

# Spicy Carrot, Red Lentil and Coconut Soup

Recipe by Belinda Jeffrey



Serves 8

## INGREDIENTS

1 tablespoon extra virgin olive oil  
1 large onion, thinly sliced  
2 large cloves garlic finely chopped  
1 ½ tablespoons finely chopped fresh ginger  
1 small red chilli, finely chopped, (optional)  
1 ½ heaped teaspoons ground cumin  
1 heaped teaspoon ground coriander  
¼ teaspoon cinnamon  
2 teaspoons harissa  
1 tablespoon sun-dried tomato pesto (or regular tomato paste)  
1 ¼ kg carrots, peeled and finely sliced  
150g red lentils, thoroughly washed  
1 x 400g can diced tomatoes  
2 teaspoons raw sugar  
2-3 teaspoons sea salt, to taste  
Freshly ground black pepper, to taste  
Approx. 1 ½ litres cool water  
Juice ½ - 1 lemon (or lime), to taste  
1 x 270ml can coconut cream

## DIRECTIONS

Warm the olive oil in a very large saucepan over medium heat. Add the onion, garlic, ginger and chilli and cook, stirring often, for 10 minutes.

Add the ground spices, harissa, and tomato pesto and cook them, stirring all the while, for 1-2 minutes to release their aroma (you'll get a lovely whoosh of spicy fragrance as you do this). Add the carrots and lentils and give them a good stir to coat in the spicy mixture. Add the tomatoes, sugar, salt, pepper and water.

Increase the heat to high and bring the soup to a boil, then reduce the heat to low so it bubbles gently. Partly cover the pan and cook the soup for 1 hour, or until the carrot is tender.

Allow the soup to cool slightly then puree the soup in batches in a blender. (if you have a stick blender, use this to puree it in the pan)

Gently re-heat the soup then stir in the lemon (or lime) juice and coconut cream, reserving a spoonful for garnishing.

Taste the soup and add more salt or lemon juice if necessary.

To serve the soup, ladle into warm bowls. Dribble a little of the reserved coconut cream over the top, along with a good grinding of black pepper and a few herb sprigs (or lightly-cooked soy beans).



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# Parsnip Soup with Roasted Pecans and Persian Feta

Recipe by Belinda Jeffrey

 Serves 8

## INGREDIENTS

- 60g unsalted butter
- 2 large leeks, well washed and finely sliced
- 1.25kg parsnips, peeled and cut into 1.5cm chunks
- 2 medium-size potatoes, peeled and cut into 1.5cm chunks
- 2.25 litres # homemade chicken stock
- 2-3 teaspoons sea salt, or more to taste
- 170ml (2/3 cup) pure cream
- Handful of finely sliced roasted pecans, optional
- Handful of finely sliced Kalamata olives, optional
- To serve:
  - 80g roasted pecans, thinly sliced crossways
  - a smidgen of extra-virgin olive oil,
  - 120g Persian feta (soft goat's cheese is excellent too)
  - 4 or 5 kalamata olives, very finely sliced, optional
  - Freshly ground black pepper

## DIRECTIONS

- Melt the butter in a large saucepan over low heat.
- Add the leek and cook, stirring regularly, for about 8 minutes until it has softened and slightly collapsed.
- Tip the parsnips and potatoes into the pan and swish them around in the buttery leek mixture.
- Cook the vegetables gently so they don't colour, stirring occasionally, for 10 minutes.
- Add the chicken stock and salt to the pan. Increase the heat to high and bring the stock to the boil.
- As soon as it's boiling, reduce the heat to low, cover the pan with a lid, and simmer the mixture (it should bubble gently) for about 40 minutes, or until the parsnip and potato is very tender. (Note: you can squish a few pieces of parsnip against the side of the pan with a wooden spoon to check if they are tender enough - when they are, turn off the heat.)
- Blend the soup until it is smooth. (Ideally do this in the pan with a stick blender).
- Stir in the cream, then taste the soup and add more salt if necessary.
- Mix in the pecans and olives if using then warm the soup gently, but don't let it boil.
- To serve, mix the sliced pecans with a smidgen of olive oil.
- Ladle the soup into bowls and scatter little pieces of feta into the middle of each bowl. Sprinkle the pecan and olive slivers over the top of the feta and finish off with a grinding of black pepper and a few tiny drops of olive oil.



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# Simple Chicken Stock

For soup bases, stews and braises

Recipe by Belinda Jeffrey

## INGREDIENTS

Chicken frames  
(carcasses) as  
desired

## DIRECTIONS

Place chicken frames into a large saucepan

Add 1L of cold water per frame, making sure they are completely covered in water – sit a place on top if necessary to keep them below the surface.

Bring the water to the boil, reduce the heat until the occasional bubble floats to the surface and cook for a couple of hours, skimming off any froth or scum that comes to the surface.

When it's ready, strain the stock into containers, leave to cool, then cover tightly and keep in the fridge if using within 2 days, otherwise place in the freezer (this will keep well for a couple of months)



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