

Soup Recipes

CULLEN SKINK

This is one of my favorite foods. It's really easy to make and I've yet to find anybody who likes fish who doesn't like Cullen Skink.

Ingredients

One pint of milk
Four large potatoes
Two medium onions
Three or four fish fillets (preferably smoked haddock, but unsmoked haddock will work too)
A small amount of butter (or margarine)
salt and pepper

Method

First, peel the potatoes and place them in a pan of boiling water on the cooker. While they are cooking, prepare the fish by carefully removing any bones left behind by the fishmonger. Chop the onion and gently fry it in the butter or margarine in a large pan. Then add the milk and fish and bring back to the boil.

When the potatoes are about almost completely cooked but not mushy, drain them, then add them to the mixture of onions, milk and fish. Add salt and pepper generously.

Continue to cook until the potatoes are soft, then adjust the seasoning and serve.

LENTIL SOUP

This soup is easy to make and will warm you up on a cold day.

Ingredients

1 leek or 1 onion

1 potato

4 carrots

1 small piece swede turnip (the large brown ones, yellow inside)

4 ounces orange lentils

Method

Put lentils in a large saucepan and cover with water.

Peel or scrape the potato and chop very finely.

Peel or scrape the carrots to remove the skin, then cut off the tops and bottoms of the carrots, discard the tops and bottoms and grate the pieces of carrot you have left.

Peel the turnip, discard the peelings and grate the part of the turnip you have left.

Cut off and discard the top and bottom of the leek or onion. Remove and discard the outer leaves. Wash the piece you have left to remove all the earth, then chop it into small pieces.

Add all the ingredients to the saucepan.

Add two spoonfuls of chicken stock if you want or use vegetable stock.

Add salt and pepper to taste.

Boil slowly for 40 to 50 minutes, stirring from time to time to make sure that it does not stick.

The more lentils, the thicker the soup!

SCOTCH BROTH

This Scottish recipe has long been popular and each family will have its own version including different vegetables. Broth is ideal for a winter's day. Unlike clear soups made in many other countries, a lot of Scottish soups are thick with the extra water being allowed to boil off. If the soup is very thick, to show their approval, you may hear someone exaggerate "You can stand your spoon up in it." This old recipe dates from the times when the Scots had a very healthy diet.

Ingredients

dried "pearl" barley

dried lentils

dried split peas

1 large potato

1 large onion

4 small carrots

a little of a swede turnip (the large brown ones, yellow inside)

Kale - this traditional Scottish green vegetable is now almost impossible to buy in the shops so perhaps you will have to use a little broccoli instead.

Kale has a stronger flavour so don't use too much in the broth.

green beans

vegetable stock - that is, water that has previously been used to boil vegetables and contains some of the flavour of the vegetables. You can save this from your cooking the previous day.

Method

Put a good handful of barley into a pan with cold water.

The barley needs 45 minutes to 1 hour to cook, whereas all the other ingredients cook more quickly so always put the barley in first.

Place the pan on the cooker and bring it to the boil.

Reduce the heat so the barley can cook slowly. Stir from time to time, to make sure the barley does not stick together or stick to the pan.

Peel the skin off the potato, onion, carrots and piece of turnip and cut them into small pieces.

Add the chopped vegetables to the broth. Add the vegetable stock. Increase the heat until the broth is boiling again. When it boils, reduce the heat again so it continues to boil gently.

Add the split peas and lentils.

Continue boiling gently, stirring more often as the broth thickens. If it should become too thick, add more vegetable stock or water.

Wash and chop a little kale or broccoli and the green beans. Do not add them until the broth is almost ready because they will be spoilt if you cook them too long.

When all the ingredients are added and the broth has thickened sufficiently, add salt and pepper. No salt should be added until after the barley is fully cooked.

Serve the broth together with bread or oatcakes. Soup is often served at the start of a meal but if you make plenty, broth can be a full meal itself. Enjoy the warmth!

Cream of Carrot Soup

Ingredients

6 - 8 large carrots

1 small potato

1 onion

vegetable stock

knob of butter

½ pint milk

small carton of cream

Method

Peel and chop all of the vegetables.

Melt a little butter in a large pan.

Gently fry the onions and carrots until slightly softer.

Add the potato and continue to fry for about a minute.

Add the vegetable stock.

If there is not enough water to cover the vegetables, add more water.

Boil until all the vegetables are soft.

Sieve or liquidize the soup to make a smooth thick liquid.

Return to the pan and reheat until boiling.

Add the milk and cream.

Heat gently until almost boiling but do not allow the soup to boil.

Add pepper and salt. Serve with bread.

Cream of Parsnip Soup

Ingredients

6 - 8 large parsnips

1 small potato and 1 small carrot

1 onion

vegetable stock

knob of butter

½ pint milk

small carton of cream

Method

Peel and chop all of the vegetables.

Melt a little butter in a large pan.

Gently fry the onions, parsnips and carrots until slightly softer.

Add the potato and continue to fry for about a minute.

Add the vegetable stock.

If there is not enough water to cover the vegetables, add more water.

Boil until all the vegetables are soft.

Sieve or liquidize the soup to make a smooth thick liquid.

Return to the pan and reheat until boiling.

Add the milk and cream.

Heat gently until almost boiling but do not allow the soup to boil.

Add pepper and salt. Serve with bread.

Cream of Celery Soup

Ingredients

1 large head of celery

1 small potato and 1 small carrot

1 onion

vegetable stock

knob of butter

½ pint milk

small carton of cream

Method

Peel and chop all of the vegetables.

Melt a little butter in a large pan.

Gently fry the onions, carrots and celery until slightly softer.

Add the potato and continue to fry for about a minute.

Add the vegetable stock.

If there is not enough water to cover the vegetables, add more water.

Boil until all the vegetables are soft.

Sieve or liquidize the soup to make a smooth thick liquid.

Return to the pan and reheat until boiling.

Add the milk and cream.

Heat gently until almost boiling but do not allow the soup to boil.

Add pepper and salt. Serve with bread.

Cream of Cauliflower Soup

Ingredients

1 large cauliflower

1 small potato

1 onion

vegetable stock

knob of butter

½ pint milk

small carton of cream

Method

Peel and chop the potato and onion. Cut the cauliflower into small pieces.

Melt a little butter in a large pan.

Gently fry the onions until slightly softer.

Add the potato and continue to fry for about a minute.

Add the cauliflower.

Add the vegetable stock.

If there is not enough water to cover the vegetables, add more water.

Boil until all the vegetables are soft.

Sieve or liquidize the soup to make a smooth thick liquid.

Return to the pan and reheat until boiling.

Add the milk and cream.

Heat gently until almost boiling but do not allow the soup to boil.

Add pepper and salt. Serve with bread.

Cream of Mushroom Soup

Ingredients

1 Onion
mushrooms
garlic
parsley
butter or margarine
flour
milk and cream

Method

Finely chop the onion and mushrooms, crush the garlic and chop the parsley.

Melt a little butter in a pan and fry the onion and garlic.

Add the mushrooms and fry briefly but do not allow them to go dark in colour.

In another pan, melt a large quantity of butter and heat.

When hot, add the flour and stir in vigorously to obtain a thick smooth paste.

Keep over the heat while stirring.

Add the milk little by little and stir vigorously over a gentle heat while stirring.

Stop adding the milk when you have a smooth sauce.

Add the fried mushrooms and onions to the sauce.

Liquidize the sauce.

Return to the pan and heat it almost to boiling but do not allow it to boil.

Add the cream. Add the finely chopped parsley.

Cauliflower Soup

Ingredients

1 large cauliflower

2 onions, garlic

3-4 potatoes

1 small carrot

vegetable stock

butter or margarine

milk and cream

cheese

basil

Method

Chop the onions and carrots into small pieces.

Crush the garlic and add.

Cut the potatoes into larger pieces.

Break the cauliflower into small pieces

Gently fry the onions and carrots in the butter.

Add the potatoes and cauliflower.

Add the vegetable stock and bring to the boil.

Cook until the vegetables are soft.

Add the milk and cream

Heat again but do not allow the soup to boil.

Finely chop the basil and add it. Grate in a little cheese.

Leek and Potato Soup

This is a traditional Scottish soup. It is very cheap to make, using vegetables grown here. It is very nutritious. It should be thick and creamy. Eat is hot, together with bread or oatcakes.

Ingredients

butter or margarine

garlic

potatoes

leeks

carrot

vegetable stock

milk

cream

pepper and salt

Method

Vegetable stock is kept after the previous meal. Keep the water you used to boil the vegetables so you can use it in your soup.

Melt a little butter in a large pan.

Crush some garlic and chop it finely. Let the garlic fry slowly in the margarine.

Peel a carrot and chop it finely, add it to the margarine in the pan and let it fry slowly.

Wash the leeks and chop them finely. Add the leeks to the margarine. Increase the heat. Stir all the time. Fry until the leeks start to go soft.

Peel and wash the potatoes. Slice them thinly. Add them to the pan and allow them to start to fry. Stir all the time or they will stick to the pan.

When the potatoes start to go soft, add the vegetable stock. Turn up the heat until the water boils. Make sure there is enough water to cover the vegetables.

When the water boils, turn down the heat. Cook for about twenty minutes over a low heat.

Use a potato masher to crush the potatoes. The potatoes will break up and make the soup thick.

When the soup is cooked, add some milk and cream. Turn up the heat to warm the soup, but do not let it boil.

Add pepper and salt. Check that it tastes good. Eat it hot with bread or oatcakes.

Tomato Soup

Ingredients

6 - 8 large tomatoes

1 small potato and 1 onion 1 clove garlic

vegetable stock

2 bay leaves

knob of butter

½ pint milk and a small carton of cream

Method

Peel and chop all of the vegetables.

Melt a little butter in a large pan.

Gently fry the onions and garlic and until slightly softer.

Add the potato and continue to fry for about a minute.

Skin the tomatoes, chop them and add them to the soup.

Add the vegetable stock. Add the bay leaves

If there is not enough water to cover the vegetables, add more water.

Boil until all the vegetables are soft.

Remove the bay leaves.

Sieve or liquidize the soup to make a smooth thick liquid.

Return to the pan and reheat until boiling.

Add the milk and cream.

Heat gently until almost boiling but do not allow the soup to boil.

Add pepper and salt. Serve with bread.