



Thai Mushroom Soup Serves 4-6

2 *tbsp* vegetable oil
 10 *spring onions*, sliced
 1 *tbsp* lemongrass, finely
 chopped
 1 *tbsp* ginger, finely chopped
 2 *cloves* garlic, crushed
 1 *medium chilli*, deseeded
 and chopped

2 *level tsp* turmeric
 400ml *coconut milk*
 800ml *vegetable stock*
 400g *mushrooms*, sliced
 100g *mangetouts*
 1 *handful* of fresh basil leaves

- 1 Gently heat the oil in a large saucepan. Sauté the spring onions together with finely chopped lemongrass and crushed garlic until softened but not browned.
- 2 Add the chopped chilli and turmeric and stir for a minute, then pour in the coconut milk and vegetable stock. Stir in the sliced mushrooms and let the soup simmer for 20 minutes.
- 3 Slice the mangetouts diagonally into very thin slices. Add them to the soup with the basil leaves and simmer for a further 2-3 minutes. Check the seasoning and add a little salt if necessary.

Tip: If you don't serve the soup straight away, prepare the mangetouts and add them only at the last minute. They should still retain a little crunch.

Gazpacho

What's traditionally a warm comfort in the winter months - whether hot or cold - is now a refreshing treat in the summer months - whether hot or cold.

Gazpacho Serves 4

3 *large ripe* tomatoes
 ½ *red onion*
 ½ *red or yellow* pepper
 ½ *cucumber*
 1 *small clove* garlic, crushed
 450ml *tomato passata*
 100ml *water*
 100ml *red wine vinegar*
 1 *tbsp* olive oil

- 1 Peel the cucumber and halve the pepper, removing all seeds. Cut the tomatoes, pepper and cucumber into rough chunks. Slice the onion.
- 2 Place all ingredients in a food processor or blender and process until smooth.
- 3 Pour into a covered bowl and keep in the fridge until thoroughly chilled. The longer the Gazpacho marinades the more intense the flavours. If possible leave it in the fridge overnight.
- 4 To serve, divide between four small bowls and drizzle a little olive oil on top. Offer little dishes of chopped cucumber, peppers and croutons on the side.



Lunch!

In winter can also be a light, refreshing food for chilled or starter, main or pudding!

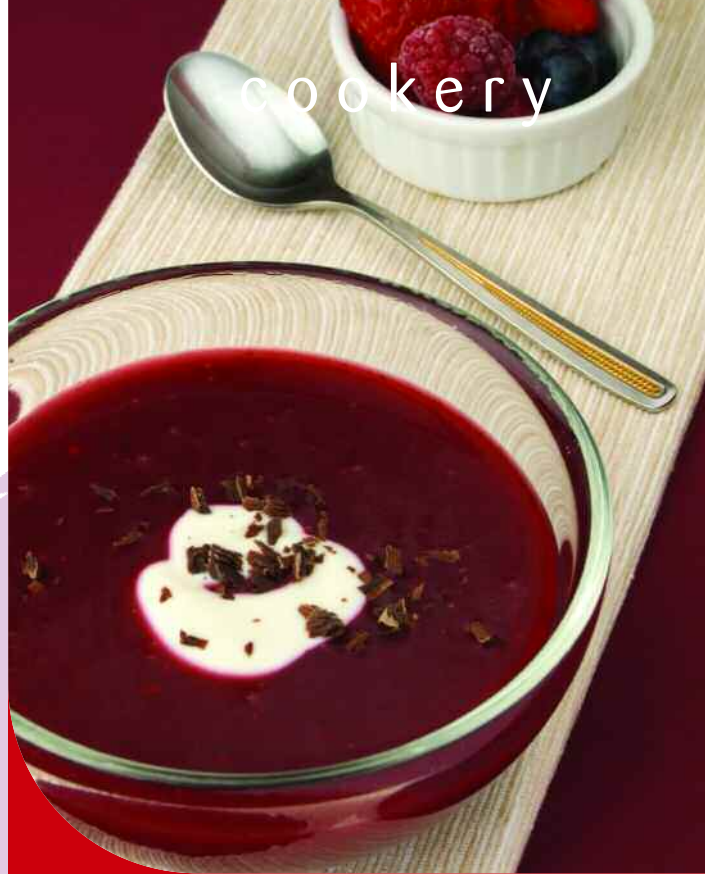


Courgette and Dill Soup Serves 4

1 onion, finely chopped	black pepper
olive oil	1 large clove garlic, crushed
500g courgettes	2 tbsp dill, chopped – plus extra for serving
350g potatoes	2 tbsp (vegan) Worcester sauce
1 litre vegetable stock	salt to taste
1 tsp herbes de provence	

- 1 Sauté the onion in a little olive oil until softened.
- 2 In the meantime, wash and peel the potatoes and cut them and the courgettes into equal sized pieces. Add these to the onions, together with the vegetable stock, herbs and pepper. Bring to the boil, then reduce the heat and let the soup cook over a medium heat for 15-20 minutes until the potatoes are soft.
- 3 Add the crushed garlic, dill and Worcester sauce and simmer for a further 2-3 minutes. Liquidise with a hand blender or in a food processor. Check the seasoning and serve decorated with a sprig of dill.

Tip: If you have any dill left over, pop it into a bag or container and freeze it. Next time you need some it will be ready to use straight out of the freezer.



Chilled Berry Soup Serves 4-6

750g berries (eg 150g blueberries, 400g strawberries, 200g raspberries)
100g sugar
500ml water
¼ vanilla pod or 1 tsp vanilla essence
1 stick cinnamon
zest of 1 lemon
3 tbsp cornflour
100ml orange juice
3 tbsp cointreau (optional)
dark chocolate
4 tbsp of soya yoghurt

- 1 Wash and hull the berries and, depending on size, halve or quarter the strawberries.
- 2 Place the fruit in a saucepan, together with the sugar, cinnamon stick, lemon zest and water. Cut the vanilla pod in half and scrape out the seeds. Add these to the pot and heat gently until the sugar is dissolved and the strawberries start to soften. Remove the cinnamon stick and liquidise the berries with a hand blender until smooth. Return to the heat.
- 3 Blend the cornflour with the orange juice and pour this mixture under continuous stirring into the berry soup. Keep stirring for a few minutes until the soup thickens. Add cointreau now if you want.
- 4 Strain the soup through a fine meshed sieve to remove the raspberry seeds. Let the soup cool down and then chill in the fridge.
- 5 Serve with soya yoghurt and sprinkle with grated chocolate pieces.