

Garden Vegetable Soup

Ingredients

- 100g Red Lentils
- 100g Chunky Diced Onion
- 100g Brussels Sprouts – 12 medium
- 150g Potato – 1 large
- 100g Carrot
- 100g Turnip – ½ small
- 70g Leek
- 2 litres Cold Water
- 1 tsp Salt

Options

- You can use this as the base for other variants – adding or exchanging for other vegetables
- This soup is a variant of standard vegetable soup – the difference being that all vegetables are commonplace in a basic Scottish vegetable garden.
- Substituting barley for lentils makes this a “broth” but as I don’t like barley, I don’t have a full recipe for that!
- I don’t use a stock cube as the fresh garden vegetables have great flavour. This is why I add salt in this recipe.

Equipment

- Sharp knife
- Potato Peeler
- Large Saucepan
- Kitchen Scales
- Spatula



Preparation

- Get the ingredients and equipment to hand
- Wash the lentils in a sieve, then wash them again. Then wash them again. Bought lentils are filthy with bits of grass, seeds and muck. The water should be clear – not murky!
- Dice the onion.
- Peel and dice the other veg but don’t forget to wash the potato thoroughly to reduce the starch and scum in the soup!
- Peel and halve the Brussels Sprouts.

Method

Pop the washed lentils in the large saucepan and add ¼ of the water (about 500ml).

Bring to the boil and simmer for 30 minutes or until the lentils are swollen and soft.

Keep an eye on this and stir from time to time.

You may need to add more water as the lentils swell.

Add the onion, carrot, turnip and potato. Add the rest of the water to cover the vegetables.

Return to the boil and simmer for a further 30 minutes or until the vegetables are soft.

Keep an eye on this, and gently stir from time to time otherwise it may stick to the bottom.

Add the leek and brussels sprouts and simmer for a further 15 minutes.

Taste and season with salt or pepper if required.

Now the soup is cooked, you have options on how you prepare it for serving.

1. Serve “as is”, clear and with chunky veg. This is by far the best in terms of look and taste!
2. Use a potato masher, lightly, for an opaque liquid with some crushed and chunky veg.
3. I hate to suggest this as it’s a waste of great fresh vegetables, but, you can blitz fully for a “cream of vegetable” consistency to which you not obliged to add milk or cream at the time of serving.

Notes

I’m going to repeat myself – wash the lentils thoroughly!

This recipe is easy to scale and the proportion of the vegetables is not at all important.

Portions

Number of portions	5
Final Portion Size	225g
Storage Container	Large Plastic

225g portion is approximately 1½ ladles, based on the size of ladle I use! You will get used to your own size through time.

Storage

Serve fresh but also ideal for freezing in large plastic containers.

Allow to cool before freezing

Heating & Serving

Heating instructions from chilled are a guide only.



4 min

10 min

If reheating from frozen, increase heating times.

Preferably thawed overnight before heating.

If you heat on the stove top, be sure to thaw first, or stick in the microwave for a few minutes to start the defrost.

You can add extra water if you think the soup is too thick.

Be sure the soup is piping hot throughout before serving.

Serve in a soup bowl or mug with crusty bread.

I like to serve with part-baked baguettes or breads that I can prepare just ahead of time.

**Once defrosted, consume within 24 hours.
Do not refreeze.**

Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Potatoes
- Dicing and Slicing Carrots
- Dicing and Slicing Turnip

Washing Lentils

Method 1: Pour the bag of lentils into a sieve or colander and plunge into a large pot of water.

Sloosh about until the water is getting dirty and remove the sieve of lentils. You might need to get your fingers in there to move the lentils around and to help with the wash.

Replace the water with fresh, clean, water and repeat 3 or 4 times.

Method 2: You could try holding the lentils in a sieve under running water for a few minutes, but I prefer the Method 1 as you can really see the difference when the lentils are clean.

Method 3: Tip the lentils into a large pan or bowl and fill with water. Sloosh around then empty the water through a sieve. Return the lentils to the bowl and repeat 3 or 4 times. I still prefer Method 1 as this Method 3 can be a clert as you empty and refill the sieve.



Lentils before and after washing