie water tot 'n pasta en meng met sopmengsel, roer aanhoudend. Voeg spaghetti by en kook tot sag, roer kort, kort. Voeg nog water by indien nodig

## HOENDERSOP

*Ingestuur der Malinda van Deventer*

Joan Schonken

### Bestanddele en Metode

Kook 1 hoender in soutwater, nie te veel sout nie, want daar kom later soppoeier by.

Gooi 'n bietjie gemengde kruie en 'n bietjie knoffel by. Wanneer gaar, ontbeen die hoender en breek hoender in stukgies.

Verwyder die velle, maar los so paar velle wat ook in stukgies gesny is.

Rasper 1 groot aartappel en so 2 wortels en 'n ui.

Kook die groente in die hoendersous wat oorgebly het tot gaar.

Voeg nou die hoender weer terug by die groente.

Meng die volgende soppoeier met water:

1 pakkie Hoendersoppoeier,

1 pakkie Chicken noodlesoppoeier

1 pakkie Hoenderroomsoppoeier

Gooi by hoendermengsel.

Kook vir so 15 min. en bedien.

## SPINASIE SOP

Dankie Malinda van Deventer dat jy hierdie resep met ons gedeel het

### Bestanddele

750gr. Gevriesde Spinasië

1 Ui, fyngekap

2 Pakke Sampioensoppoeier

2 liter Melk

250ml Room

1 kop. Gerasperde Kaas

Sout en peper na smaak ( indien nodig)

### Metode

Stoom spinasië en ui tot sag. Verpulp en sit terug in kastrol. Meng soppoeier, melk en room.

Voeg by spinasië en meng goed. Kook en prut oor lae hitte en roer gereeld tot dik. Meng kaas in sodra die sop gaar is. Die sop is eintlik sout genoeg, proe eers voor jy sout en peper ingooi.

## Dik Boontjiesop

Jan van Niekerk

### Bestanddele

500 g Van Zyl- Droëboontjies  
250 ml Stampmielies  
4 Liter water  
2 Groot aartappels  
2 Groot uie  
6 stingels sop seldery, fyn gesny  
30 ml Botter/Margarien  
1 Gerookte varkskenkel, opgesny  
125 g Dobbelsteenspek of spek stukkies  
3 ml Droë marjolein  
65 g Tamatiepasta  
1 Wortel geskraap en gerasper  
5 ml Suiker  
10 ml Suurlemoensap  
4 Liter water  
100 ml Gekapte pietersielie  
15 ml Sout  
15 ml Swartpeper  
20 ml Suurlemoensap  
1 Pakkie beesstert soppoeier

### Metode:

Week die bone en stampmielies oornag in koue water. Dreineer en plaas in kastrol en bedek met water. Kook vir 20 minute en gooi die water af. Smoor intussen die ui in die botter en voeg dit by die bone. Voeg die vleis, aartappel in blokkies gesny, seldery, marjolein, tamatiepasta, suiker en suurlemoensap en sout by. Gooi nou die 4 liter water by en prut vir 4 uur. Vul die water aan as dit weg kook. Druk van die aartappels en boontjies fyn om die sop lekker dik te maak. Voeg die pietersielie, suurlemoensap, soppoeier en 15 ml swartpeper by en prut nog 20 minute voor opdiening. Sit warm voor. Lewer 10 tot 12 porsies.

## Bacon and Bean soup

Preparation time: 15

Cooking time: 30

### Ingredients

15 ml olive oil

1 onion, chopped

150 g rind less bacon, chopped

2 cloves garlic cloves, crushed

2 carrots, chopped

2 celery sticks, chopped

400 g tinned chopped tomatoes

400 g tinned mixed beans, rinsed and drained

1 litre vegetable or chicken stock

1 small Savoy cabbage (about 90g), thinly sliced

2 pinches salt and freshly ground black pepper, to taste

1 handful Italian parsley, chopped

### Method:

Heat the olive oil in a large saucepan over a moderate temperature. Fry the onion and bacon for 3-4 minutes or until the onion is soft and begins to colour. Stir in the garlic, carrot and celery and stir-fry for another few minutes. Add the tomatoes, beans, stock and cabbage and bring to the boil. Reduce the heat and simmer the soup (with the lid on) for about 20 minutes. Season to taste with salt and freshly ground black pepper, stir in the parsley and serve.

## Bacon and cabbage soup

### Ingredients

125 g streaky bacon (rind removed), chopped into small pieces

1 onion, finely chopped

15 ml olive oil

500 ml potatoes, peeled and finely chopped

1 head of cabbage, shredded

2 litre chicken stock

Salt and freshly ground black peper to taste lemon juice

### TO SERVE

100 g Brie cheese

Few extra rashers bacon, grilled

### Method:

Fry the bacon in a saucepan until done. Remove from the pan and set aside. Fry the onions in the remaining fat until glossy. Add the olive oil and stir-fry the potato cubes until glossy. Add stock and bring to the boil, reduce the heat and simmer until the potato cubes are tender.

Season to taste with salt and peper and a dash of lemon juice. Remove the rind of the Brie and cut the cheese into 1 cm cubes. Place the cheese cubes in the bottom of soup bowls and ladle the hot soup on top. Garnish with grilled bacon and the remaining cheese cubes and serve. Serves 6-8.

## Beef Soup

Preparation time: 30

Cooking time: 150

### Ingredients

3 medium carrots, peeled

2 large celery stalks

3 large leeks

3 bay leaves

500 g stewing beef pieces (with bones)

250 ml celery leaves, chopped

20 ml butter

100 ml semolina

10 potato fritters and ready-made apple sauce, to serve

### Method:

Pour 2½ litres of water into a large saucepan. Roughly chop one carrot, one celery stalk and one leek and add to the saucepan along with the beef and bay leaves. Cover the saucepan and bring to the boil, then reduce the heat and simmer for 2 to 2½ hours until the meat comes off the bone easily. Remove the vegetables and bay leaves and discard. Take out the meat and remove the bones. Cut them into smaller pieces and place back into the stock in the saucepan.

Chop the rest of the vegetables and add to the soup, along with the celery leaves. Return to the boil, then reduce the heat and simmer for 20 minutes. Meanwhile, heat the butter in a frying pan. Add the semolina and fry over a medium heat, stirring until golden. Remove from the heat and allow to cool slightly. Add the semolina to the soup and simmer for another 10 minutes. Season well with salt and freshly ground black pepper and serve with potato fritters and apple sauce



## Beef and barley soup

Preparation time: 10 min

Cooking time: 1hr 45 min

### Ingredients

2 litre beef stock

400 g beef shin, chopped

2 onions, chopped

2 large carrots, sliced

400 g chopped tomatoes

250 ml pearl barley

Salt and freshly ground black pepper, to taste

45 ml freshly chopped parsley

4 crusty rolls to serve

### Method:

Heat the stock in a large saucepan. Add the beef and bring to the boil. Reduce the heat and allow to simmer for 1 hour. Add all the remaining ingredients, except the parsley and allow to simmer for a further 45 minutes. Remove the meat from the soup and discard the bones. Dice the meat and return to the soup. Stir in the parsley and serve with crusty rolls.

## Bean soup

Cooking time: +/- 4 hours

### Ingredients

500 g sugar beans

25 ml butter

1 onion, finely chopped

250 g streaky bacon, rind removed, finely chopped few pieces beef shin

65 ml fresh parsley, finely chopped

1 bay leaf

2 litre cold water

finely grated rind of lemon

45 ml fresh parsley, finely chopped

salt and freshly ground black pepper to taste

### Method:

Soak the beans overnight or according to the quick soaking method (see Tips). Drain and rinse. Heat the butter in a large saucepan and fry the onion until glossy. Add the bacon and stir-fry until done. Add the drained beans, shin, parsley, bay leaf and cold water and simmer slowly for about four hours until both the beans and meat are tender. Mash the beans slightly and season with lemon rind, more parsley, salt and freshly ground black pepper to taste. Serve hot with vetkoek. Serves 5.

## Bean and pasta soup

Gavin Victor

### Ingredients

30 ml oil

1 onion

2 carrots

2 stick celery

2 litre chicken stock

3 ml garlic pepper

100 g fusilli noodles

410 g red kidney beans

### Method:

Sauté the onion, carrots and celery in oil until soft. Add chicken stock and seasoning, cover and simmer for 20 minutes. Add the fusilli and cook for a further 10 minutes or until tender.

Purée half the kidney beans, add to the soup with the remaining whole beans and stir well.

Heat through for 2 minutes.

## Black bean and sausage soup

Gavin Victor

Preparation time: 10 min

Cooking time: 70 min

### Ingredients

350 g butternut

2 onions

2 cloves garlic, crushed

15 ml olive oil

250 ml black beans, soaked overnight

3 carrots, chopped

410 g tomatoes

2 litre chicken stock

12 chipolata sausages

30 ml freshly chopped parsley

### Method:

Slice butternut and onion (with their skins on) into thick wedges. Toss in garlic and oil in a roasting pan and bake in a preheated oven at 180 °C for 45 minutes, or until just tender.

Remove butternut and onion skins and dice flesh. Drain beans and rinse. Put into a large pot with carrot and plenty of water. Bring to the boil and simmer for 20 minutes, or until just cooked. Drain. Combine butternut, onion, tomatoes, beans and carrot in a large pan and add hot stock. Cook for 20 minutes, stirring occasionally. Prick sausages and grill until browned, then cut in half and add to soup with parsley. Serve with crusty bread. Serves 4.

## OUTYDSE BOONTJIESOP

Baie dankie vir die resep Sarie du Randt

### Bestanddele

500 ml droë boontjies (week oornag in water)

1 Gekapte ui

10ml Olie

125g Spek

3 Aartappels in agtstes gesny

5ml Peper

1 Beef Stock blokkie opgelos in 1L kook water

2ml Borrie

250ml room of melk

10 ml Asyn of Suurlemoensap

### Metode

Kook bone tot sag. Braai ui in olie tot deursigtig. Voeg stukkies spek by en braai tot crispy.

Meng ui en bone met die res van die bestanddele behalwe melk of room. Kook tot aartappels sag is, maak aartappels en bone fyn. Roer melk of room by. Voeg asyn by.

Bedien met kluitjies

Bruismeel

eier

melk

Meng tot 'n stywe deeg.

Skep teelepels vol deeg in sop en kook met deksel op vir ongeveer 5 minute.

## Spek en Bone Sop

Dankie vir jou resep Okkie

### Bestanddele

15 ml olyf olie

1 gekapte ui

150 g gekapte swoerdlose spek

2 fyngedrukte knoffel huisies

2 gekapte wortels

2 gekapte seldery stokke

400 g geblikte tamaties fyngekap

400 g geblikte gemengde bode dreineer en spoel af

1 liter groente of hoender ekstrak

2 knippies sout en vars gemaalde swartpeper na smaak

1 handvol gekapte pietersielie

### Metode:

Verhit die olyfolie in groot diep pan teen matige temperatuur. Braai ui en spek vir 3 tot 4 minute (tot die uie sag is en begin verbruin). Roer die knoffel, wortel en seldery by en roerbraai nog 'n paar minute. Voeg die tamaties, boontjies, en ekstrak by en bring tot kookpunt. Verlaag temperatuur en prut sop met deksel op vir omtrent 20 minute. Sout en peper na smaak roer die pietersielie in en bedien



## Beetroot soup

Gavin Victor

### Ingredients

30 g butter  
1 onion, finely chopped  
450 g raw beetroot, peeled and diced  
250 g potatoes, peeled and diced  
1 litre chicken stock  
10 ml fennel seeds bay leaf  
Salt and freshly ground black pepper  
125 ml soured cream or plain yoghurt

### Method:

Melt butter in a large saucepan and sauté the onion, beetroot and potatoes for 5 minutes, stirring constantly. Pour in the stock, fennel seeds, bay leaf and seasoning. Bring to the boil, lower heat and simmer for an hour or until tender. Remove bay leaf. Cool soup slightly before processing to a purée. Return soup to a clean pan and reheat, adjust seasoning. To serve drizzle sour cream in centre of soup with grissini on the side.

## Butternut Soup

Preparation time: 10

Cooking time: 40

### Ingredients

800 g butternut, diced (1 medium butternut)  
1 clove garlic, thinly sliced  
5 ml mild curry powder  
1 cube chicken stock cube, crumbled  
250 ml buttermilk

### Method:

Place the butternut, garlic, curry powder, stock and 400ml water in a large saucepan. Cover with a lid and bring to the boil. Reduce the heat and simmer for 30 to 40 minutes, stirring occasionally, until the butternut is tender. Let the soup cool slightly, then purée in a food processor until smooth. Stir in the buttermilk and heat slowly, until just hot. Serve with whole-wheat bread, butter and cheese.

## Butternut and sweetcorn soup

### Ingredients

1 small red onion, chopped  
1 medium butternut peeled, seeded and diced  
600 ml vegetable stock nutmeg  
Salt and freshly ground black pepper  
1 can whole kernel corn  
15 ml chopped fresh parsley

### Method:

Place the onion and butternut in a saucepan, add the stock and season with nutmeg, salt and pepper. Bring to the boil, cover and simmer for about 15 minutes until the vegetables are done. Add the sweetcorn and simmer for another 5 to 10 minutes. Mash the butternut with a fork or potato masher and season with more salt and pepper if necessary. Add the parsley.

## Broccoli soup

Gavin Victor

### Ingredients

60 g butter  
1 head of broccoli, broken into florets  
2 onions, chopped  
2 cloves garlic  
45 ml flour  
1 litre chicken stock  
250 ml milk nutmeg to taste pepper  
250 ml cream  
45 ml sherry  
50 ml cream, lightly whipped to garnish

### Method:

Melt butter in a pan, stir in the broccoli, chopped onions and crushed garlic and sauté over low heat for ten minutes. Stir in the flour and cook for about 1 minute. Add chicken stock and milk with nutmeg and pepper, stir well and bring to the boil. Then simmer for 20 minutes until vegetables are tender Purée in liquidiser. Add cream and sherry and warm through. Ladle into soup plates and drizzle in cream in a spiral. Draw a toothpick through the lines of cream to fan. Can be served hot or cold. Serves 6.



## Broad bean and vegetable soup with bacon

Gavin Victor

Preparation time: 25

Cooking time: 20

### Ingredients

3 kg fresh broad beans (about 1,5kg once shelled)

45 ml olive oil

2 onions, finely chopped

3 carrots, finely chopped

3 celery sticks, finely chopped

2 leeks, white parts only, chopped

2 potatoes, peeled and diced

125 g rind less bacon, chopped

2 garlic cloves, crushed

4 ml salt and freshly ground black pepper, to taste

500 ml home-made chicken stock

100 ml olive oil (for garnish)

100 g Parmesan cheese (for garnish)

### Method:

Shell and skin the broad beans. Heat the olive oil in a large saucepan and sauté the onion, carrots, celery and leeks until soft and shiny. Add the potatoes, bacon and garlic and stir-fry for another minute or two before adding the broad beans. Stir-fry the beans until they are covered with vegetables and oil. Season with salt and freshly ground black pepper. Add just enough chicken stock to cover the vegetables. Bring to the boil and simmer the vegetables for about 20 minutes or until the beans are soft. Add more stock if necessary. Pour half the soup into a food processor and process to form a thick purée before returning it to the remaining soup in the saucepan. Add more chicken stock if the soup is too thick. Place the soup in bowls, drizzle olive oil over each one and, finally, garnish with Parmesan cheese.

## Soup with white kidney beans

Gavin Victor

### Ingredients

30 ml olive oil  
1 large onion, chopped  
2 cloves garlic, crushed  
3 ml ground cumin (jeera)  
500 g carrots, scraped and cut into pieces  
1 large potato, peeled and cut into pieces  
1 litre vegetable or chicken stock  
410 g white kidney beans, drained  
Salt and freshly ground black pepper  
Plain yoghurt for serving  
Chopped fresh parsley for garnishing

### Method:

Heat the oil in a saucepan and sauté the onion until soft. Add the garlic, cumin, carrots and potato pieces and sauté until glossy. Add the stock and bring to the boil, reduce the heat and simmer slowly until the vegetables are tender. Cool slightly and process in a food processor. Return to the saucepan, add the beans and repeat. Ladle into hot soup bowls and garnish with a swirl of plain yoghurt and parsley. Serves 4.

## Broccoli, bacon and feta soup

Gavin Victor

Preparation time: 15 minutes

Cooking time: 20 minutes

### Ingredients

30 ml oil  
1 onion, finely chopped  
400 g broccoli, cut into florets  
1 litre readymade white sauce  
200 g feta cheese, crumbled  
250 g streaky bacon, chopped

### Method

Heat the oil in a saucepan and sauté the onion until transparent. Add the broccoli and cook for just one minute.

## Carrot soup

Gavin Victor

### Ingredients

30 ml olive oil  
1 large onion, chopped  
2 cloves garlic, crushed  
3 ml ground cumin (jeera)  
500 g carrots, scraped and cut into pieces  
1 large potato, peeled and cut into pieces  
1 litre vegetable or chicken stock  
410 g white kidney beans, drained  
Salt and freshly ground black pepper  
Plain yoghurt for serving  
Chopped fresh parsley for garnishing

### Method:

Heat the oil in a saucepan and sauté the onion until soft. Add the garlic, cumin, carrots and potato pieces and sauté until glossy. Add the stock and bring to the boil, reduce the heat and simmer slowly until the vegetables are tender. Cool slightly and process in a food processor. Return to the saucepan, add the beans and repeat. Ladle into hot soup bowls and garnish with a swirl of plain yoghurt and parsley. Serves 4.

## Cauliflower soup

Gavin Victor

Preparation time: 20

Cooking time: 30

### Ingredients

15 ml oil

640 g cauliflower, chopped

1 onion, peeled and chopped finely

2 leeks, chopped

500 ml vegetable stock nutmeg, to season

5 ml salt

5 ml freshly ground black pepper, to season

10 ml parmesan shavings

### Method:

Heat the oil in a sauce-pan and gently cook the cauliflower, onion and leeks until golden brown. Add the stock and let it come to the boil. Lower heat and simmer until cauliflower is soft. Purée in a blender until smooth. Season and ladle into warm bowls. Garnish with Parmesan shavings and a steamed cauliflower leaf.

## Chicken and corn soup ~ Gavin

Gavin Victor

Preparation time: 20

Cooking time: 50

### Ingredients

30 ml butter

1 medium onion, finely chopped

5 ml crushed garlic

5 ml crushed ginger

1 fresh chilli, finely chopped (optional)

4 chicken breast fillets, cubed

2 cans cream style sweet corn

30 ml corn flour

30 g fresh coriander, chopped

### Method:

Heat the butter in a large saucepan over a medium heat, then braise the onion until golden. Add the garlic, ginger, chilli and cubed chicken, and braise for a further 10 minutes. Add 2,5 litres water and 10ml salt, increase the temperature and bring to the boil. Reduce the heat and simmer, covered for 30 minutes. Remove from the heat and shred half the cooked chicken, leaving the remaining cubes whole. Return the chicken to the saucepan, add the sweet corn and bring the soup back to the boil over a low heat. Mix the corn flour with a little water and add to the soup, stirring constantly until slightly thickened. Add the chopped coriander and simmer for a further five minutes.

## Chicken and Spinach Noodle Soup

Gavin Victor

Preparation time: 10

Cooking time: 10

### Ingredients

450 g Chicken Breast (skinless, boneless and cubed)

125 ml Onion (chopped)

500 ml Carrots (chopped)

2 Garlic Cloves (crushed)

5 ml Dried Thyme

2 Bay Leaves

1200 ml Chicken Stock

110 g Spinach Fettuccine (broken into 5 cm pieces)

125 ml Frozen Corn (thawed)

30 ml Fresh Italian Parsley (chopped)

### Method:

In a large stockpot, combine chicken, onion, carrots, garlic, thyme and bay leaves. Pour Chicken into a pot and cook over a high heat to bring to the boil. Reduce heat to a medium-high.

Add spinach pasta, partially cover and cook for 3 –5 minutes, until noodles are tender.

Remove from heat, discard bay leaves and stir in corn and parsley.

Season to taste with salt and black pepper; ladle soup into bowls and serve.

## Chicken noodle soup

Gavin Victor

### Ingredients

1.50 litres chicken stock  
4 chicken thighs or breasts  
5 sprigs fresh thyme, or  
5 ml dried thyme  
5 ml grated lemon zest  
4 carrots, peeled and chopped  
60 g Chinese egg noodles  
4 baby marrows or green beans, sliced  
1 bunch spring onions, sliced  
125 ml frozen peas seasoning to taste

### Method:

Heat the chicken stock in a large saucepan. Add chicken pieces, fresh or dried thyme, grated lemon zest and carrots. Bring to the boil, then reduce the heat and simmer for about one hour. Remove the chicken pieces from the pot and allow to cool slightly. Remove all meat from the bones and return the meat to the pot. Bring to the boil and add Chinese noodles, baby marrows or beans and spring onions. Boil for five to 10 minutes until the noodles are cooked, add peas and simmer for a further five minutes.

## Chicken soup

Gavin Victor

### Ingredients

1 whole free range chicken  
1.50 litres water  
2 onions, peeled and cut in half  
4 carrots, peeled  
4 celery sticks  
4 parsnips, peeled  
4 leeks, washed and trimmed  
4 cloves garlic, crushed  
4 sage leaves  
1 bouquet garni  
4 juniper berries seasoning

### Method:

Put all the ingredients in a large pot and simmer for 35 minutes. Strain and pour the stock back into the pot. Keep the veggies whole and shred the chicken meat into big pieces. Return chicken and veggies to pot and heat through. Season well. Slurp up while piping hot.



## Chinese Style Chicken Noodle Soup

### Ingredients

150 g thin egg noodles or spaghetti  
30 ml oil  
350 g fresh brown mushrooms, thinly sliced  
1 bunch spring onions, sliced into julienne strips  
15 ml soy sauce  
30 ml sherry (optional)  
1 litre chicken stock  
2 cooked chicken breasts, shredded  
125 ml bean sprouts  
fresh coriander leaves to garnish

### Method:

1. Cook noodles according to directions on packet. Drain and cut into shorter lengths with scissors. 2. Heat oil and sauté mushrooms and spring onions until soft. 3. Add soy sauce, sherry and stock. Bring to the boil and cook gently for 3 minutes. 4. Add noodles, chicken and bean sprouts. Heat gently, without boiling, for 5 minutes. 5. To serve, divide noodles and soup among 4 bowls and garnish with chopped coriander leaves.

## Chunky beetroot soup

Gavin Victor

### Ingredients

50 ml butter

15 ml olive oil

2 medium onions, chopped

3 garlic cloves, chopped

2 leeks, sliced

500 g beetroot, chopped

500 g potatoes, diced

500 ml chicken stock

125 g ham, diced (optional)

15 ml red wine

vinegar or raspberry vinegar salt and milled black pepper snipped chives to garnish

### Method:

Heat butter and oil in a large saucepan. Add onions, garlic and leeks. Cook over moderate heat for 4 minutes. Add beetroot, potatoes and stock. Simmer until beetroot is cooked, about 30 minutes. Place in a blender and puree. Stir in ham (if using), vinegar, salt and pepper. Spoon into soup bowls, garnish with chives and serve.

## Chunky carrot and sweet potato soup

Gavin Victor

### Ingredients

Sunflower oil for frying  
1 large onion, chopped  
1 fresh ginger, peeled and finely chopped  
5 ml ground coriander  
1 kg carrots, peeled and coarsely chopped  
3 sweet potatoes, peeled and chopped  
250 ml fresh orange juice  
20 ml chicken stock powder  
2 litre water  
Salt and milled pepper  
5 ml sugar  
45 ml chopped fresh parsley

### Method:

Heat oil in a large saucepan. Add onion, ginger and coriander and sauté for about 3 minutes. Add carrots and sweet potatoes and toss to coat vegetables with oil. Add orange juice, stock powder and water and bring to boil. Reduce heat, add seasoning and sugar and simmer, partially covered, for 30 to 40 minutes, or until vegetables are tender. Purée soup coarsely in a food processor or blender. Return to saucepan, add parsley and heat through. Serve soup with crusty bread and cheese.

## Chunky lentil and mushroom soup

Gavin Victor

Cooking time: 60 minutes

### Ingredients

30 ml olive oil

2 onions, chopped finely

6 cloves garlic, sliced thinly

250 g button mushrooms, quartered

40 g dried porcini mushrooms, soaked in boiling water

250 g brown lentils

2 litre vegetable or beef stock

5 ml sugar

Salt and milled pepper

1 lemon, halved

250 g (1 bunch) spinach, torn

### Method:

Wash lentils thoroughly, picking out the little stones. Heat oil in a deep pot and sauté onions and garlic for five minutes. Add button mushrooms and porcini mushrooms including soaking liquid. Cook till golden and fragrant and stir in lentils. Pour in beef stock and sugar, season and simmer for 30 to 40 minutes. Add lemon and cook for a further 20 minutes. Ten minutes before serving toss in torn spinach and cook to wilt.



## Chunky vegetable soup

Gavin Victor

### Ingredients

60 g butter  
2 large carrots, chopped  
2 large celery sticks  
4 courgettes, sliced  
1 large onion, chopped  
1 medium potato, peeled and chopped  
1 bay leaf  
2 ml dried thyme  
salt and freshly ground black pepper  
500 ml vegetable stock  
400 g tomatoes  
400 g butter or broad beans, drained and rinsed

### Method:

Place butter in a deep 3 litre microwave proof bowl and cook, covered with kitchen paper, on HIGH for 2 minutes, or until melted. Add vegetables, herbs and seasoning to melted butter and stir to combine. Cook covered, on HIGH for 7 to 9 minutes, until vegetables are tender, stirring twice. Add stock, tomatoes with their liquid and beans to the vegetable mixture, stirring to break up tomatoes. Cook, covered on HIGH for 5 minutes, or until piping hot. Discard bay leaf and serve hot with Savoury seed scones (see recipe).

## Code di gamberoni 'a la nage' (Prawn and white wine soup)

Gavin Victor

### Ingredients

400 g whole frozen prawns

30 g butter

1 onion, thinly sliced

1 carrot, sliced

200 ml white wine

200 ml water

200 ml cream

1 g saffron (optional)

Salt and milled pepper to taste chopped parsley to garnish

### Method:

Defrost prawns in cold water. Separate tails from heads and peel, then refrigerate, tails. Melt butter in a saucepan until bubbling, and prawn heads and cook until they become pink. Add sliced onion and carrot and cook over low heat until vegetables soften. Add white wine and water and cook for 1 1/2 hours. Strain resulting broth and pour back into a clean saucepan. Add cream and cook, uncovered, until soup is reduced to sauce like consistency. Add saffron diluted in a little water, then season. Add prawn tails 2 minutes after serving. Serve garnished with finely chopped parsley.

## Courgette and noodle soup

Gavin victor

### Ingredients

15 ml butter  
1 onion, finely chopped  
4 small courgettes, sliced  
125 g fresh button mushrooms, sliced  
25 ml butter  
45 ml cake flour  
1 packet chicken noodle soup powder  
850 ml boiling water  
100 ml elbow macaroni  
50 ml parsley, finely chopped  
250 ml milk  
Salt and black pepper to taste

### Method:

Melt the butter in a large saucepan. Fry the onion, courgettes and mushrooms until soft. Remove from the pan and set aside. Melt the butter in the same saucepan and stir in the cake flour. Dissolve the soup powder in the boiling water and add small quantities at a time to the flour mixture, stirring continuously. Stir in the pasta and simmer slowly until the mixture thickens and the pasta is cooked. Stir continuously as the mixture burns easily. Add the parsley, milk and fried vegetables. Heat through and season to taste with salt and black pepper. Makes a thick soup – dilute if desired. Serves 4

## Courgette soup

Gavin Victor

### Ingredients

15 ml oil

1 onion, chopped

750 g courgettes, sliced a few drops lemon juice

500 ml chicken stock

450 g cream of chicken soup

250 ml cream

20 g Cheddar cheese, grated black pepper

### Method:

Heat the oil in a pan and sauté the onion until soft. Add the courgettes, lemon juice and chicken stock and simmer until the vegetables are soft. Add the chicken soup, cream and cheese, and bring to the boil. Season to taste with black pepper. Cool slightly, then liquidise in a food processor. Makes 1 litre of soup.

## Maklike Groentesop

### Bestanddele

4 Vars uie, gekap

250g Maer gemaalde Beesvleis

½ Pakkie "Four in one" sopmengsel

Sout, peper en smaakmiddels na smaak.

½ Pakkie Evergreen gedroogde groentemengsel.

1 of 2 Sopbene

### Metode

Soteer (braai) gekapte uie in 'n bietjie olie tot sag, Ongeveer 3-minute op hoog. Voeg oorblywende bestanddele by, asook 2-liter water. Mikrogolf 30-minute op hoog, dan 1uur op medium-low. Voeg by 3ml oreganum en 3ml paprika, indien verkies. Bedien warm.



## Cream of cauliflower and blue cheese soup

Gavin Victor

### Ingredients

50 ml butter

2 leeks, washed, trimmed and chopped

400 g cauliflower florets

500 ml chicken or vegetable stock

250 ml milk

50 ml cream

100 g blue cheese

Salt and milled pepper to taste

### GARNISH

Lightly fried cauliflower florets crumbled blue cheese

### Method:

Melt butter in a saucepan and sauté leeks lightly. Add cauliflower and stock and simmer for 15 minutes, or until cauliflower is tender. Add milk and cream and heat through. Purée with blue cheese until smooth. Season to taste, garnish and serve.

## Cream of mushroom soup

Gavin Victor

### Ingredients

50 g butter or margarine

1 onion, chopped

250 g mushrooms, sliced

60 ml parsley, chopped

5 ml black pepper

50 ml cake flour

500 ml vegetable or chicken stock

250 ml cream

20 ml sherry

50 g Cheddar cheese, grated

### Method:

Melt butter for 1 minute at 100 per cent power. Stir in the onion, mushrooms, parsley and black pepper. Cover and microwave for 5 minutes at 100 per cent power. Stir twice during the cooking process. Add the flour and chicken stock and microwave for 2 minutes at 100 per cent power. Add the cream, sherry and cheese and stir well. Microwave for 2 minutes at 100 per cent power.

## Creamy chicken and mushroom soup

Gavin Victor

Preparation time: 15 minutes

Cooking time: about 25 minutes

### Ingredients

250 ml lower GI oats

5 ml canola oil or olive oil

2 large onions, diced

1 garlic clove, crushed

50 ml dry white wine

1 x 410 g can evaporated low-fat milk

1 chicken stock cube or

20 ml chicken stock powder

630 ml water

2 cooked skinless chicken breast fillets, diced

250 g mushrooms, diced

2 ml chopped fresh marjoram or oregano few drops soya sauce

### Method:

Stir the oats in a dry saucepan over low heat until they begin to brown. Remove from the saucepan and set aside. Heat the oil in a saucepan, add the onions and garlic. Sauté, stirring continuously, until the onions are translucent. Add the browned oats, wine, evaporated milk, stock cube or powder, 1 ½ cans (use the evaporated milk can) water, chicken and mushrooms and simmer for five to 10 minutes, stirring occasionally to prevent the soup from burning. Season with herbs and soya sauce. Serve with oat breakfast rolls or oat health loaf.

## Cream of tomato soup

Gavin Victor

### Ingredients

30 ml butter  
1 onion, chopped  
2 sticks celery with leaves, chopped  
6 tomatoes, peeled and cubed  
2 ml dried oregano  
3 ml dried basil  
1 bay leaf  
30 ml tomato paste  
50 g butter  
60 ml cake flour  
500 ml warm milk  
300 ml chicken or vegetable stock (approximately)  
seasoning to taste

### Method:

Heat the butter in a saucepan. Add onion and celery. Sauté for two minutes. Add tomatoes, oregano, basil bay leaf and tomato paste. Simmer for 15 minutes then liquidise until smooth. Set aside. In another saucepan, heat butter, add cake flour and stir over the heat for one minute. Gradually add warm milk, stirring continuously. Add 250 to 350 ml chicken or vegetable stock and stir until the mixture is slightly thickened and smooth. Stir in the tomato paste mixture and season to taste.

## Butternut Sop

Met vergunning [www.eposvriende.co.za](http://www.eposvriende.co.za)

Die sop is baie eenvoudig. Die volgende is nodig

Een groot ui, opgesny

Halwe koppie botter

Een groterige butternut, ook opgesny in blokkies Een bakkie maaskaas, gewoon

Drie hoenderaftreksel blokkies

75 0ml kookwater

Speserye na smaak, geen sout nie. Die hoenderblokkies en botter het genoeg.

Ek gooi gewoonlik roosmaryn in wat 'n baie lekker smaak daaraan gee.

### Metode

Braai die uie en roosmaryn in die botter tot sag (nie brand nie) Los die blokkies op in die kookwater. Gooi die water by die uie en dan voeg jy die butternut by. Laat so kook totdat die 'butternut' sag is. Gooi nou die maaskaas by. Alles moet nou saam versap word. As dit te dik lyk, gooi net nog so bietjie kookwater by. Draai hitte af tot laag, moet nie laat kook nie, hou net warm. Presto!!!!!! , Reg om te eet!!!

### Wenk

As jy nie 'n versapper (liquidizer) het nie, gebruik jou "masher"

## Cheese Soup ~ Gavin

Gavin Victor

### Ingredients

2 onions, peeled and finely chopped  
350 g carrots, scraped and grated  
350 g sweet potatoes, skinned and finely chopped  
2 stalks celery, finely chopped  
350 g potatoes, skinned and finely chopped  
2 chicken stock cubes  
150 g bacon  
salt and black pepper to taste  
600 ml milk 250 ml cream  
175 g Cheddar cheese, grated  
few strips vegetables, sautéed  
few rashers bacon, fried and cut into thin strips diced cheese

### Method:

Place all the vegetables in a saucepan, add the chicken stock cubes (dissolved in 1 litre boiling water) and bacon and simmer until the vegetables are tender and the bacon is done. Season to taste with salt and pepper. Place the mixture in a liquidiser or food processor and purée until smooth. Return the mixture to the saucepan, add the milk and cream and heat until it just comes to the boil. Stir every now and then. Stir in the cheese slowly to help it melt. Pour into a soup tureen and garnish with strips of sautéed vegetables, pieces of bacon and diced cheese  
Serves 6.

## Dik Groentesop (1 groot Kastrol)

### Bestanddele

- ½ kg 'Lean' Maalvleis
- ½ kg 'Chuck' – blokkies gesny
- 1 Pakkie of Boksie 4 in 1 sopmengsel
- 1 kop fyn gesnyde seldery
- ½ kop fyn gesnyde pietersielie
- 1 groot gerasperde ui
- 2 groot gerasperde aartappels
- 1 groot gerasperde tamatie
- 1 kg gerasperde wortels
- 1 Blikkie boontjies in tamatiesous 'Baked beans' (Om te verdik)
- 1 Pakkie groentesop poeier aangemaak in 1 kop water (Om te verdik) sout en peper na smaak.

### Metode:

Kook 'chuck', maalvleis, sopmengsel, seldery, pietersielie, uie, tamatie en wortels totdat die vleis sag gekook is. Die vleis kan vooraf ook sag gekook word vir 'n rukkie. Hou die kastrol vol met water soos jy kook. (Sowat 'n uur tot 'n uur en half) Gooi gerasperde aartappel by en kook tot sag saam met die res van die sop. 'Mash' die 'bakebeans' fyn en gooi by die res van die sop en ook die soppoeier wat aangemaak is met 1 kop water – kook vir nog so 20 min totdat alles deurgekook is. Gooi sout en peper by na smaak. Die sop vries ook baie lekker en dit smaak altyd baie lekkerder as dit gevries was – weet nie hoekom nie.

## Creamy broccoli soup

Preparation time: 10 minutes

Cooking time: 40 minutes

### Ingredients

100 g butter

2 medium onions

8 sticks celery

500 g broccoli

10 ml ground coriander

400 ml vegetable stock

2 large potatoes

1 litre milk

salt and freshly ground black pepper

10 ml lemon juice

### Method:

Melt butter in a large saucepan. Sauté onion and celery until soft. Add broccoli and coriander and cook for 5 minutes until broccoli begins to soften. Add the stock and bring to the boil. Add the potato, cover and turn down the heat, allowing the mixture to simmer for about 20 minutes, or until the potatoes are soft. Remove from the heat and purée the mixture in a blender until smooth. Return purée to the saucepan and stir in the milk. Heat gently and allow to simmer for 5 minutes. Add salt, pepper and lemon juice to taste.



## Creamy onion soup

Gavin Victor

### Ingredients

2 onions, finely chopped  
1 potato, peeled and diced  
45 ml butter  
500 ml milk OR  
250 ml milk and  
250 ml cream  
250 ml vegetable stock  
1 bay leaf  
salt and white pepper to taste

### Method:

Slowly sauté the onions and potato in the butter until the onions are soft and transparent. Add the remaining ingredients, except the salt and pepper. Bring to the boil, cover and simmer gently for about 20 minutes.

## KERRIE BOTTERPAMPOENSOP

### Bestanddele

1 kg botterpampoensop, geskil en in blokkies gesny 1 liter hoenderaftreksel  
30g botter  
1 fyngekapte groot ui  
2 koppies opgesnyde knopiesampioene  
1 eetlepel matige tot medium kerriepoeier  
20ml koekmeelblom  
2 teelepels sagte bruinsuiker  
Knippie borrie  
1 maat brandewyn  
150g natuurlike joghurt

### Metode

Stowe botterpampoensop in hoenderaftreksel tot gaar. Smelt botter in 'n pan en braai die uie en sampioene daarin tot sag. Voeg meel & kerriepoeier by die ui-mengsel & roer oor lae hitte vir ongeveer 4 minute. Voeg die ui-mengsel by die botterpampoensop & bring sagkens tot kook. Puree as jy 'n gladde sop wil hê. Voeg sout, swartpeper & bruinsuiker by. Roer die joghurt en brandewyn by, maar moenie laat kook nie. Bedien warm. (Genoeg vir 4 – 6)

## Creamy potato soup with lemon oil

Gavin Victor

Preparation time: 30

Cooking time: 40

### Ingredients

10 ml lemon zest (grated)

50 ml extra-virgin olive oil

50 g butter

2 leeks (sliced)

2 onions (sliced)

1 celery stalk (sliced)

1 garlic clove

1 kg potatoes (peeled and cubed)

1.30 lts chicken stock

125 ml sour cream

15 ml snipped chives

### Method:

Place the lemon zest and the olive oil in a small bowl in the microwave for one minute. Stir well, then set aside to infuse. Heat the butter in a saucepan. Add the leeks, onions and celery and garlic. Cook over a low heat for 10 minutes until soft. Add the potatoes and stir well, then cover and cook over a medium heat for 10 minutes. Add the chicken stock and bring to the boil. Reduce the heat, cover and simmer for 20 minutes until the potatoes are tender. Remove from the heat and blend in a food processor until smooth. Return to the saucepan and gently heat through. Add the sour cream and season to taste with salt and freshly ground black pepper. Strain the olive oil and drizzle 5ml over each serving of soup. Sprinkle with chives and serve immediately.

## Creamy tomato and carrot soup

Gavin Victor

### Ingredients

1 onion, sliced  
2 cloves garlic, crushed oil for frying  
2 medium-sized carrots, scraped and sliced  
1 green cooking apple, cored, peeled and diced  
500 g ripe tomatoes, peeled and grated  
1 litre chicken stock  
2 ml ground ginger  
1 ml nutmeg  
1 ml ground coriander  
30 ml sugar pepper to taste salt  
125 ml cream

### Method:

In a large saucepan, sauté the onion and garlic in oil until soft. Add the carrot and apple and stir-fry for about one minute more. Add the grated tomato, chicken stock and seasonings, and simmer until the vegetables are soft. Strain the soup by pouring it through a sieve. Reserve the stock. Purée the vegetables in a food processor. Add the puréed vegetables to the stock and blend. Correct the seasonings and add salt if necessary, If serving the soup hot, Heat through, stirring in the cream just before serving. Serve hot or cold. Garnish with finely chopped parsley and croutons. Serves 4.



## Zelf gemaakte tomaten soep

Jack Boekhorst

Benodigdheden:

2 eetlepels olijfolie

800 gram SanMarzanotomaten (AH)

1 halve ui

Verse oregano

Halve kop zure room

Blauwe kaas

2 eetlepels hete Thaise saus (Sriracha)

2 teentjies knoflook

Zout voor de liefhebber

Bereiding:

Voeg wat olijfolie toe aan de soeppan die op middel warm vuur staat. Wanneer die warm is voeg de gesneden knoflook en uien toe. Snij de tomaten en voeg deze samen met de saus, zure room en verse gesneden oregano toe aan het geheel. Laat dit 45 minuten staan. Wanneer je een handblender hebt, kun je het geheel samen met de blauwe kaas mixen totdat het een geheel vloeibaar is. Wanneer je dit op een zondag middag maakt heb je voor 2 dagen de lunch al klaar. Wat bruin brood extra en het is een heerlijk lunch. Vaak heeft ieder kantoor wel een magnetron waar je het kunt opwarmen.

## KOUE AVOKADOSOP:

**Anna Eksteen**

Bestanddele

1 groot, ryp avokado, geskil en ontpit

500 ml hoenderaftreksel

250 ml melk

5 sprietuie, gekap

gerasperde skil en sap van 'n ¼ suurlemoen

125 ml natuurlike jogurt

2 ml rooipeper

Metode

Plaas alle bestanddele in 'n voedselverwerker en verpulp tot mooi glad. Geur na smaak met sout en varsgemaalde swartpeper. Verkoel tot benodig. Garneer met gekapte sprietuie en sit voor met Melba-roosterbrood.

## Chicken and corn soup ~ Fazlin

This family recipe is a very popular meal with both kids and grown-ups. Recipe from Fazlin Sandan Serves 6 – 8

### Ingredients

2 chicken breasts on the bone, skin and all fat re-moved  
1 tbsp (15 ml) sun flower oil 2 onions, chopped  
1 clove of garlic, finely chopped  
2 large potatoes, peeled and chopped  
1 tsp (5 ml) ground cumin  
2 tsp (10 ml) ground coriander  
4 cups (1 litre) water  
2 tbsp (30 ml) dried mixed herbs  
1 cup (250 ml) low-fat or fat-free milk  
1 cup (250 ml) frozen whole kernel corn, rinsed (optional)  
1 x 410 g tin cream style sweetcorn  
lemon juice and black pepper to taste  
3 tbsp (45 ml) chopped fresh coriander or parsley

### Method

Cut chicken breasts in half with kitchen scissors or a sharp knife. Heat oil in a large pot, and fry chicken, onions and garlic for a few minutes. Add potatoes, cumin, ground coriander, water and dried herbs. Bring to the boil, reduce the heat and simmer for 30 minutes or until the chicken is cooked. Spoon out the chicken. Remove bones and shred meat. Stir chicken, milk, corn and sweetcorn into the soup and heat through. Season with lemon juice and pepper. Stir in fresh herbs and serve. Remember that the tinned sweetcorn contains salt, so don't add salt at the table.

## Hearty bean soup

Recipe from Hilda Williams Serves 8

The dried beans, lentils and veggies make this a soup for winter. Beans and lentils are a healthy source of protein.

### Ingredients

1 cup (250 ml) dried sugar beans  
1 tbsp (15 ml) sunflower oil  
2 carrots, chopped  
1 onion, chopped  
1 clove of garlic, finely chopped  
8 cups (2 litres) Homemade stock or water with 3 tbsp dried mixed herbs  
1 tbsp (15 ml) dried mixed herbs  
1 cup (250 ml) uncooked brown lentils  
4 tomatoes, chopped  
1 tbsp (15 ml) tomato paste  
2 cups (500 ml) thinly sliced cabbage or spinach  
¼ cup (60 ml) chopped fresh parsley  
2 tsp (10 ml) sugar  
½ tsp (2,5 ml) salt  
lemon juice and black pepper to taste

### Method

Soak beans in 1 litre of water overnight. Rinse and drain. Heat oil in a large pot and fry carrots, onion and garlic. Stir in the stock, dried herbs, lentils and beans. Bring to the boil and reduce the heat. Simmer, with a lid, for 1½-2 hours or until the beans are tender. Add tomatoes, tomato paste and cabbage and simmer for another 15 minutes. Stir in the parsley, sugar and salt. Season with lemon juice and pepper.

## Dutch pea soup

**Gavin Victor**

### Ingredients

500 g dried split peas, soaked overnight and drained  
2 litre water  
2 pork knuckles, chopped roughly  
65 ml oil  
2 onions, chopped  
3 large leeks, washed and sliced into rings  
4 stalks celery, washed and sliced  
2 chicken stock cubes, crumbled in 500 ml of water  
2 bay leaves  
4 smoked Russian sausages, sliced freshly ground black pepper  
30 ml chopped fresh parsley

### Method:

Rinse the peas and cook in the water until soft. Meanwhile, brush the pork knuckles with half the oil and grill until the meat begins to brown and the bone darkens. Heat the remaining oil in a large pot and sauté the onions, leeks and celery until softened. Add the cooked peas and their water, stock and bay leaves and bring to the boil. Add the grilled pork knuckles and cover. Reduce the heat and simmer until the meat is soft and comes away from the bones easily. Remove the bones if desired. Mash the peas slightly with a potato masher. Add the sliced sausage to the soup. Simmer gently until sausages are hot. Thin with boiling water if necessary. Season to taste with salt and pepper. Serve garnished with fresh parsley. Makes 4,5 litres soup.

## Emergency tomato soup

**Gavin Victor**

### Ingredients

olive oil for frying  
2 onions  
2 carrots  
2 chicken stock cubes  
750 ml hot water  
820 g whole peeled tomatoes  
200 g tomato purée  
5 ml sugar  
salt and milled pepper  
6 fat cloves garlic  
10 basil leaves

### Method:

Heat oil in a pot, add onions and carrots and sauté for five minutes. Dissolve stock cubes in water and add together with remaining ingredients, except garlic and basil. Bring to the boil, reduce heat and simmer for about 45 minutes.

## Cheese Soup with Chicken

### Ingredients

1/4 cup small cooked chicken pieces  
4 cups chicken stock  
2 carrots, diced  
1/4 cup chopped French beans  
2 onion, chopped  
1/2 kg shredded cheddar cheese  
2 cups milk  
salt as per taste  
pepper as per taste 4 tbsp butter  
2 tbsp plain flour  
2 tbsp corn flour  
3 tbsp chopped celery

### Method

Heat butter in a pan .Fry onion, carrots, French beans till tender .Add flour, and stir till it is blended with onion. Add chicken stock .Stir continuously till it starts thickening .In 1/4 cup milk, mix corn flour, taking care no lumps are formed. Add in chicken stock, stirring continuously .After 2-3 mins, add remaining milk .Stirring continuously, till milk comes to boil. Add milk, chicken piece, salt and pepper powder .Cook till cheese melts .Sprinkle celery and serve hot



## CREAMED POTATO SOUP ~ Diabetic Friendly

This tasty diabetic potato soup may be eaten hot or chilled

This soup is incredibly easy to make and you will find the taste well worth the slight effort taken

Ingredients for the Potato Soup

### Ingredients

4 med. potatoes

1 sm. onion

4 green (spring) onions

1 clove garlic, minced

2 (10 1/2 oz.) cans no-salt added chicken broth, undiluted (2 Cups Chicken Stock)

1 cup skim milk

1/2 tsp. salt

1/2 tsp. white pepper

1/8 tsp. nutmeg

To Make the Soup

Peel the potatoes and cut them into eighths

Peel the onion and cut into eighths

Chop the green (spring) onions coarsely

### Method

Combine potatoes, onion, green onions, garlic, and broth in a heavy 3 quart saucepan. Cover and simmer 20 minutes or until potatoes are tender. Process potato mixture in batches in container of an electric blender or food processor until smooth. Combine pureed mixture with milk and remaining ingredients, stirring until well blended. Reheat potato soup to serving temperature or cover and refrigerate until chilled. Personally I prefer eating this potato soup hot, however in summer it makes a refreshing start eaten cold with a cold main course.

## Smoked Haddock & Bacon Chowder (4 servings)

### Ingredients

250 g Escort Diced Bacon  
500 g Smoked Haddock  
(Skinned)  
30 g Butter  
1 Bunch Spring Onions (Sliced)  
20 ml Flour  
600 ml Milk  
410 g Can Whole Kernel Corn (Drained)  
500 g Potatoes (Cooked, Peeled and Cubed)  
150 ml Fresh Cream  
Salt and Pepper

### Method

Cover haddock with water and poach for 6-8 minutes, drain and cool. Flake fish into large pieces and set aside. Melt butter, sauté spring onions and Escort Diced Bacon for 2-3 minutes, remove from heat and stir in flour. Add milk, return to heat and bring to boil, stirring continuously. Add corn, potatoes and fish and simmer for 5 minutes. Stir the cream, heat through. Add seasoning to taste. Sprinkle chives and serve hot with bread rolls. Delicious

## Vars mieliesop

### Bestanddele

1 ui, fyn gekap  
30ml ongesoute botter  
1 rooi soetrissie, ontpit en in stukke gesny  
1 ferm groen brandrissie, ontpit en gesny  
750ml vars mieliepitte, gesny van 5 stronke  
250g tamaties, geskil en ontpit  
1 liter hoenderaftreksel  
250ml dik room  
sout en peper

### Metode

Braai die ui in die botter in 'n swaarboompan totdat dit begin sag raak. Verwerk die uiemengsel, die soetrissie, die brandrissie, 500ml van die mieliepitte en die tamaties in 'n voedselverwerker tot fyn. Meng hierdie puree met die hoenderaftreksel in 'n pot, verhit tot kookpunt en laat 5 minute lank prut met deksel op. Voeg dan die oorblywende mieliepitte by, asook die room, en die sout en peper. Laat prut 2 minute lank – maar moet net nie weer laat kook nie. Ten minste 6 mense sal hieraan vreugde vind.

## Pea & Ham Soup

### Ingredients

15 ml sunflower oil  
1 large onion, finely chopped  
1 large carrot, finely grated or sliced  
2 celery stalks, finely sliced  
750 g smoked pork (like Kessler rib or Einstein)  
1.5 litre prepared chicken stock  
3 bay leaves  
500 ml dried green split peas  
2 – 3 large potatoes, peeled and cut into 2-cm cubes  
Worcester sauce  
ground nutmeg  
salt  
ground white pepper

### Method

Heat the oil in a large saucepan and add the onion, carrots and celery. Sauté until soft and golden. Add the smoked pork, stock and bay leaves and bring to a boil. Reduce heat, cover with a lid and simmer for 90 minutes or until the pork is tender. Meanwhile, place the peas in a second large saucepan and completely cover with cold water – at least 1.5 litres. Do not add any salt or salty ingredient – the salt will prevent your peas from becoming soft and tender. Now bring the peas to a boil and skim off any foam that appears on the surface. Reduce heat, partially cover and simmer for 45 – 60 minutes or until the peas are tender and disintegrated. But you need to watch it (peas tend to boil over ferociously and they also tend to catch, spoiling the whole idea of serving pea soup for dinner) and stir and replace the water when and if needed.

When the pork is tender, remove the saucepan from the heat and lift the pork out of the stock. Remove any bones and fatty rinds and cut the meat into small dice. If you like little pieces of spek (lard) in your soup, cut the fatty skin of the pork also in small dice. Discard the bone and return the diced pork to the stock. Also add the peas with its cooking liquid and then add the potatoes and stir well. At this stage you can add more water or chicken stock if you want a thinner soup. Just be a little careful of stock cubes as they tend to be salty. Rather add water at this stage if you need to and season the soup to taste with the Worcester sauce, nutmeg, salt and pepper. Return the saucepan to the heat, bring the soup to the boil, reduce heat and simmer for ten minutes, stirring every few minutes. Remove from heat and season to taste with the Worcester sauce, ground nutmeg, salt and ground white pepper. Serve with fresh, crisp croutons, diced plain or Parma ham and buttered light rye bread or crusty rolls.

## Fresh tomato soup

**Gavin Victor**

### Ingredients

15 ml butter  
15 ml olive oil  
1 onion, peeled and chopped  
2 cloves garlic, crushed  
315 ml potatoes, peeled and sliced  
500 ml fresh tomatoes, sliced but not peeled  
750 ml vegetable stock, or water  
salt and freshly ground black pepper, to taste  
pinch of sugar, to taste  
fresh basil, chopped  
cooked ravioli or tortellini, to serve  
extra olive oil for dressing  
toasted bread and roasted garlic, to serve

### Method:

Warm butter and olive oil in a large saucepan – don't let the butter brown. Add onion and garlic, stir, cover the pan and leave to cook over a low heat for 5 minutes. Add potatoes, stir well, cover again and cook over a low heat for 5 minutes. Add tomatoes, stir well, cover again and cook for a further 5 to 10 minutes, being careful not to let the vegetables brown as this would spoil the delicate flavour. Add stock or water, bring to the boil, then reduce the heat. Cover the pan and leave to simmer until the potato is tender, about 15 minutes. Purée the soup in a blender or food processor. Season to taste with salt, pepper, a pinch of sugar and basil. Top with filled pasta (ravioli or tortellini) and a drizzle of olive oil. Serve with roasted garlic spread onto slices of toasted bread.

## Tamatie Roomsop

Dit is 'n heerlike en baie voedsame sop.

Die basis is 'n witsous wat van die volgende bestanddele berei word.

50ml margarien  
50ml koekmeelblom  
500ml melk  
5ml sout  
Knippie peper

Tamatieroomsop

6 tamaties, geskil  
1 klein ui  
5ml suiker  
2,5ml sout

Metode

Kook al die bestanddele saam tot sag. Versap tot pulp. Meng met die witsous. Lewer 750ml sop. Dit is belangrik om daarop te let dat wanneer die witsous en tamatiemoes gemeng is, dit nie weer gekook moet word nie. Dit sal die sop laat skif. Bring dus die witsous en moes apart tot kookpunt en meng net voor opdien.

## Aspersieroomsop

Bestanddele

1 blik aspersiestukkies  
45ml gerasperde kaas

Metode

Hou die aspersiepuntjies heel en plaas die res van die aspersies in 'n versapper en maak goed fyn. Voeg nou die aspersiemoes en puntjies by die witsous en laat opkook. Strooi die kaas oor net voor opdien.

## Mielieroomsop

Bestanddele

500ml ingemaakte mielies

Metode

Voeg mielies, heel of fyn gemaak, by 'n dun witsous.

## Farmhouse pumpkin soup

Preparation time: 10 minutes cooking time: 35 minutes

### Ingredients

30 ml oil  
2 onions, finely chopped  
2 cloves garlic, crushed  
1 ml ground cloves  
2 ml nutmeg, freshly grated  
half a pumpkin, peeled, seeded and cut into chunks  
200 ml red lentils  
500 ml vegetable stock  
15 ml lemon juice  
125 ml cream, to serve

### Method:

Heat the oil in a large saucepan over medium heat and fry the onions, garlic, cloves and nutmeg for 5 minutes. Add the pumpkin, lentils, stock and lemon juice and simmer for 25-30 minutes, or until the vegetables are tender. Season with salt and freshly ground black pepper to taste. Purée the soup in a processor and swirl in the cream just before serving. Makes: 1,5 litres  
Preparation time: 10 minutes Cooking time: 35 minutes

## Mulligatawny (Kerriesop)

### Bestanddele

450g maer skaap- of lamsvleis (maer nekstuk is geskik)

soutwater

2 groot uie, in skywe gesny

1 geelwortel, in skywe gesny

1 klein kookappel, in skywe gesny

15ml braaivet of botter

10ml kerriepoeier

30ml koekmeelblom

1.4 liter koue water

140ml melk

paar druppels suurlemoensap

### Metode

Week vleis 1 uur lank in soutwater. Sny groentes en appel in skywe. Droog vleis af. Smelt vet in kastrol en braai vleis effens bruin. Haal vleis uit en sit groentes en appel in kastrol, smoor 3 – 4 minute lank.

Voeg kerriepoeier by. Belangrik: Kerriepoeier word eers 2 – 3 sekondes lank gebraai om dit gaar te maak. Roer koekmeelblom na 2 minute in en gooi water by. Verhit tot kookpunt en voeg vleis by. Sit deksel op en laat sop 1 – 1½ uur lank stadig kook. Haal vleis uit en maak groentes fyn. Indien voedselverwerker gebruik word, kan 'n deel van die vleis ook verwerk word. Hou res van die vleis vir garnering.

Spoel kastrol uit, plaas sop terug, voeg melk by en verhit tot kookpunt. Voeg suurlemoensap by. Indien sop deur sif gedruk is, mag dit nodig wees om dit met 'n bietjie water en mielieblom te verdik.

## Stracciatella

### Bestanddele

900ml sterk hoenderaftreksel  
3 klein eiers  
55g gerasperde parmesaankaas  
30ml fyn semolina / meelblom  
sout en peper

### Metode

Verhit aftreksel in 'n kastrol tot kookpunt. Klits die eiers met 'n vurk in 'n mengbak, voeg kaas, semolina of meelblom en sout en peper na smaak by. Voeg 30ml van die kokende aftreksel by die eiermengsel, meng goed en gooi dit by die kokende sop; klits deeglik saam. Kook net 1 minuut lank voor opdiening.

## Vars sampioensop

### Bestanddele

50g botter  
40ml koekmeelblom  
500ml hoenderaftreksel  
250ml melk  
250g vars sampioene fyn gesny  
sap van 1 suurlemoen  
125ml dik room  
sout en gemaalde swartpeper  
30ml fyn gekapte pietersielie

### Metode

Smelt die botter. Voeg die koekmeelblom by en laat 3 – 4 minute lank stadig prut. Roer goed. Voeg hoenderaftreksel by. Meng deeglik terwyl die mengsel tot kookpunt verhit word. Voeg die melk, sampioene en suurlemoen sap by. Prut 5 minute lank. Roer die room in die sop en geur met sout en vars gemaalde swartpeper. Versap 30 sekondes lank teen maksimum snelheid. Voeg die pietersielie by en sit voor.



## Fresh tomato and basil soup

Gavin Victor

Preparation time: 5-7 minutes

Cooking time: 30-40 minutes

### Ingredients

30 ml olive oil

1 large onion

1 large carrot

4 cloves of garlic

410 g whole peeled tomatoes

6 large ripe tomatoes

2 ml sugar

750 ml chicken or vegetable stock

1 handful fresh basil

salt and ground pepper

### Method:

Heat oil in a large saucepan. Add onion (chopped), carrot (peeled and grated) and 1/4 of the garlic, crushed, and sauté until soft, about 5 to 7 minutes. Add tomatoes (with juice), sugar, seasoning and stock and bring to the boil. Reduce heat, cover and simmer for 30 to 40 minutes. Add basil (chopped) and remaining garlic and adjust seasoning just before serving with crusty bread and cheese, like fat-free Philadelphia.

Note: You can bulk up the soup with a can or two of drained cannellini beans or 250 ml macaroni.



## Garlic soup

**Gavin Victor**

### Ingredients

1 small onion, chopped  
6 cloves garlic, coarsely chopped  
30 ml olive oil  
1 potato, peeled and sliced  
1 litre chicken stock  
250 ml cream  
30 ml sour cream  
coarse salt and milled black pepper

### FENNEL DUMPLINGS

75 g butter  
60 g cake flour  
90 ml corn flour  
1 egg, separated  
2 ml salt  
1 ml sugar  
5 ml chopped fresh fennel

### Method:

Sauté onion and garlic in heated oil in a large saucepan. Add potato slices and chicken stock and bring to the boil. Lower heat and simmer until potato and garlic are tender. Purée in a blender or food processor, then pour into a bowl. Stir in cream and sour cream and season with salt and pepper. Serve with fennel dumplings. FENNEL DUMPLINGS: Melt butter in a saucepan and stir in flour and corn flour to make a smooth paste. Cool. Whisk egg white until stiff. Add egg yolk, salt and sugar to the cold flour mixture. Fold in egg white and fennel. Shape into small balls, place in a saucepan of boiling water and simmer, covered, for about 15 minutes.

## German sausage and bean soup

Gavin Victor

### Ingredients

3 large onions, coarsely chopped  
2 cloves garlic, crushed  
1 green pepper, diced (use more if desired)  
250 g bacon, cut into smaller pieces  
375 g Russian sausages, sliced (optional)  
3 potatoes, peeled and diced  
3 carrots, scraped and sliced  
3 tomatoes, peeled and coarsely chopped  
2 litre boiling water or chicken stock  
2 bay leaves  
410 g butter beans (or more)  
410 g beans in tomato sauce (or more)  
5 ml paprika  
salt and pepper to taste chopped parsley

### Method:

In a large saucepan, fry the onion, garlic, green pepper, bacon and sausages until soft and until the bacon and sausages are done. Add the vegetables and boiling water or chicken stock. Add the bay leaves and half the beans, along with the liquid. Simmer until the vegetables are soft and cooked. Add the remaining beans along with the liquid. Add the seasonings. Simmer well and sprinkle with chopped parsley just before serving. Serve with fresh bread. Serves 8-10.

## Grandpa Holst's bacon and lentil soup

Gavin Victor

Preparation time: 30 minutes

Cooking time: 2 hours, 15 minutes

### Ingredients

6 rashers rind less streaky bacon, chopped

4 slices white bread, crusts removed

30 ml butter

2 large onions, finely chopped

4 large carrots, grated

3 celery sticks, trimmed and sliced

500 ml orange (red) lentils, washed

2 litre chicken stock

2 bay leaves

2 ml dried basil

15 ml parsley, freshly chopped

15 ml lemon juice

### Method:

Fry the bacon over a gentle heat for three minutes. Remove the bacon from the pan and set aside. Cut the bread into cubes and add to the bacon fat in the frying pan. Fry the bread until golden on all sides, then set aside. Heat the butter in a large saucepan. Sauté the onions for two minutes. Add the carrot and celery and cook for four minutes, stirring twice. Add the lentils, chicken stock, seasoning, bay leaves and basil. Bring to the boil, then reduce heat and simmer gently for about two hours. Stir occasionally. Stir in the bacon and parsley. Simmer for two minutes, then serve with the prepared croutons.

## Hot split pea soup

Gavin Victor

### Ingredients

10 ml butter or margarine  
3 chives, finely chopped  
1 small onion, finely chopped  
2 litre chicken stock  
250 ml split peas, soaked overnight in water to cover  
1 medium potato, peeled and diced  
1 large tomato, peeled and diced  
1 small celery stalk, diced  
2 carrots, sliced  
15 ml fresh parsley chopped salt and pepper to taste

### Method:

In a deep soup pot, melt butter and sauté chives and onion. Add chicken stock and peas, and bring to the boil with the water the peas were soaked in. Reduce heat and simmer, adding more water if needed. Cook peas until tender. Add all other vegetables. Continue cooking at least 20 minutes longer. Cook until peas and vegetables are tender, then purée in a blender or rub through a sieve. Pour back into the saucepan and heat thoroughly. Season to taste, and garnish with fresh cream (optional) and chopped parsley. Serve hot with fresh rolls or croutons if desired.

## Plaassop resep 1

### Bestanddele

250g bruin suikerbone, oornag in water geweek  
3,25 liter water  
250g swoerdlose bladspek, gesnipper  
2 knoffelhuisies, fyn gedruk  
2 selderystingels, in ringe gesny  
12,5ml margarien  
4 geelwortels, geskil en gerasper  
3 middelslagaartappels, geskil en gerasper  
2 uie, gekap  
250g blomkool, in klein stukkies gesny  
25ml worcestersous  
5ml geuropwekker  
7ml grof gemaalde swartpeper  
1 blikkie (65g) tamatiepasta

### Metode

Dreineer die bone en voeg 750ml van die vars water by. Kook die bone in die water tot sag. Braai intussen die spek, knoffel en seldery 5-6 minute in die margarien oor matige hitte. Voeg al die orige bestanddele by die bone en voeg die oorblywende 2,5 liter water by. Kook 2-3 uur of tot die groente sag is. Sit warm voor met vars brood of broodrolletjies.

## Good 'old lamb and bean soup

Gavin Victor

Cooking time: 2 hours

### Ingredients

30 ml olive oil

2 cloves garlic, crushed

2 leeks, cleaned, leaves and stalks shredded

4 carrots, finely diced

2 stalks celery, finely diced

500 g lamb knuckles

2 x 410 g cans butter beans, drained and rinsed

2 handfuls parsley, chopped

1 litre lamb or chicken stock

1 x 400 g can chopped tomatoes

10 ml sugar

15 ml tomato paste salt and milled pepper

### Method:

Sauté garlic and leeks in olive oil for three minutes. Add carrots, celery and meat. Cook for about 10 minutes then add beans and half the parsley. Toss to coat and pour in stock, tomatoes and sugar, and season to taste. Bring to the boil, reduce heat and simmer very gently for one to one and a half hours. Stir in the tomato paste and simmer for a further 30 minutes, until thick and velvety. Season well and toss in the remaining parsley. Note: You could use a ham hock in place of the lamb knuckle, just replace the lamb stock with chicken stock.

## Goulash soup

Gavin Victor

### Ingredients

3 onions, sliced  
2 cloves garlic, crushed  
oil  
1 kg pork, cubed  
salt  
black pepper  
60 ml paprika  
15 ml cumin (jeera)  
115 g tomato paste  
5 chicken stock cubes  
50 ml cake flour  
250 ml sour cream  
30 ml sugar  
chopped parsley

### Method:

In a large saucepan, sauté the onion and garlic in a little heated oil until soft. Lightly season the meat cubes with salt and pepper and brown in the oil. Add the paprika and cumin and stir-fry for about 1 minute. Add the tomato paste and stock cubes, dissolved in 2 litres boiling water. Reduce heat and simmer for about an hour or until the meat is tender. Blend the cake flour with a little water to form a paste. Add it to the soup and heat while stirring continuously until the mixture comes to the boil and thickens slightly. Add the cream and sugar, season with salt and black pepper and heat through. Sprinkle with a little chopped parsley just before serving. Serve with fresh bread rolls.



## Aartappel- en Preiesop

Genoeg vir 6 persone

Bestanddele

30 g botter

6 klein preie ( $\pm 120$  g), fyn gekap

2 selderystingels, fyn gekap

2 ml sout

2 ml swartpeper

700 ml Dewfresh groente-aftreksel

80 ml rou wit rys

3 mediumgrootte aartappels, gerasper

200 g spek

100 ml Dewfresh suurroom

40 ml Dewfresh vars room

1 ml rissiepoeier

Vars brood vir opdiening

Metode:

Braai die preie en seldery saam in die botter. Voeg sout en swartpeper by en prut vir ongeveer 10 minute. Voeg die aftreksel en rys by en kook vir 20 minute. Kook die gerasperde aartappels in soutwater tot sag. Gooi die aartappels by die preiemengsel en meng goed in 'n elektriese menger saam met 250 ml melk. Voeg sout en peper na smaak by. Plaas intussen die spek op 'n bakplaat en bak in die oond tot lekker krakerig. Breek in klein stukkie. Meng die twee tipes room saam met die rissiepoeier en dien die sop op met 'n bietjie room, krakerige spekstukkie en mikro kruie daarin saam met 'n warm, vars broodjie.

## Hearty vegetable soup

Gavin Victor

Server 3 ~ 4

### Ingredients

50 ml butter  
1 onion, chopped  
2 cloves garlic, crushed  
1 carrot, sliced into discs  
1 stalk celery, chopped  
3 small baby marrows, sliced into rings  
200 g fresh green beans, sliced into 2,5 cm lengths  
30 ml cake flour  
70 g tomato paste  
2 chicken stock cubes dissolved  
340 g whole kernel corn, drained  
150 g pasta shells  
5 ml dried oregano  
15 ml chopped fresh parsley  
10 ml sugar  
dash fresh lemon juice  
salt and ground black pepper to taste

### Method:

Melt the butter in a large pot until bubbling and sauté onion and garlic until soft and fragrant. Add the carrot, celery, baby marrows and green beans and sauté until the vegetables begin to soften. Sprinkle with cake flour and mix. Stir in the tomato paste and stock. Bring to the boil, add the corn, pasta and herbs and cover. Reduce heat and simmer for about 15 minutes until the pasta is cooked and the soup is slightly thickened. Season with sugar, lemon juice, salt and pepper. Ladle into warmed soup bowls. Serve with crusty bread. Makes 1,5 litres.

## Cathy Hempel se kerrie-botterskorsiesop

### Bestanddele

1,5kg botterskorsie, geskil en in blokkies gesny  
1 middelslag ui, gekap  
5ml matige kerriepoeier  
5ml knoffelvlokkies  
5ml gemengde kruie  
Swartpeper na smaak  
250ml suiwer lemoensap  
500ml hoenderaftreksel  
Room of suurroom en droë pietersielie (opsioneel)

### Metode

Kook die botterskorsie en ui tot sag in 'n bietjie water. Voeg die kerriepoeier, knoffelvlokkies, gemengde kruie en swartpeper by en roer goed. Meng die helfte van die lemoensap en hoenderaftreksel met die helfte van die botterskorsiemengsel. Meng met 'n menger of klitser tot glad en doen dieselfde met die orige helfte. Die sop kan na smaak met lemoensap of met hoenderaftreksel verdun word. Sit warm voor. Indien verkies, kan 'n bietjie room of suurroom en droë pietersielie liggies ingeroer word.

## Herb potato soup

Gavin Victor

### Ingredients

2 onions, finely chopped  
50 ml butter  
500 g potatoes, peeled and sliced  
2 litre chicken stock  
dried mixed herbs nutmeg  
salt and freshly ground black pepper  
50 ml thin cream

### Method:

Sauté the onions in the butter until soft. Add the sliced potato and stir-fry lightly. Add the chicken stock and bring to the boil. Reduce heat and simmer until the potatoes are soft. Remove the potatoes and process in a food processor with 500 ml of the stock. Return to the saucepan and bring to the boil once more. Stir continuously. Season to taste with mixed herbs, a pinch of nutmeg and salt and pepper. Remove from the heat and stir in the cream. Serve hot. Serves 6-8.

## Horse & Mill Pub's vegetable soup

**Gavin Victor**

### Ingredients

6 medium-sized carrots, diced  
1 onion, finely chopped  
1 small cauliflower, broken into florets  
4 stalks celery, finely chopped  
4 medium-sized potatoes, grated  
500 ml dried peas, soaked in water for 30 minutes  
2 tomato paste cubes  
1 medium-sized butternut, peeled and diced  
45 ml vegetable stock powder  
250 ml small pasta shapes (optional)  
2 handfuls chopped fresh parsley  
1 grated rind of a lemon  
salt and freshly ground black pepper to taste

### Method:

Place all the ingredients, except the parsley and seasonings in a large saucepan. Add about 1, 75 litres (7 c) water or enough to over the vegetables and bring to the boil. Reduce the temperature and simmer slowly until the peas are soft. Add more water as desired. Add the parsley and lemon rind, season generously with salt and black pepper and serve hot. Serves 16.

## Portugese Hoendersop

Genoeg vir 6 persone

Resep van Emeril Lagasse

### Bestanddele

1 Hoender, in stukke gesny  
1 selderystingel, grof gekap  
1 ui, grof gekap  
3 knoffeltone, fyn gekap en gekneus  
4 stingels pietersielie  
2 stukkies suurlemoenskil  
4 kruisementstingels  
1/4 teelepel gekneusde rooipeper, na smaak  
500 ml water of hoenderaftreksel  
1/4 koppie rou rys  
1/2 suurlemoen se sap  
1/4 koppie kruisementblare, fyn gekap  
Sout en rooipeper na smaak

### Metode:

Voeg die hoender, seldery, ui, knoffel, pietersielie, suurlemoenskil, kruisementblare en gekneusde rooipeper saam met die water/aftreksel in 'n pot. Bring tot kookpunt en verlaag die hitte en laat prut vir 45 minute of tot die hoender sag is. Verwyder dan die hoender van die sop en plaas op 'n bord om af te koel. Gooi die sop deur 'n sif en gooi die oortollige groente weg. Gooi die aftreksel terug in die pot en laat afkook tot 'n geurige boeljon. Voeg die rys by die aftreksel en laat kook tot dit gaar is.

Wanneer die hoender afgekoel het, verwyder die vleis van die bene en vlok dit in klein stukkies. Voeg dit by die boeljon en rys en kook vir ongeveer 3 tot 4 minute. Voeg suurlemoen sap, kruisement, sout en rooipeper na smaak by en laat kook vir nog so 3 minute. Bedien dadelik, gearneer met suurlemoenskyfies en kruisementblaartjies, of nes jy wil.

## Leek and potato soup (1)

Gavin Victor

Preparation time: 15

Cooking time: 20

### Ingredients

30 ml butter

250 g leeks, chopped

1 g clove garlic, crushed

350 g potatoes, peeled and chopped

1 litre vegetable stock

2 bay leaves

125 g rind less streaky bacon, chopped and fried until crisp

### Method:

Heat the butter in a large frying pan and sauté the leeks for three minutes, until soft. Add the garlic and potatoes and stir well. Cover and cook until tender. Pour in the stock and add the bay leaves. Bring to the boil, cover and allow to simmer gently for about 15 minutes, until the vegetables are tender. Remove the bay leaves and blend the soup in a food processor until smooth. Season with salt and freshly ground black pepper to taste. Sprinkle with crisp bacon just before serving.



## Pampoensop

### Bestanddele

680 – 900g pampoens  
3 middelslagaartappels  
3 groot tamaties  
1.1 liter koue water  
sout en peper  
22ml (1 ½ E) rou rys  
soutwater  
’n bietjie melk (opsioneel)  
15g botter  
45 – 60ml (3 – 4 E) room

### Metode

Skil die pampoens en sny in groot stukke. Skil aartappels. Was tamaties, halveer en ontpit. Sit pampoens, aartappels en tamaties in ’n kastrol koue water, geur en kook 25 – 30 minute lank stadig of tot sag. Kook rys in soutwater tot sag, dreineer, spoel af in warm water om korrels los te maak en laat eenkant staan. Vryf sop deur sif of verwerk in voedselverwerker. Gooi sop terug in kastrol, proe en geur. Voeg ’n bietjie melk by, indien te dik. Verhit weer, voeg rys, botter en room by. Roer goed deur en dien op.

## Lentil soup with smoked sausage

Gavin Victor

### Ingredients

30 g butter  
1 onion, finely chopped  
3 carrots, peeled and diced  
2 large Granny Smith apples, peeled and diced  
100 g split red lentils  
salt and freshly ground black pepper  
1 litre vegetable stock  
2 bay leaves  
2 smoked sausages

### Method:

1. Melt the butter in a large saucepan, add the onion and sauté until soft and transparent. Rinse the lentils under the cold tap and drain well. 2. Add carrots, apples, lentils and seasoning to the onion mixture. Sauté for 2 minutes before adding stock and bay leaves; bring to a simmer. 3. Cover pan with a lid and continue to simmer for 45 minutes or until lentils and carrots are quite tender. Stir occasionally – so as to incorporate the apple pieces that will break up whilst cooking. 4. With a slotted spoon, lift half the vegetables into a food processor or blender. Cover and whiz to a purée, then return to the saucepan. 5. Slash the smoked sausages and add to the soup. Return pan to the boil and simmer for 10 more minutes. 6. Cut sausage in portions before serving with garlic croutons.



## Lentil and vegetable soup

### Ingredients

375 ml green lentils  
45 ml oil  
1 onion, finely chopped  
5 ml paprika  
5 ml origanum  
2 litre vegetable stock  
410 g crushed tomatoes  
70 g tomato paste  
3 sticks celery, thinly sliced  
2 medium carrots, thinly sliced  
2 bay leaves  
3 small baby marrows, sliced  
150 g green beans, halved  
410 g beans in tomato sauce  
salt and freshly ground black pepper

### Method:

Leave the lentils to soak in cold water for two hours. Rinse and drain well. Heat oil in a large, heavy-based pan. Sauté onion, paprika and origanum over medium heat until soft, but not browned. Add the lentils, stock, undrained tomatoes and tomato paste to the pan. Bring to the boil, reduce heat and simmer, uncovered, for 5 minutes. Add celery, carrots and bay leaves. Stir to combine. Bring to the boil, reduce heat and simmer, covered, for 40 minutes until the soup has thickened. Add baby marrows and green beans. Simmer, covered for a further 10 to 15 minutes, or until the vegetables are tender. Add beans in tomato sauce and heat through. Remove the bay leaves before serving with crusty bread.

## Meatball and pasta tomato soup

### Ingredients

10 ml garlic flakes  
820 g tomatoes, finely chopped  
23 ml tomato paste  
2 beef stock cubes, crumbled  
2 litre hot water  
15 ml sugar  
80 ml elbow macaroni  
5 ml basil

### MEATBALLS

500 g mince  
190 ml stale breadcrumbs  
1 onion, chopped  
5 ml garlic and herb seasoning  
1 egg, lightly beaten  
15 ml oil

### SOUP

15 ml oil  
1 onion, chopped

### Method:

Cook onion and garlic flakes (soaked for 10 minutes, then drained) in oil until onion is soft. Add tomatoes, tomato paste, stock cubes, water and sugar and blend well. Bring to the boil and simmer covered for 15 minutes. Combine all meatball ingredients, except the oil, and roll into small balls. Brown the meatballs in the oil and, when cooked through, drain. Add elbow macaroni and meatballs to soup, boil uncovered until pasta is tender. Stir in the basil and simmer for five minutes. Serves 6.

## Meatball and veggie soup

Gavin Victor

Preparation time: 20 min

Cooking time: 40 min

### Ingredients

30 ml olive oil

2 onions, chopped

3 carrots, peeled and diced

2 stalks celery, chopped

2 litre beef stock

12 Brussels sprouts

200 g green beans, cut into pieces

8 patty pans, cut into sixths

200 g cauliflower, broken into florets

### MEATBALLS

300 g lean beef mince

1 large egg, lightly beaten

10 ml ground coriander

10 ml Worcestershire sauce

2 ground cumin

salt and freshly ground pepper, to taste

freshly chopped parsley, to garnish

### Method:

Heat the oil in a large saucepan and sauté the onions, carrots and celery for 5 minutes. Add the stock and vegetables and bring to the boil. Reduce the heat and simmer for 10 minutes.

### MEATBALLS:

Mix all ingredients together and roll into small balls. Add to the soup, one by one. Continue to simmer gently for 20 minutes. Season to taste and serve sprinkled with chopped parsley.

## Meaty soup

Gavin Victor

Preparation time: 20

Cooking time: 60

### Ingredients

1 kg meaty beef shins, cut into 4 cm thick pieces  
1 kg marrow bones, with meat and fat, cut into pieces  
50 ml oil  
2 onions, halved and cut into thick slices  
2 celery stalks with leaves, washed and roughly chopped  
4 carrots, peeled and cut into chunks  
2 turnips, peeled, quartered and sprinkled with lemon juice  
6 cloves  
1 small piece stick cinnamon  
3 bay leaves  
6 sprigs parsley, thoroughly washed  
6 whole allspice  
15 ml black peppercorns  
5 ml salt

### Method:

Wipe the shins and marrow bones to remove any sawdust. Bring a pot of water to the boil in a large saucepan. Add the meat and bones, bring the water to the boil once more. Remove the shins and bones and pat them dry with a clean cloth. Discard the blanching water. Heat the oil in a large cast-iron or soup pot and slowly brown the shins over medium heat. Remove from the pot and discard the excess fat. Add 250 ml water to the pot used for browning the meat and stir, scraping loose any bits stuck to the bottom. Return the shins and marrow bones to the pot and add 4 to 5 litres of water. Bring to the boil, skimming off any foam that rises to the top. Add the remaining ingredients and simmer slowly (uncovered) for 2-3 hours. Add more water if necessary. The shin meat should be tender and the soup must have a rich, meaty flavour. Season with more salt and pepper if necessary. Remove the marrow bones, carefully remove the marrow and serve on toast with the soup.

## Minestrone soup

Gavin Victor

### Ingredients

500 g sugar beans  
50 ml margarine  
30 ml olive oil  
2 onions, finely chopped  
3 leeks, sliced into rings  
4 stalks celery, finely chopped  
1 bunch carrots, scraped clean and sliced into rings  
1 bunch turnips, scraped clean and cut into pieces  
100 g green beans  
350 g cabbage, finely shredded  
15 ml finely chopped garlic  
3 litre vegetable stock  
5 ml dried basil  
410 g tomatoes, chopped  
30 ml tomato purée  
250 g spaghetti, broken into smaller pieces  
65 ml finely chopped parsley  
salt and freshly ground black pepper to taste

### Method:

Soak sugar beans in hot water for 1 hour. Pour off the soaking water, cover with clean water and boil until soft. Drain and season with salt. Heat the margarine and oil in a large saucepan and fry all the fresh vegetables until glossy. Add the stock and drained beans, cover and simmer slowly for about 20 minutes. Add the dried basil, can of tomatoes, tomato purée and spaghetti and simmer slowly until the spaghetti is cooked and the soup is thick and flavoursome. Add the parsley and season to taste with salt and pepper.

## Mushroom and spinach soup

Gavin Victor

### Ingredients

1 onion, finely chopped  
250 g button mushrooms, chopped  
500 g spinach, washed  
3 garlic cloves, crushed  
45 ml Italian parsley, chopped  
2 ml fresh thyme  
400 ml boiling water  
10 ml vegetable stock powder  
250 ml cream  
salt and freshly ground black pepper

### Method:

Melt a knob of butter in a saucepan. Add onion, mushroom, garlic, spinach, thyme and parsley. Cook for 5 minutes over a medium heat. Add the water and stock and bring to the boil and then simmer for 10 to 15 minutes. Blend and place soup back in pot, add cream, salt and pepper and bring to the boil. Serve with a swirl of cream and warm, fresh Italian bread.

## Mushroom soup

Gavin Victor

### Ingredients

15 ml butter

1 onion, peeled and chopped

3 cloves garlic, crushed

500 ml brown mushrooms

1 litre vegetable stock

30 ml chopped fresh parsley

30 ml chopped fresh chives

250 ml cream

lemon juice to taste

salt, black pepper and nutmeg to taste pumpernickel bread and cream cheese, to serve

### Method:

Melt butter in a large saucepan. Add onion, give it a stir and cover the pan, leaving it to cook over low heat, without browning, for 5 minutes. Add garlic and mushrooms, stir well, cover and cook over a low heat for a further 5 to 10 minutes. Pour in the stock and bring to the boil, then reduce the heat, cover the pan and leave to simmer for about 15 minutes. Pour soup into a blender or food processor and whiz until smooth. Pour soup back into the pan, and add chopped herbs, cream and a squeeze of lemon juice. Season to taste with salt, pepper and nutmeg and reheat gently. Serve in warmed bowls.

Serve with pumpernickel bread, cut into triangles, with cream cheese spread on top.

## Mussel soup

Gavin Victor

### Ingredients

#### FISH STOCK

1 kg fish trimmings and/or heads  
salt and milled black pepper

#### BINDING

30 ml corn flour  
30 ml water  
190 ml thick cream  
1 onion, quartered  
2 large carrots  
1 stalk celery  
2 ml dill seed  
2 bay leaves  
15 ml salt  
6 peppercorns  
2 litre cold water

#### SOUP

30 ml butter  
5 ml sunflower oil  
2 onions, finely chopped  
6 cloves garlic, finely chopped  
10 ml mustard powder  
5 ml medium curry powder milled black pepper to taste  
500 ml white wine  
300 g mussel meat, reserving a few whole mussels for garnish snipped chervil for garnish



## VEGETABLES JULIENNE

### Ingredients

1 leek (white part only), well washed and cut into matchsticks  
1 large carrot, cut into matchsticks  
1 stalk celery, cut into matchsticks  
15 ml butter

### Method:

**STOCK:** Place all ingredients in a large saucepan. Cover and bring to boil, turn down heat slightly, and cook for 30 minutes. Remove lid and cook briskly over high heat until reduced to 1, 25 litres (5 cups). Strain and set aside.

**SOUP:** Heat butter and oil in a separate saucepan and sauté onions and garlic and softened, about 5 minutes, then add mustard, curry powder and seasoning. Pour in white wine and reduce stock and bring to boil. Add mussel meat, cover and cook over high heat for about 6 minutes.

**VEGETABLES:** Fry in heated butter for about 5 minutes. Season and reserve. **BINDING:** Mix corn flour and water until smooth, then stir into simmering soup. Stir in cream and cook, stirring, over low heat until soup begins to thicken and comes to boil. Check seasoning. Serve garnished with julienne vegetables and reserved mussels, and sprinkled with chervil.



## Old-fashioned bean soup

Gavin Victor

Preparation time: 15 minutes

### Ingredients

1230 g white kidney beans

6.0 litre weak beef stock

1500 g beef shin

300 g rind less streaky bacon, chopped

3 onion, chopped

3 turnip, finely chopped

6 carrots, chopped

3 large ripe tomato, skinned and finely chopped salt and freshly ground black pepper

225 ml brandy

15 ml lemon juice

### Method:

Drain the beans and place in a large saucepan with the stock, beef shin and bacon. Cover and simmer gently for an hour. Add the onion, turnip and carrot and cook for a further hour.

Remove the bones and fat and discard. Add the tomato and seasoning and simmer for 10 minutes. Add the brandy and lemon juice before serving.

## Yoghurt Sop

### Bestanddele

500 ml Bulgaarse joghurt

2 knoffelhuisies, fyngemaak

1 Engelse komkommer, gerasper

1 teelepel sout

1 teelepel swartpeper

1 teelepel heuning

4 eetlepels olyfolie

1 teelepel mentblare, opgekap

### Metode

Meng alles, saam, of verpulp dit. Plaas vir 3 ure in yskas. Versier met sprietuie en paprika.

## Mint and Pea Soup

### Main Ingredients

1 tbsp PnP olive oil  
2 bacon rashers  
200 grams no name frozen peas, defrosted  
1 PnP garlic clove  
1 handful PnP mint, plus extra to garnish  
400 ml vegetable stock, (or chicken stock), heated

### Method

Makes 8-10

Heat the oil in a pan, add the bacon and fry until crisp. Drain on kitchen paper. Once cool, break into bite-sized pieces. Purée the peas, garlic, mint and 100ml stock in a food processor or blender. Add remaining stock and season with salt and milled pepper. Chill in a jug in the fridge until ice-cold. Before serving, add a little water if the soup has thickened too much and adjust seasoning. Serve topped with bacon pieces and a sprig of mint.

## Ham and Red Lentil Soup

Ingestuur deur Jan van Niekerk

CATE CAN COOK

Serves 4

### Ingredients:

1 tbs olive oil  
1 medium brown onion, finely chopped  
2 medium carrots, peeled, chopped  
3 celery stalks, finely chopped (use leaves too)  
2 cloves garlic, crushed  
2 litres chicken stock (salt reduced)  
100g piece of leg ham \*  
1 cup red lentils  
chopped flat leaf parsley to garnish

### Method:

Heat oil in a large saucepan over medium heat. Add the onion, carrots, celery and garlic. Cook, stirring for 5 minutes or until the onion has softened. Increase the heat to high. Add the stock. Bring to the boil. Reduce the heat to medium. Add the ham and lentils. Simmer for 20 – 30 minutes, or until the lentils are tender. Remove the ham from the pan and shred the meat using two forks. Return the ham to the saucepan. Season to taste with salt and freshly ground black pepper. Served garnished with chopped parsley.

## Sweet Potato Soup

Send in by Jan van Niekerk

Sweet Potato Soup

The Fitchen

### Ingredients

2-3 Tablespoons olive oil  
½ of one large yellow onion, sliced  
3 cloves garlic, minced  
1 Tablespoon yellow miso paste (optional)  
5 cups vegetable broth  
4 cups sweet potatoes, roughly chopped  
2½ teaspoons sea salt  
1 teaspoon white pepper  
1 teaspoon ginger powder  
¼ teaspoon cayenne  
¼ teaspoon red chili flakes  
1 cup whole coconut milk, canned

### Instructions

In a large pot, heat olive oil to medium. Add onions and sauté 5 minutes, until translucent and softened. Add garlic and sauté 2-3 minutes. Add miso and chili flakes and stir to combine. Carefully pour broth into the pot and stir. Add sweet potatoes and seasonings – salt, pepper, ginger, and cayenne. Bring to a low boil, cover, and cook 20-25 minutes, stirring occasionally. It is finished when sweet potatoes are fork tender. Remove the pot from the heat. If you're using an immersion blender, just dip it into the pot and blend until smooth. If you're transferring to a countertop blender, I recommend allowing the soup to cool quite a bit before blending. Serve hot with a fresh sprinkle of black pepper

### Notes

If you prefer a less-thick consistency, simply add more broth or coconut milk and blend again. I also recommend adding a bit more salt and pepper to taste if you add more liquid.

## Frik se maklike sop

### Bestanddele

- 1 Pakkie Tamatie Roomsop
- 1 Pakkie Cream of Mushroom Sop
- 1 Blikkie Tuna

### Metode

Maak die sop aan soos op pakkies aangedui. Dreineer die Tuna. Vlok die Tuna en gooi in die sop. Roer deur en laat weer kook. Bedien op.

## Heerlike boontjie sop!

Ingestuur deur Wanda-Mari Lundly

### Bestanddele

- 1 pakkie gemengde sopbone oornag gele in water
- 2x uie
- 2 pakke gesnipperde spek
- 1 oxo hoenderblokkies
- 2 pakkies wit uie sop
- 500g sopvleis
- witpeper.

### Metode:

Braai uie en spek tot sag, gooi saam boontjies, oxo blokkie en witpeper in genoeg water, laat heeldag staan as jy kan prut, kook intussen jou sopvleis apart tot sag. So halfuur voor sop opdien gooi sopvleis en wit uie sop saam boontjie mengsel

## Die allerlekkerste ertjiesop

### Bestanddele

3 eetlepels olyfolie  
3 groterige uie, fyngekap  
3 knoffeltoontjies, gekneus en fyngekap  
1 gerookte varkskenkel van ongeveer 1 kg  
3 selderystingels, in stukkies gekap (as die blare nog aan die stingels is en mooi vars en ferm is, kap ek sommer daarvan ook fyn)  
4 groterige preie, goed skoongemaak en in muntstukke gesny sop1  
3 groot wortels, geskraap en in blokkies gesny  
4 groterige aartappels  
1 x 500 g pakkie split-ertjies  
'n lekker groot handvol vars organumblare  
6 – 8 koppies water  
sout en varsgemaalde swartpeper na smaak

### Metode

Verhit die olie in 'n swaarboomkastrol. Braai die uie daarin tot sag en deurskynend. Voeg die knoffel by en braai so 'n minuut of twee saam. Sny die tou-omhulsel om die varkskenkel los (indien dit wel so opgebind is) sodat die vleis makliker kan los kook. Plaas die skenkel saam met die uie en knoffel in die pot. Voeg die seldery, preie, wortels en aartappels by. Bedek die pot en laat die groente so vir 15 minute lank sweet. As jy bang is dit gaan aanbrand, kan jy so 'n skeutjie water byvoeg. Voeg die split-ertjies en organum by en dan die water. Meng alles goed en maak die pot dig toe. Verlaag die hitte en laat stadig vir so 'n uur of twee kook totdat die erte sag is, die vleis los van die been en vel afkom en die sop begin dik word. Verwyder die bene en die vel en maak die res van die vleis los sodat dit met die sop vermeng. Skep so 'n kwart van die sop uit in 'n afsonderlike bak en verpulp met 'n handmenger of in 'n voedselverwerker. Giet dit terug in die pot en roer deur die sop. As die sop steeds nie die tekstuur het wat jy verlang nie, kan jy die proses herhaal. Geur met sout en peper na smaak en maak weer deurwarm. Skep uit in sopbakke en sorg dat elke ou so 'n stukkie vleis kry. Bedien met varsgebakte brood of sommer net so.

Resep met vergunning van [toorkombuis.co.za](http://toorkombuis.co.za)

## Butternutsop

Eposvriende

Butternut Sop – uit Ohio

Regtigwaar binne minute kant en klaar en lekker! As jy dié sop proe, sal jy nooit kan raai dat dit so maklik en vinnig is om te maak nie. Die resepte kom uit Cleveland, Ohio.

### Bestanddele

750 ml (3 k) hoenderaftreksel

250 ml (1 k) room

500 ml (2 k) gaar pampoene, fyngedruk

22 ml (1½ e) bruinsuiker

5 ml (1 t) fyn komyn (jeera)

2 ml (½ t) rissiepoeier

2 ml (½ t) fyn koljander klein knippie neutmuskaat

sout en vars gemaalde swartpeper gerasperde cheddarkaas

vars koljanderblare

### Metode

Verhit die hoenderaftreksel en room saam tot kookpunt in 'n swaarboomkastrol. Klits die res van die bestanddele, buiten die kaas en vars koljander, met 'n draadklitser by die aftrekmengsel in. Verlaag hitte en laat ongeveer 15 minute lang liggies prut. Geur na smaak met sout en vars gemaalde swartpeper. Skep in sobakkies en rond af met 'n sprinkel gerasperde cheddarkaas en vars koljander. Lewer ongeveer 1,5 liter sop.

Wenk Maak die sop reeds die vorige dag en hou in yskas tot benodig. Maak net weer goed warm.

### WENK

Gooi 'n bietjie asyn of suiker by uie wat gesmoor word. Dit sal 'n lieflike ligbruin kleur en 'n aangename geur aan die uie verleen.

## Aartappelsop met sampioene

### Bestanddele

50 g (50 ml) botter  
2 knoffelhuisies, fyn gekap  
2 uie, fyn gekap  
250 g gekapte spek  
4 aartappels, geskil, in blokkies gesny  
250 g sampioene, in skyfies gesny  
50 ml (4e) witwyn {opsioneel}  
410 g hoenderroomsop  
250 ml (1k) water  
250 ml (1k) melk  
10 peppadews, in repies {opsioneel}  
sap en skil van ½ suurlemoen OF  
100 ml suurroom  
4 roosmaryntakkies OF {afronding}  
10 ml droë roosmaryn {afronding}

### Metode

braai knoffel en uie in botter, voeg spek by, roer aartappels en sampioene by en braai gooi res van bestanddele by en prut 25 – 30min of tot aartappelssag is. Geur na smaak, sit warm voor en rond met roosmaryntakkie af



## Meermin se hoendersop

Ingestuur deur Erika Moolman

### Bestanddele

1 heel hoender – kook in 1liter water tot die vleis van die bene afval, hou die water moenie dit uitgooi nie, haal die hoender uit, sny dit klein, verwyder bene en vel.

2 uie, gerasper \ of fyn gekap

6 aartappels gerasper

1 pak macaroni

Baba wortels \ kan ook wortels rasper \ ertjies \ gemengde groente (net waarvoor jy lus het) kan jy by sit

1 pakkie hoender sop

Sout, na smaak

Rooi pepper, na smaak

Aromat

Speserye vir groente, na smaak

Sweet Basil, na smaak

### Metode

Terwyl jy die hoender sny, sit die water waarin jy die hoender gekook het, terug of stoof, voeg uie, aartappels, macaroni, baba wortels (enige ander groente) en pakkie hoender sop in, kook op stadig, sodra die hoender vleis reg is, voeg by en kook op stadig. Potbrood natuurlik warm, is heerlik saam hierdie sop.

## AARTAPPEL SOP

### Bestanddele

3 Middelslag aartappels geskil  
4 koppies warm melk \ 2 koppies warm melk en twee koppies warm room  
1 Ui, fyn gekap  
3 Eetlepels Botter  
2 Eetlepels Meelblom  
1/2 Eetlepel Sout  
1/2 Teelepel Peper  
Knippie Rooipeper na smaak  
1 Teelepel Fyngekapte Pietersielie

### Metode

Kook die aartappels in die skil tot gaar. Maak die aartappels fyn, en voeg die warm melk by. Hou warm. Braai die ui 'n rukkie in die botter en roer dan die meelblom daarby. Wanneer glad, voeg by die aartappelmengsel en laat saggies kook totdat dit glad is. Roer af en toe. Geur deeglik, en dis warm op met die pieterselie daaroor gesprinkel.

### Wenk

Jy kan ook 'n klein pakkie ertjies by sit.\* Kook dit eers tot sag, en voeg by aartappelsop.

## Heerlike sop (1)

Wanda-Mari Lundy

### Bestanddele

2 x blikkies tamatiesop  
1 x blikkie hoendersop  
1 x blikkie sampioensop  
1 x pakkie spek, gesnipper  
1 x ui, fyngekap  
Melk om te verdun, indien nodig

### Metode

Braai bacon en ui in 'n kastrol. Gooi al die blikkies sop by, meng goed, bring tot kookpunt. Stel hitte laer en laat prut so 30 min. Dit klink nie great nie, maar glo my, dis watertand lekker!

## KAASSOP VIR KOULIKES

Rika Theron

### Bestanddele

60 g deurwaste spekvleis,  
2 uie,  
40 g meel,  
500 ml melk,  
500 ml vleisaftreksel,  
sout,  
peper,  
neutmuskaat,  
200 g gerasperde kaas,  
15 g botter,  
2 skywe roosterbrood.

### Metode

Kap spek en uie fyn. Verwarm spek tot vet smelt en braai dan uie daarmee saam tot sag en deurskynend. Roer meel by. Roer melk en vleisaftreksel by. Kook 'n paar minute oor lae hitte. Geur na smaak. Strooi gerasperde kaas oor, roer en haal van stoof af. Sny brood in blokkies, braai in botter tot bros en bruin. Skep sop in sokoppies en plaas 'n paar broodblokkies bo-op sop in elke koppie.

## Dik groente sop

### Bestanddele

4 in one sop mengsel oornag in kookwater, spoel deeglik af. Kook tog sag in slow cooker (gewoonlik oornag)  
1 pak vars sop groente (PNP \ Spar)  
2 E Botter/margarien  
2 E Mielieblom  
3 kop Melk [of 1 kop room en 2 kop melk]  
1 pakkie hoendersop \ uie sop  
2 koppies Gaar, fyngesnyde hoendervleis  
1 pak gaar macaroni

### Metode

Kook die sop mengsel tot sag, voeg sout en botter by. Roerbraai die groente in die botter/margarien tot sag. Maak die mielieblom aan met bietjie van die melk en hou eenkant. Voeg die res van die melk by die gebraaide groente en verhit tot kookpunt. Maak die pakkie hoendersop \ uie sop aan met kookwater, gooi dit by sopmengsel en laat prut. Kook totdat dit effens verdik en voeg dan die gesnyde hoendervleis hierby en laat dit warm word. Voeg die gaar macaroni heel laaste by.

### Wenk

Pas die resep aan na jou smaak, ipv hoendervleis, kan jy blokkies vleis byvoeg en braai dit dan saam met die groentemengsel. Jy kan ook enige noedels byvoeg, blokkies aartappels, gaar wortels. Sout, pepper na smaak.

## CHRISTIAAN SE HOENDERNOEDELSOP

### Besonderhede

30 ml olie

1 groot ui, fyngekap

2 preie, in dun skywe gesny

4 hoenderfilette, in blokkies gesny

6 groot wortels, geskraap en in dik skywe gesny

3 ml kerriepoeier

500 ml hoenderaftreksel van goeie gehalte (tuisgemaak of gekoopte sakkies)

1 liter kookwater

500 ml rou noedels

1 blik (400 ml) klappermelk

sout en varsgemaalde swartpeper na smaak

### Metode

Verhit die olie in 'n groot pan en soteer die ui en preie daarin. Voeg die hoender by en braai tot effe bruin. Voeg die wortels en kerriepoeier by en roer goed deur. Voeg die hoenderaftreksel en kookwater by. Sit die deksel op en laat prut vir ongeveer 30 minute. Roer die noedels in en laat prut tot die noedels sag is. Voeg die klappermelk by en roer deur. Proe en geur met sout en swartpeper, indien nodig. Roer die pietersielie in en sit voor met lekker vars brood.

Lewer 6 porsies

Resep uit: Christelle Otto, Stellenbosch. Leserskring spogresepte

## Verkulde beet-en-appelsop

### Besonderhede

350g beet, gekook en geskil  
Sap van 1/2 suurlemoen  
600 ml onversoete appelsap, verkoel  
200g Griekse jogurt, verkoel  
sout en peper rooipeper

### KOMKOMMERROOM

10-cm stuk komkommer  
6 vars kruisementblare  
6-8 grasuie, gekap om te garneer

### Metode Beet

Sny die beet in kleiner stukke en plaas in 'n voedselverwerker of menger. Voeg die suurlemoensap, die helfte van die appelsap en die helfte van die jogurt by. Verwerk vir ten minste 2 minute tot glad.

Giet die beetmengsel in 'n mengbak, roer die res van die appelsap by en geur met sout, peper en rooipeper na smaak. Verkoel en giet in individuele sobakkies om voor te sit.

### Om die komkommerroom te maak:

Rasper die komkommer en roer by die res van die jogurt in. Kap die kruisement fyn en roer dit by die mengsel in, maar hou 'n bietjie vir garnering. Skep i 'n bietjie komkommerroom in die middel van elke bakkie sop en sprinkel i 'n bietjie rooipeper oor. Strooi 'n bietjie gekapte grasuie bo-oor en garneer met kruisement. Sit dadelik voor met brood van jou keuse.

### Resep:

Neo Rammutla, Mokgalwana, Leserskring Spog resepte

## Sweet Potato, leek and biltong soup

Ilana

### Ingredients

50 g butter

100 g finely sliced biltong

6 leeks, thinly sliced

1/2 t freshly ground coriander seeds 1 ml nutmeg

3 small sweet potatoes, peeled and cut into cubes

1 medium potato, peeled and cut into cube

1.25 L cold\* vegetable stock

+/- 125 ml cream

Salt and pepper to taste ( go easy on the salt)

Biltong shavings for garnish

### Method

In a large pot, heat the butter until bubbling. Add 1/2 the biltong, the leeks and spices and sauté until fragrant. Add the cubed sweet potatoes/potatoes and sauté for a minute, then add the cold stock. Cover and bring to a gentle boil. Simmer gently for +/- 35 -40 minutes or until the potatoes are soft. Place in blender with the cream and remaining biltong and blitz until smooth. Add more cream or stock for a thinner consistency. Season to taste. Serve hot with crumbled blue cheese and crusty bread. Garnish with some biltong shavings.

## Rooi lensies sop vir ontbyt

Eso se Bruidsop van rooilensies

Sop vir ontbyt is deesdae 'n groot ding. In lande soos Turkeye, Viëtnam, Korea tot en Columbië is dit al 'n eeue-oue gebruik. Pho, ramen, om 'n paar te noem. My ontdekking is 'n Turkse sop met die mooiste storie.

Ezogelin, 'n verleidend-lekker rooilensiesop, vernoem na 'n jong Persiese bruid Ezo, 'n pragtige vrou wat nou al 'n legende in Turkeye geword het. Die man op wie sy verlief was het haar gevra om te trou, maar met een voorwaarde – sy moes eers sy ma ontmoet ... en Skoonma was maar 'n baie moeilike mens. Sy het hierdie rooilensiesop gemaak om in haar goeie boekies te kom. Wel, sy en haar man het later 9 kinders gehad, so Skoonma was sekerlik baie beïndruk.

Die sop, wat uit die suid-oostelike deel van Anatolië kom, word nou oral in Turkeye geëet, veral vir ontbyt. Die rooi lensies kook baie vinnig en hoef glad nie vooraf geweek te word nie. Dit is voedsaam met hoë vlakke van minerale soos yster. Die smaak is subtiel en die lensie kook heeltemal sag. Die geure van die droë kruisement saam met lensies is 'n heerlike nuwe ontdekking.

Die burgul is 'n gestampte koring wat effens verwerk en halfgaar gemaak is. Rys kan ook gebruik word. Ment paai die senuwees en verskerp die sintuie.

Ezo se bruidsop

### Bestanddele

1 knoffelhuisie, fyn gekap

1 ui, fyn gekap

Bietjie Olie of botter vir braai

5 ml komyn

45 ml tamatiepasta

5 ml soet paprika

200 g (opgehoopte koppie) rooi lensies, afgespoel red lentils,

45 ml bulgur koring, afgespoel (opsioneel) of 125 ml rys

1.5 liter hoender- of groenteaftreksel

Sout en peper

### Bediening:

15 ml droë kruisement, net so of gemeng met sagte botter.

rissievlokkies, suurlemoensap Braai die knoffel en uie liggies tot sag en deurskynend, voeg die tamatiepasta, paprika en komyn by en kook 2 minute terwyl jy roer. Voeg die lensies, burgulkoring (of rys) en aftreksel by. Bring tot kookpunt en prut dan sowat 30 minute terwyl jou nou en dan roer om te keer dat dit vassit. Sodra die lensies sag is blits die sop met 'n handstaafmenger tot redelik glad. Proe en pas na smaak met sout en peper. Skep in sobakkies, sprinkel droë ment oor of bedien met 'n klontjie botter, rissievlokkies as jy wil en 'n drupsel suurlemoensap.



## BOONTJIESOP MET SPEKBLOKKIES:

Anna Eksteen

### Bestanddele

500g pakkie droë suikerbone, oornag geweek in koue water

250g gerookte spek, in blokkies gesny

1 varkpootjie

2.5 liter water

1 groot ui gekap

1 wortel, grof gerasper

65g (1blikkie) tomatiepasta

2 lourierblare

6 wonderpeperkorrels

3 kruienaeltjies

'n paar gekapte takkies pietersielie

10ml bruinasyn

sout en varsgemaalde swartpeper

2 knoffelhuisies skoongemaak

olyfolie

### Metode

Spoel bone af onder koue water en dreineer. Dompel varkpootjie vinnig in kookwater en was goed af. Skep spek in 'n groot kastrol en braai oor lae hitte tot bros. Skep uit. Braai varkpootjie in dieselfde kastrol tot bruin alkante. Skep bone by varkpootjie in kastrol en voeg water by. Verhit tot kookpunt, en skep skuim af met gaatjieslepel. Voeg res van bestanddele tot em met bruinasyn by, verhit tot kookpunt, verlaag hitte en laat stadig prut met deksel op kastrol vir sowat 2½-3 ure of tot bone sag is. Geur na smaak met sout en swartpeper. Verwyder varkpootjie en druk sommige van die bone fyn met 'n aartappeldrukker. Proe en geur na smaak indien nodig.

## Leek and Potato Soup

Ina Paarman

### YOU WILL NEED

2 T (30 ml) butter

2 T (30 ml) oil

½ t (2,5 ml) Ina Paarman's Green Onion Seasoning

4 leeks, well washed and sliced

4 medium (500 g) potatoes, peeled and cubed

4 cups (1 litre) water

3 T (45 ml) Ina Paarman's Chicken or Vegetable Stock Powder

2 T (30 ml) chopped chives,

marjoram or parsley

½ cup (125 ml) fresh cream or full cream milk

Ina Paarman's Green Onion Seasoning to taste

### METHOD

Heat the butter, until it foams, in a medium size saucepan. Add the oil, leeks, pre-seasoned with Green Onion Seasoning and potatoes. Stir-fry for one minute – turn the heat down to low, cover the vegetables with greaseproof paper, put the lid on the pot and 'smoor' for 8-10 minutes while stirring once or twice. Add the water and Stock Powder. Simmer the soup for about 15 minutes until the potatoes are soft. Puree the soup and one tablespoon of the fresh herbs with a hand held blender or in a food processor until smooth. Add the cream or milk. Taste for seasoning. Serve with a sprinkling of remaining fresh herbs.

## Chickpea soup

	Serves 12	Serves 25
Ingredients		
Onions, fine chopped	1	2
Olive oil	2T or 30ml	1/4C of 65ml
Ground Coriander	1t or 5ml	2t or 10ml
Ground cumin	1t or 5ml	2t or 10ml
Cloves of garlic, crushed	2	4
Carrots, peeled and diced	2	4
Spring onions, Chopped	2	4
Vegetable stock	6C or 1.5L	12C or 3L
Chickpeas, Rinsed and drained	1 Tin (420g)	2 Tins
Red Lentils	1/2C or 100g	1C or 200g
Fresh parsley, chopped	1/4C or (1 bunch)	1/2C or 125ml
Sea salt and ground black pepper	to taste	to taste
Smoked paprika	to taste	to taste

In a saucepan over moderate heat, sauté the onions in the oil until soft and translucent. Add the Coriander, garlic, carrots and spring onions. Stir-fry for 5 min. Add the stock, drained chickpeas and lentils. Bring to the boil, then simmer gently for 30 min. Add the parsley and season with salt, pepper and smoked paprika to taste. Take care to overdo the smoked paprika.

Cooking for crowds

## ERTJIESOP IN DIE STOOMPOT

Dawie Vd Heever

Genoeg vir 10 of 12 mense.

Bestanddele

1kg Bees kookvleis

1 Pakkie split-ertjies

3 Uie

6 Groterige aartappels

15ml asyn

Biefblokkie of hoederblokkie

Aromat, sout en peper

Metode.

Stoom die vleis in die stoompot vir 20min.Gooi genoeg water, sout en die asyn in.

Solank die vleis gaar raak, skil die aartappels en uie. Rasper dit met die growwe kant van die rasper. As die vleis klaar gaar is, verwyder die stoompot van die plaat en laat die stoom afblaas.

Voeg die aartappels en uie by. Spoel die ertjies af en gooi dit bo-op in die stoompot.

Voeg die geurmiddels by en genoeg water. Ons stoompot hou 11l. As alles in is, moet die stoompot bokant half wees met water. Stoom vir nog 20 min. Laat die vleis onderin die pot lê sodat die ertjies nie so maklik kan brand as dit onder lê nie. Verwyder en proe of daar nie dalk bietjie sout kort nie. Pasop om nie die stoompot te vol te maak nie. Gee die pot kans om self van die stoom ontslae te raak, aangesien sop geneig is om bo te wil uitspuit as die gewiggie afgehaal word terwyl die pot onder druk is. Eet met vars brood en botter. As daar sop oorbly, stol hy as dit koud word en kan daar bietjie water bygevoeg word wanneer hy weer warm gemaak word.

## Boontjie sop

### Bestanddele

500 g suikerbone

2,5 l water

sopvleis (shin)

3 tl sout

2 ml swart peper

1 tl gedroogte pietersielie

3 wortels

2 aartappels

2 uie

4-in-1 sopmengsel

Hand vol macaroni

### Metode

Ek sny alles op, stoom vir 1 uur en “mash”. Maak dan dunner met water soos jy dit wil hê.

Gooi net weer sout by.

### NOTA:

Vir “Ertjiesop” gebruik ek presies dieselfde bestanddele, vervang net die bone met “split-peas”.

Resep aangepas uit Knuppeldik aan Koningskos.

## ROASTED CAULIFLOWER AND CHICKPEA SOUP

Ilana

### Ingredients:

2 tins of chickpeas  
2 cauliflower heads  
1 ½ teaspoon cumin  
½ teaspoon paprika  
2 garlic cloves, chopped  
½ an onion, chopped  
3 potatoes peeled and chopped.  
Olive Oil  
1 litre vegetable stock  
¼ cup of Parmesan  
Salt and pepper to taste

### Instructions:

Preheat oven to 180 degrees Celsius Rinse and dry your chickpeas. Keep the tins separate as you are going to roast them separately. Separate your cauliflower heads into florets. Put your cauliflower and 1 tin of chickpeas onto a roasting tray. Drizzle with Olive oil and toss. Make sure you don't overdo the oil. Sprinkle your cumin and paprika over and roast for 30 minutes. Tossing the tray at the 15 minutes mark. In a large pot over a medium heat add a tablespoon of olive oil, the garlic and onion and fry until soft. Add your potatoes and fry for a further 5-10 minutes stirring often. Once your cauliflower and chickpeas are roasted add them to your pot. Add your last tin of chickpeas to the roasting tray, drizzle with olive oil and roast for 30 minutes, tossing them every 10 minutes or so. Add the vegetable stock to the pot and top up with boiling water. Let simmer for 30 minutes. Blend the soup using an immersion blender. Add your Parmesan and stir. Salt and pepper to taste remove the chickpeas from the oven. You can grate Parmesan over them and have them as a snack and serve the rest of them as a crunch to your soup. Serve soup hot topped with chickpeas, Parmesan and black pepper.

## Curried chicken & coconut soup

Ilana

(Snowflake Recipe)

This delicious soup was enjoyed so much by everyone present during the photographic session. We had to share the recipe immediately, because no one wanted to wait until the book was printed.

### Ingredients

45 ml butter or margarine

1 medium onion, coarsely chopped 2 cloves garlic, crushed

5 ml medium curry powder

60 ml (35 g) Snowflake Cake Wheat Flour

2 (about 300 g) chicken breast fillets, cut into small pieces

about 375 ml chicken stock

410 g can cream-style sweetcorn 250 ml coconut milk

15 ml chopped fresh thyme or 5 ml dried

salt and freshly ground black pepper to taste

Melt butter in a large, heavy-based saucepan. Add onion and garlic and sauté for a few minutes until Add curry powder and flour and fry for about 1 minute. Add chicken and fry lightly until brown. Add stock, sweetcorn, coconut milk, thyme and seasoning. Simmer for about 10 minutes until cooked and heated through. Serve

### VARIATIONS

Substitute chicken with pork or beef. Substitute coconut milk with milk or fresh cream.

## Cauliflower Cheese Soup

Lynette Muller

### Ingredients

3/4 cup water  
1 cup cauliflower, chopped  
1 cup cubed potatoes  
1/2 cup finely chopped celery  
1/2 cup diced carrots  
1/4 cup chopped onion  
1/4 cup butter  
1/4 cup all-purpose flour  
3 cups milk salt and pepper to taste  
4 ounces (125g) shredded Cheddar cheese

### Preparation:

In a large saucepan, combine water, cauliflower, potatoes, celery, carrots, and onion. Boil for 5 to 10 minutes, or until tender. Set aside. Melt butter in separate saucepan over medium heat. Stir in flour, and cook for 2 minutes. Remove from heat, and gradually stir in milk. Return to heat, and cook until thickened. Stir in vegetables with cooking liquid, and season with salt and pepper. Stir in cheese until melted, and remove from heat.



## Greek Chicken Soup ~ banting

Woumarie

Cooking time 40 min

Serves 6

### Ingredients

1/2 medium Cauliflower

1 Tbsp Avo or Olive Oil

½ Onion

1 tsp Salt

6 cups Chicken Broth

1 Bay Leaf

450g Chicken Breasts

1/3 cup Fresh Lemon Juice

1 large Egg

Salt & Pepper to taste

### Method

Cut the cauliflower into florets, dice the onion; and cook and cube the chicken. In a food processor, pulse the cauliflower until you reach couscous consistency. Set aside. In a pot, heat the oil over medium heat until just hot. Add the onion and salt and cook, stirring frequently, until the onions are translucent (about 4 to 5 minutes). Add the broth and the bay leaf and bring to the boil. Reduce the heat and add the chicken and cauliflower. Simmer for 10 minutes, until the cauliflower is tender. In a medium bowl, whisk together the lemon juice and egg. Slowly ladle in the broth, one cup at a time, whisking constantly. Stir the lemon-egg mixture into the soup. Season with salt and pepper and remove the bay leaf. Serve immediately.

