

## **Soup Recipe = Potato and Bacon Soup - serves 4**

### **Ingredients:**

Oil for saute  
2 medium onions, chopped  
4oz (200g) bacon, chopped  
2 cups water  
1 ham stock cube  
4 medium potatoes, cubed  
1 12-oz. can evaporated milk  
Salt and Pepper to taste  
Sour cream  
Chives

### **Method:**

Place small amount of oil in pan add the chopped onions and bacon. Cook and stir over medium heat till onion is tender but not brown. Stir in the water, stock cube and potatoes. Bring to the boil; reduce heat. Cover and simmer for 10 to 15 minutes or till the potatoes are just tender.

Using a potato masher or a large fork, slightly mash some of the potatoes. Stir in the evaporated milk, salt, and pepper. Cook and stir over medium heat till heated through. Do not boil as the milk could separate.

To serve, top with sour cream and chives, if desired.

## **Soup Recipe = Homemade Chicken Soup - serves 4**

### **Ingredients:**

1 tablespoon oil  
1 whole chicken, breasts removed and put aside  
2 onions  
2 pints boiling water  
Salt  
2 bay leaves  
1 large carrot  
1 celery stalk  
1/2 teaspoon dried thyme  
1/4 cup fresh parsley leaves  
Ground pepper

### **Method:**

Heat the oil in a large soup pot and sauté the chicken breasts until they are light brown. Remove the breasts and set aside. Add the onions and sauté until soft approximately 4 to 5 minutes. Remove and set aside.

Cut up the remaining raw parts of the chicken into small pieces and saute in the pan until cooked and moist. Return the onion to the pot, reduce the heat to low, cover, and simmer until the chicken releases its juices. Add boiling water, reserved chicken breasts, carrots, celery, 2 teaspoons of salt, thyme and bay leaves. Cover and simmer until chicken breasts are cooked, about 20 minutes. Increase the heat if necessary. Remove chicken breasts and set aside. Strain and reserve broth. Add the reserved fat to the soup pot and sauté the remaining onions along with the carrot and celery for about 5 minutes. Season with salt and pepper, add parsley and serve. You can also add noodles or pasta shells if desired.

## **Soup Recipe = Simple Roast Tomato Soup - serves 4**

### **Ingredients:**

14 ripe tomatoes, halved  
1 head garlic  
2 brown onions  
4 cups vegetable stock  
3 tablespoons chopped basil  
2 tablespoons chopped mint  
Freshly ground sea salt and  
Ground black pepper

### **Method:**

Preheat oven to 160oC.

Place tomatoes, garlic and onions on a baking tray. Place tray in oven and bake for 30 minutes.

Remove garlic and onions from their skins, and chop onion.

In a saucepan, cook garlic and onions over medium heat for 3 minutes. Place onion mixture, tomatoes and half the stock in a food processor and blend until mixture is roughly chopped.

Return soup to saucepan, add remaining stock, basil, mint, salt and pepper.  
Allow to simmer for 5 minutes. Serve with crusty bread.

## **Soup Recipe = Blue cheese and Biltong Soup - Serves 6 - 8**

### **Ingredients:**

125g Butter  
250g Cake flour  
2 chicken stock cubes  
2 ltr boiling water  
500ml Milk  
250g grated cheddar cheese  
125g Blue cheese  
4 handfuls sliced biltong or jerky  
Salt and pepper to taste

### **Method:**

Melt butter over a moderate heat. Add in the stock cubes and blend, add in the flour and make a roux. Slowly add the boiling water and milk and keep stirring till you have a smooth sauce. Remove from the heat. Add in half of the Biltong and the cheeses and stir until melted, just before you serve add in the rest of the Biltong.

## **Soup Recipe = Easy peasy Pea Soup - Serves: 8 - 10**

### **Ingredients:**

500g dry split peas  
1 eisbein or 4 smoked pork chops  
1 large leek, trimmed and chopped  
2 Stalks celery, chopped  
2 beef stock cubes  
2.5 ltr water  
Salt and pepper to taste  
6 smoked sausages  
Sour cream to serve

### **Method:**

Put all ingredients in a pot, except the sausages, bring to the boil, then turn down heat and cook slowly for about 3 hours. Remove the bones and scrap off any remaining meat and place back in the soup. Slice the sausages and throw in, cook for a further 15 minutes, serve with crusty bread and sour cream!

## **Soup Recipe = Bean Soup - Serves 8 - 10**

### **Ingredients:**

500g dry sugar beans  
8 smoked pork chops  
250g bacon, cubed  
4 ltr cold water  
3 potatoes, peeled and cubed  
1 large onion, chopped  
1 can of chopped tomatoes  
3 Celery sticks, chopped  
3 cloves  
1 tsp dried oregano  
2 bay leaves  
1 tsp sugar  
Salt and pepper to taste  
1 tsp vinegar  
good bunch fresh parsley, chopped

### **Method:**

Soak beans overnight in cold water, drain. Add all ingredients except vinegar and parsley into a large pot and simmer gently for 4 hours, till the meat falls from the bones. Remove bones from the soup after this time. Add salt and pepper to taste and just before serving add in the parsley and vinegar. Enjoy!!

## **Soup Recipe = Minestrone Soup - Serves 8 - 10**

### **Ingredients:**

100ml Olive Oil  
1 tblsp butter

2 large onions finely chopped  
5 carrots, peeled and finely chopped  
3 stalks of celery, chopped  
1 small white cabbage, shredded  
2.5 ltr water  
3 beef stock cubes  
3 potatoes, peeled and cubed  
1 can white italian beans  
1 can chopped tomatoes  
350g dried pasta (macaroni)  
Salt and pepper to taste  
Red wine, to taste  
Grated parmesan cheese to serve

**Method:**

Place butter and oil into a large pot and gently fry the onion, carrot, celery and carrot for about 10 minutes. Then add in the water, stock cubes, potatoes, beans, tomatoes and pasta, turn up the heat and simmer for 1 hour. Season and add red wine to taste, serve sprinkled with parmesan cheese and garlic croutons.

## **Soup Recipe = Courgette and Rosemary Soup - Serves 4**

**Ingredients:**

1kg courgettes  
2 medium potatoes 1 onion  
80g butter  
1l chicken stock  
2 tablespoons chopped rosemary(fresh if possible)  
Pepper  
Salt

**Method:**

Melt the butter in a saucepan. Add the chopped onion : gently fry the onion until it is soft. Meanwhile, wash and peel the potatoes and courgettes (if desired, some of the courgette skin may be left on to add colour to the soup). When the onion has softened, add the chopped potatoes. When they start to turn golden, add the chopped courgettes. Season with a pinch of salt and pepper. Cover with the chicken stock. Bring to the heat over a high flame and allow to simmer for 10-15 minutes until the ingredients have softened and cooked. Pulse in a blender and season with finely chopped rosemary.

## **Soup Recipe = Cock - a - leekie soup - Serves 4**

**Ingredients:**

1.5kg chicken  
400g leeks  
25g long-grain rice  
60g prunes (optional)  
15g brown sugar  
3 bacon rashers  
1 bouquet garni  
Parsley  
Pepper  
Salt

**Method:**

Place the roughly chopped chicken and bacon in a cooking pot. Cover with water. Bring to a simmer, skimming off the froth from time-to-time. When the chicken is semi-cooked add 300g leeks (cut into two-centimeter chunks) with the bouquet garni. Season with salt and pepper, bring to the boil again. Now lower the heat and cook for two hours. Now, remove the chicken, chop into small pieces and set aside for serving. Add the rice to the stock, the prunes (optional) and the remaining chopped leeks. Simmer for a further 30 minutes. Finally, add the chicken pieces, season again, and garnish with chopped parsley just before serving.