



SOUP SPECIAL



Older People Active Lives

WELCOME TO THE OPAL SOUP SPECIAL

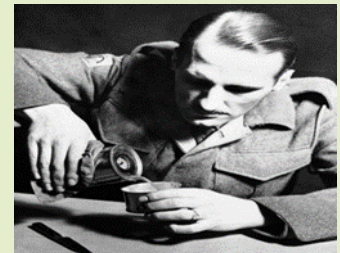


Soup is considered by some to be as old as the history of cooking. In times when food was scarce, boiling various ingredients in a pot, was not only cheap but filling, and could be digested by the healthy and the sick alike. Each culture adopted its own variation. Soup recipes were regularly the theme for OPAL What's Cooking groups.

SOUPER!

In 2018, we made nettle soup at Helsby What's Cooking as part of a session when we tried food popular in wartime and luckily on that occasion, it did not get nil points. It was enjoyed along with the mock orange marmalade, made with carrots and the carrot buns.

At that session we also learnt about self heating soup – an innovation being developed in the 1940s for the troops. Heinz and ICI designed the tin and it was ready in 4 minutes. There was a heating element running through the centre of the can, and the troops were instructed to light the fuse with a cigarette. It was provided for troops in 1944 and they reported it was also good as a hot water bottle substitute!



SOUP SURVEY 2011 (YUGOV)



Tomato is the nation's favourite soup, and most households will have a tin of it in their cupboard and over a third naming it as their top flavour, with leek and potato second (17%) and chicken a close third (16%).

Can you guess the other soup flavours in the top 10? Answers overleaf.

Oxtail came 11th but although popular with older people, was unpopular with youngsters.

There were 27 soups on the list and in last place was nettle soup.

WHAT COUNTRY DO YOU ASSOCIATE WITH THESE SOUPS?

- 1) Mulligatawny
- 2) Borscht
- 3) Miso
- 4) Minestrone
- 5) Gazpacho

(ANSWERS ON REVERSE)

Recipes

ROASTED CARROT AND CHICKPEA SOUP

Here is an easy recipe from Tesco magazine (September 2019) we tried at Farndon What's Cooking. By roasting the vegetables, there is a more intense flavour.

Ingredients:

4 large carrots 1 white onion
2 cloves of garlic 400g can of chickpeas

Method:

Roast the **carrots, onion** and **garlic** in oil with seasoning

Rinse a **can of chickpeas** and add to the roasting veg after 15 mins and roast until veg are soft and chickpeas are crispy.

Put in a pan with enough **vegetable stock** to cover them and bring to the boil.

Blitz until smooth and serve immediately.

MINISTRONE IN MINUTES

One of the last soup recipes we tried at What's Cooking before the groups were suspended by Covid was a speedy minestrone from Good Food magazine (March 2007)



To save on sourcing a variety of fresh vegetables, this recipe uses frozen vegetables.

Ingredients:

1litre vegetable stock
400g tin chopped tomato
100g thin spaghetti, broken into short lengths
350g frozen mixed vegetable
4 tbsp pesto, drizzle of oil and grated parmesan

Method:

Bring the stock to the boil with the tomatoes, then add the spaghetti and cook for 6 mins or until done. A few minutes before the pasta is ready, add the vegetables and bring back to the boil. Simmer for 2 mins until everything is cooked.

Serve in bowls drizzled with pesto and oil, sprinkled with parmesan.

PEA AND MINT SOUP

Ingredients:

1 medium onion, peeled and roughly chopped

1 medium potato, peeled and diced

800ml vegetable stock

250g frozen peas

Small bunch of fresh mint, chopped

200ml whole milk

Salt and freshly ground black pepper

Method:

Put the chopped onions into a large pan with the potato. Add vegetable stock. Bring to the boil, turn the heat down and simmer for 15 minutes or until the potato is soft. Add the peas to the soup mixture and simmer for 5 minutes. Stir the chopped mint into the soup, cool slightly then pour into a food processor (or use a hand blender) and whizz until smooth.

Return to the pan, add the milk and bring back to a simmer. Season with salt and freshly ground black pepper.

Serve with warm crusty bread if you wish

CROUTONS - are a great way to use up bread

All you need to do is cut the bread into cubes, toss it with olive oil, garlic powder, and salt, spread them on a baking sheet and bake until crispy.



COUNTRIES - 1) INDIA 2) RUSSIA 3)
JAPAN 4) ITALY 5) SPAIN
FAVOURITE SOUPS - 4) CARROT AND CORIANDER 5)
MUSHROOM 6) PEA AND HAM 7) BROCCOLI AND
STILTON 8) FRENCH ONION 9) WINTER VEGETABLE
10) CHICKEN AND MUSHROOM

Answers

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Think about me, not my age

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