

COMFORT IN A BOWL

Warm yourself and your loved ones up this autumn with these delicious soups and stews



Wild mushroom soup

YOU WILL NEED

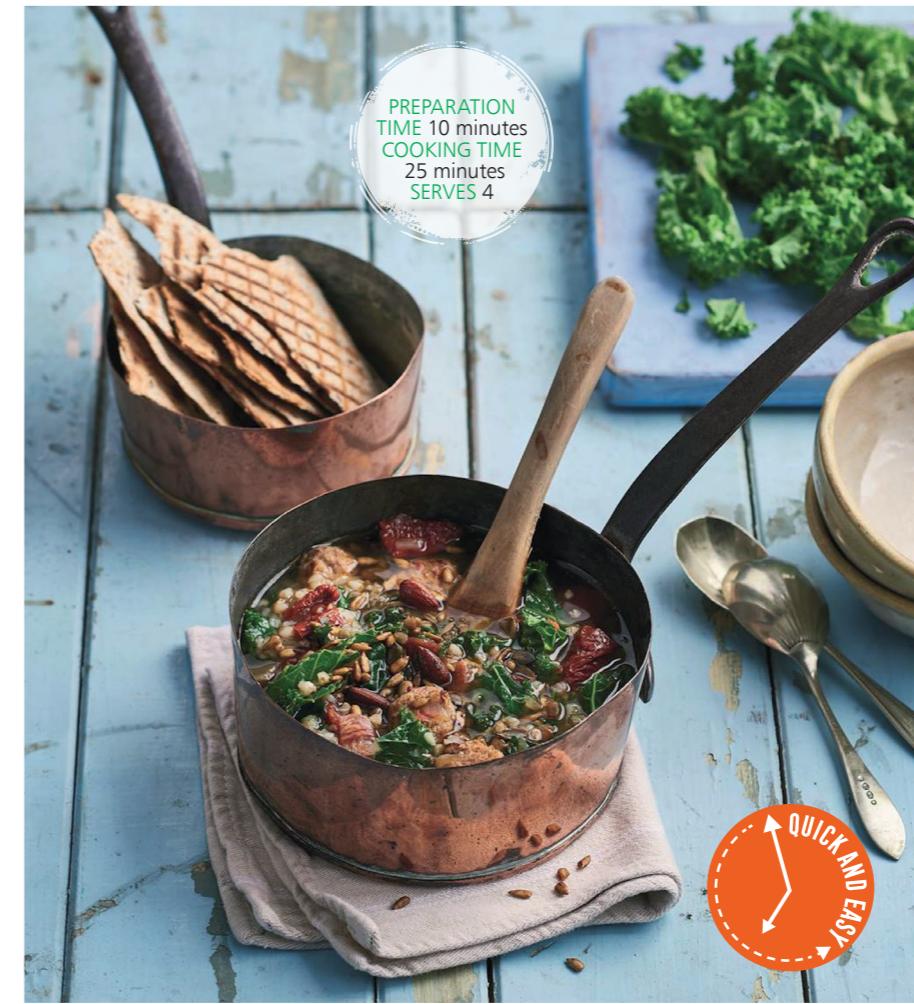
- ✓ 25g dried mixed wild mushrooms
- ✓ 1 medium white onion, finely chopped
- ✓ 2 sticks of celery, finely chopped
- ✓ 1 tbsp olive oil ✓ Salt ✓ 4 garlic cloves, finely chopped ✓ 2 tbsp dried tarragon
- ✓ 500g chestnut mushrooms ✓ 100ml dry white wine ✓ 450ml vegetable stock

DIRECTIONS

- Rehydrate the dried mushrooms in 500ml of boiling water for about 5 minutes. Once rehydrated, strain the liquid into a jug and keep for later to add flavour to the stock.
- Add the onion and celery to a pan on a medium heat with the olive oil and a pinch of salt. Cook until the onions are translucent.
- Add the garlic and tarragon to the pan. Roughly chop the chestnut mushrooms, add to the pan and cook off for 4-5 minutes.
- Add the white wine and cook off the alcohol for 1-2 minutes.
- Add the rehydrated dried mushrooms along with the vegetable stock (flavoured with liquid from the rehydrated mushrooms) to the pan.
- Allow it all to simmer for 10 minutes, then blitz with a hand blender and season to taste.

Recipe and image courtesy of Daniel Farrow, owner and chef at The Gatherers, Norwich, thegatherersnorwich.co.uk

PREPARATION
TIME 5 minutes
COOKING TIME
30 minutes
SERVES 4



Sausage and bean soup

YOU WILL NEED

- ✓ 1 pack pork sausages ✓ 1 tbsp olive oil
- ✓ 1 onion, chopped ✓ 1 clove garlic, crushed
- ✓ ½ red chilli, deseeded and chopped ✓ 1 red pepper, diced ✓ 400g can chopped tomatoes
- ✓ 200ml chicken or vegetable stock ✓ 400g can mixed beans, drained ✓ 1 tsp smoked paprika
- ✓ 1 tsp oregano ✓ 1 tbsp tomato purée
- ✓ Salt ✓ Freshly ground black pepper

DIRECTIONS

- Heat the grill to medium and cook the sausages according to the pack instructions.
- Heat the oil in a non-stick saucepan and tip in the chopped onion. Fry gently for 5 minutes until softened, then add the garlic and chilli and cook for another 2 minutes.
- Add the red pepper and cook for 2 minutes.
- Add the chopped tomatoes to the pan, stir for 1 minute then pour in the stock.
- Continue stirring and tip in the mixed beans, paprika, oregano and tomato purée. Cook for 20 minutes until the soup thickens. Season to taste.
- Slice the sausages and add to the soup. Add a little more stock if it's too thick.

Recipe and image courtesy of Powters, powters.co.uk

Chicken tagine

YOU WILL NEED

- ✓ 12 chicken thighs, with the skin and bone ✓ 3 tsp harissa spice
- ✓ 3 tbsp olive oil ✓ 2 onions, thinly sliced ✓ 4 garlic cloves, thinly sliced
- ✓ 1 tsp turmeric ✓ 1 tsp cumin ✓ ½ tsp chilli flakes ✓ 2 Opies stem ginger balls, finely chopped ✓ 1 cinnamon stick ✓ 400g tin chickpeas, drained ✓ 400g tin chopped tomatoes ✓ 500ml chicken stock ✓ 10 Opies lemon slices ✓ 10 apricots, halved ✓ Couscous ✓ Parsley ✓ Mint

DIRECTIONS

- Marinate the chicken thighs in harissa with 1 tbsp of olive oil, making sure that all the chicken is coated. For extra flavour, marinate the chicken for a couple of hours or overnight in the fridge.
- Preheat the oven to 200°C/Gas Mark 6.
- Meanwhile, in a casserole pot add the remaining olive oil, onions and garlic and cook over a medium heat until soft and the onions are just starting to brown. Sprinkle in the turmeric, cumin and chilli flakes and continue to fry for another minute. Add the ginger, cinnamon, chickpeas and keep frying for another minute to really develop the flavours.
- Add the tinned tomatoes, chicken stock and lemon slices, then turn the heat down and gently simmer.
- Place the chicken thighs onto a roasting tray and cook for 10 minutes, just to seal the chicken.
- Tip the chicken into the pot, along with any juices from the tray. Place the lid on the casserole pot and return the pot to the oven.
- After 30 minutes add the apricots and return to the oven for a further 15 minutes. Serve with couscous, fresh chopped parsley and mint.

Recipe and image courtesy of Opies, opiesfoods.com





Beetroot, sweet potato and ginger soup

YOU WILL NEED

✓ 1 onion, chopped ✓ 1 tbsp coconut oil
 ✓ 2 cloves garlic, sliced ✓ 1 knob ginger, minced ✓ 1 tbsp ground cumin ✓ ½ tsp chilli flakes
 ✓ 2 medium sweet potatoes, cut into bite-sized chunks ✓ 4 cooked beetroot ✓ 500ml vegetable stock ✓ 1 can coconut milk ✓ Salt and pepper ✓ Fresh watercress ✓ 2 tsp cumin seeds

DIRECTIONS

- Fry the onion with the coconut oil on a medium heat until lightly browned. Add the garlic, ginger, cumin and chilli flakes and fry for a further 1-2 minutes.
- Add the sweet potato, beetroot and stock, and simmer for 15 minutes until the sweet potato is soft.
- Blitz with a hand blender or processor and then add the coconut milk, salt and pepper.
- Top with watercress leaves and cumin seeds.

Recipe and image courtesy of Florette, flolettesalad.co.uk



Roast pumpkin soup with chorizo

YOU WILL NEED

✓ 1 pumpkin, around 800g ✓ 2 tbsp olive oil ✓ Salt and pepper
 ✓ 1 large shallot, chopped ✓ 2 garlic cloves, minced ✓ 400ml vegetable or chicken stock ✓ 150g dried chorizo, diced ✓ 1 small bunch of fresh parsley ✓ Sourdough bread to serve

DIRECTIONS

- Preheat your oven to 180°C/Gas Mark 4. Cut the pumpkin in half and remove all the seeds.
- Halve the pumpkin halves and place them onto a baking tray. Drizzle with 1 tbsp olive oil and season with salt and pepper. Roast in the oven for 1 hour until softened.
- Heat the remaining olive oil in a small pan. Add the shallot and cook on a low heat for 10 minutes until soft.
- Add the garlic and the stock, turn the heat off and set aside.
- Fry the chorizo pieces in a pan until browned then set aside. Once the pumpkin is roasted, leave to slightly cool.
- Scrape the pumpkin flesh from the skin and add to a food processor (do this in batches if your food processor is too small).
- Add the stock and process until smooth.
- Return the soup to the stove and heat up then add the chorizo.
- Chop the parsley and add to the soup. Serve warm with some toasted sourdough bread.

Recipe and image courtesy of AO at Home, AO.com



Beetroot, sweet potato and ginger soup

YOU WILL NEED

✓ 1 onion, chopped ✓ 1 tbsp coconut oil
 ✓ 2 cloves garlic, sliced ✓ 1 knob ginger, minced ✓ 1 tbsp ground cumin ✓ ½ tsp chilli flakes
 ✓ 2 medium sweet potatoes, cut into bite-sized chunks ✓ 4 cooked beetroot ✓ 500ml vegetable stock ✓ 1 can coconut milk ✓ Salt and pepper ✓ Fresh watercress ✓ 2 tsp cumin seeds

DIRECTIONS

- Fry the onion with the coconut oil on a medium heat until lightly browned. Add the garlic, ginger, cumin and chilli flakes and fry for a further 1-2 minutes.
- Add the sweet potato, beetroot and stock, and simmer for 15 minutes until the sweet potato is soft.
- Blitz with a hand blender or processor and then add the coconut milk, salt and pepper.
- Top with watercress leaves and cumin seeds.

Recipe and image courtesy of Florette, flolettesalad.co.uk



Lamb stew with cashews and watercress

YOU WILL NEED

✓ 2 medium onions ✓ 2 carrots ✓ 2 sticks of celery
 ✓ 3 sprigs of fresh rosemary ✓ Olive oil ✓ 500g diced stewing lamb, approximately 2cm cubes ✓ 1 tbsp plain flour ✓ 500ml lamb or vegetable stock ✓ 400g tin of chopped tomatoes ✓ Sea salt ✓ Freshly ground black pepper ✓ Handful of cashew nuts, lightly toasted ✓ 85g watercress

DIRECTIONS

- Preheat the oven to 180°C/Gas Mark 4. Peel and roughly chop the onions, carrots, celery and rosemary leaves. Discard the rosemary stalks.
- Place a casserole pan on a medium heat. Add the vegetables and rosemary leaves to the pan with a couple of glugs of olive oil and fry for 10 minutes.
- Add the lamb and flour then pour in the stock and tinned tomatoes. Stir, then season with salt and pepper.
- Bring to the boil, put the lid on and either simmer slowly on your hob or cook in an oven for 2½ hours.
- Remove the lid for the final 30 minutes of cooking then season to taste. Add the cashew nuts and watercress, stir to combine then serve.

Recipe and image courtesy of Watercress, watercress.co.uk



Potato, leek and rocket soup with blue cheese croutons

YOU WILL NEED

For the soup ✓ 4 tbsp butter ✓ 4 spring onions, chopped
 ✓ 2 medium-sized leeks, chopped ✓ 2 sticks of celery, chopped ✓ 2 large potatoes, peeled and cubed ✓ 600ml vegetable stock ✓ 300ml single cream ✓ A big handful of rocket leaves, roughly chopped ✓ Sea salt ✓ Black pepper
For the croutons ✓ 1 tbsp olive oil ✓ 2 slices of bread, cut into chunks ✓ 100g blue cheese, grated or chopped

DIRECTIONS

- Melt the butter in a heavy-based saucepan and add the spring onions, leeks, celery and potatoes. Fry on a low heat for 10 minutes to soften slightly.
- Add the stock and cream and cook on medium heat for a further 15-20 minutes.
- When the soup is cooked, add the rocket, season to taste and blend to a smooth, creamy consistency.
- To make the croutons, heat the oil in a frying pan and pan fry the bread chunks for a few minutes until they're crisp and lightly browned. Add the blue cheese and allow it to just melt so that it coats the crispy croutons.
- Serve the croutons immediately with the soup.

Recipe and image courtesy of Seasonal Spuds, seasonalspuds.com