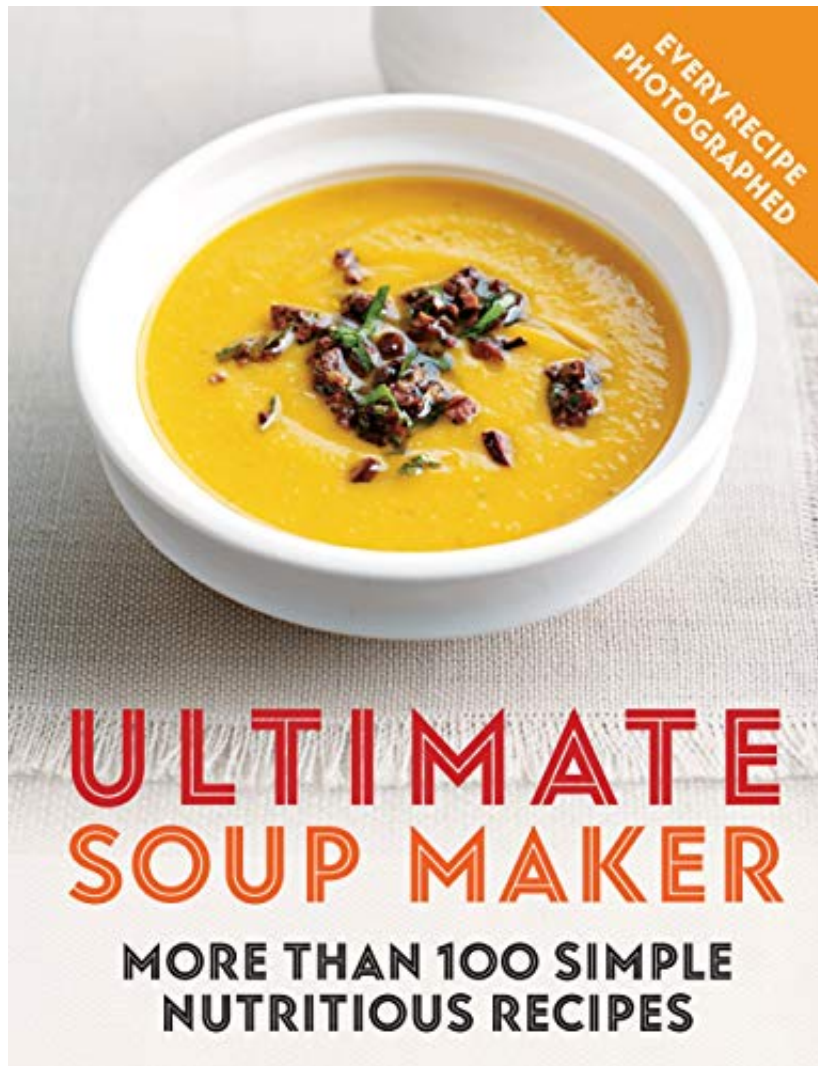


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# Ultimate Soup Maker: More than 100 simple, nutritious recipes

by  
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## Synopsis

Bring the joy of homemade soup back into the kitchen. Featuring over 100 simple, easy-to-make recipes Ultimate Soup Maker is the perfect companion to your soup maker. Save time in the kitchen, cut costs and create delicious, nourishing bowls of soup at home. Why use a Soupmaker? VERSATILITY - from light lunches to something more substantial - soups can be healthy, comforting, hearty and nourishing, as well as easy to incorporate into your daily diet. SUPER QUICK - prepare family favourites such as Roasted Tomato and Leek and Potato soup in half the time. ECONOMICAL - soup makers not only reduce food waste but also precious time spent slaving over the hob and doing the washing up. Affordable models are stocked widely. HEALTHY - the average spend on fresh soup has doubled in the past 10 years. A recent rising trend on Ebook Tops, soupmakers are "the new juicers" allowing users to create fuss-free nutritious meals at home. CONVENIENCE - all recipes can be made from beginning to end in soup makers featuring a sauté function or otherwise prepared in a pan before transferring to a soup maker. Each recipe serves four people and includes suggestions for additional garnishes. Discover the potential of soup making with this must-have, fully-illustrated cookbook.

## Look inside the book

CONTENTS INTRODUCTION what to look for in a soup maker Using your soup maker SKINNY SUPER SIMPLE HEARTY ALL-TIME CLASSIC SOMETHING SPECIAL INDEX GLOSSARY ACKNOWLEDGEMENTS HOW TO USE THIS EBOOK Select one of the chapters from the main contents list and you will be taken to a list of all the recipes covered in that chapter. Alternatively, jump to the index to browse recipes by ingredient. Look out for linked text (which is in blue) throughout the ebook that you can select to help you navigate between related recipes. You can double tap images and tables to increase their size. To return to the original view, just tap the cross in the top left-hand corner of the screen.

**INTRODUCTION** From light lunches to something more substantial – soups can be healthy, comforting, hearty and nourishing, as well as easy to incorporate into your daily diet. Homemade soup tastes delicious, is inexpensive to prepare and can make a sustaining, healthy meal for the whole family. Cooking from scratch ensures you know exactly what you are eating, without any of the preservatives or ingredients often listed on packets or tins of processed foods. Now preparing soup at home is easier than ever before. Using a soup maker allows you to cook with fresh ingredients, reduce waste and save time in the kitchen. Not only are soup makers affordable but using leftovers to create a tasty soup is an efficient way of saving money and avoiding waste. It's also easy to cook large quantities and freeze portions when you have an abundance of ingredients (when the allotment is over-producing or to use up leftovers in the refrigerator, for example). Most soups are easy to freeze in single portions, so when you need a quick meal it's simply a case of microwaving a portion from the freezer. A soup maker is the equivalent of one-pot cooking – add whatever roughly diced ingredients you have to spare, whether fresh, leftover from your refrigerator or garden surplus, add herbs, spices and stock and in as little as 20–30 minutes you have delicious homemade soup. After a quick rinse the soup maker is ready to go again.

**WHAT TO LOOK FOR IN A SOUP MAKER** There are lots of affordable soup makers available on the market and each one will be accompanied by a manual, do take time to examine your particular model and familiarize yourself with the settings, as these tend to vary slightly between brands. If you are planning to buy one then there are a number of things to consider, as some have more advanced features than others:

- Sauté function** – heats the cooking jug so you can sauté some of the base ingredients, such as bacon, onions, celery, peppers and spices, before the rest of the ingredients are added. Sautéing ingredients in the same jug as the soup is cooked improves the taste, as all of the flavour is retained during the cooking process.
- Smooth setting** – perfect for soup recipes that require a smooth consistency, such as Spiced Parsnip and Red Lentil, Savoy Cabbage and Parmesan and Smoky Carrot and Sweet Potato. The program ensures the ingredients are blended to a smooth, lump-free consistency and gently cooked at the right temperature.
- Chunky setting** – good for more rustic soups such as Spring Minestrone, Russian Borsch and Tomato, Lentil and Aubergine, requiring a chunkier consistency. The program allows the ingredients to be heated for longer to ensure the chunky ingredients are fully cooked.
- Blender function** – this allows blending after the soup is made, and further ingredients can also be added to the cooked soup before it is blended. This setting does not heat the soup.
- Juicer** – some soup makers can also be used as a juicer for making smoothies or milkshakes from fresh ingredients. This setting does not heat the ingredients.

**USING YOUR SOUP MAKER** There are some factors to take into consideration when using your soup maker:

- The capacity of the soup maker:** This will vary depending on the brand of soup maker you have, so do check the minimum and maximum levels and ensure you stick to them when

adding ingredients. If you need to add a little less liquid you may have a thicker consistency soup that can be loosened with extra stock, cream or other liquid when the soup is cooked and served.

**Sauté function in soup makers:** In most cases this can only be used with the lid removed from the jug and for no longer than 10 minutes. Sautéing is perfect for onions, celery, peppers, carrots or bacon lardons where they need to be softened or browned. To achieve the best results, cut vegetables into small cubes before frying them in the soup maker, especially if making a smooth soup. Aside from bacon and small amounts of mince (up to 100 g/3½ oz), meat cannot be cooked using the sauté function or in the soup maker without being pre-cooked first, either by roasting, grilling or frying. If your soup maker does not have a sauté function it is best to prepare ingredients in a heavy-based pan before transferring to your soup maker.

**Achieving the desired consistency:** For chunky soup there is no blending required and it is advised that the vegetables are cut into small bite-sized pieces at the start of the Chunky program. If the soup is a little too chunky after cooking, your soup maker may have a blender function that you can use to achieve the desired consistency.

**Can ingredients be added during cooking?** This will depend on the soup maker you are using, but some models allow the lid to be removed during the cooking program (but not while the machine is blending) so ingredients that need less cooking time can be added. Using a timer when your soup maker is cooking is very useful to understand what stage it is at, so you can add ingredients before it starts to blend, for example. Beware attempting to remove the lid during blending – it will cause a lot of mess!

**How long will the soup take to cook?** Typically most programs take between 20–30 minutes, depending on your machine and the program you are using. This is exclusive of time spent sautéing using models which permit this feature.

The recipes in this book were tested with a soup maker with a minimum capacity of 1.3 litres (2¼ pints) and a maximum of 1.6 litres (2¾ pints). The soup maker also featured a sauté function which allowed the cooking process to be paused and the lid removed so that further ingredients can be added. It is worth noting that you should not sauté in a soup maker for longer than 10 minutes for risk of the ingredients getting burnt. If your soup maker does not have a sauté function, this step can be done in a saucepan, transferring the ingredients to the soup maker after sautéing and before cooking on the Smooth or Chunky setting. For many soup makers the average cooking time for Smooth is 20 minutes whereas for Chunky the cycle takes 30 minutes. You may need to adjust the amount of liquid specified for the recipes in this book depending on the minimum and maximum levels set on your soup maker. This may change the consistency of the soup; if it is too thick at the end of the cooking program, stirring in a little boiling water or warmed milk may help to loosen it.

**SKINNY COURGETTE AND DILL**  
PEA, POTATO AND ROCKET  
KALE WITH GARLIC CROUTONS  
FENNEL AND LEMON  
SUMMER VEGETABLE  
BEETROOT AND APPLE  
SPICED COCONUT  
SQUASH  
APPLE AND BUTTERNUT  
SQUASH WITH CHILLI  
OIL  
LETTUCE, PEA AND TARRAGON  
BROCCOLI AND ALMOND  
THAI COCONUT AND BUTTERNUT  
SQUASH  
PEA, LETTUCE AND LEMON WITH SESAME  
CROUTONS  
GARDEN HERB  
SPICY AVOCADO  
SWEETCORN AND CELERY  
GINGERED CAULIFLOWER  
APPLE AND CELERY  
LEEK AND ROCKET  
BEETROOT AND HORSERADISH  
SPICED PUMPKIN AND SPINACH  
COURGETTE AND DILL

**SERVES 4**  
2 tablespoons sunflower or light olive oil  
1 large onion, diced  
2 garlic cloves, crushed  
500 g (1 lb) courgettes, thinly sliced  
800 ml (1½ pints) vegetable or chicken stock  
1–2 tablespoons finely chopped dill, plus extra fronds to garnish  
salt and pepper  
50 ml (2 fl oz) single cream, to serve

Heat the oil in the soup maker using the sauté function. Add the onion and garlic and sauté for 5 minutes until softened, but not browned, stirring frequently with a wooden spatula. Add the courgettes, stock and dill, then cook on the Smooth setting. Season the soup to taste, then pour into warm bowls. Swirl through the cream

and serve garnished with the dill fronds.

**PEA, POTATO AND ROCKET**  
**SERVES 4–6**  
 3 tablespoons extra virgin olive oil, plus extra to serve  
 1 onion, diced  
 2 garlic cloves, finely chopped  
 2 teaspoons finely chopped thyme  
 250 g (8 oz) potatoes, peeled and diced  
 500 g (1 lb) frozen or fresh shelled peas  
 1 litre (1¾ pints) vegetable stock  
 100 g (3½ oz) rocket leaves, roughly chopped  
 juice of 1 lemons  
 salt and pepper

Heat the oil in the soup maker using the sauté function. Add the onion, garlic and thyme and sauté for 5 minutes until the onion is softened, stirring frequently with a wooden spatula. Add the potatoes and cook for another 5 minutes, stirring frequently.

Stir in the peas and stock, then cook on the Smooth setting for 10 minutes. Add the rocket and lemon juice and continue to cook on Smooth.

Season the soup to taste, then serve in warm bowls, drizzled with a little extra olive oil.

**KALE WITH GARLIC CROUTONS**  
**SERVES 4–6**  
 25 g (1 oz) butter or margarine  
 ½ tablespoon olive oil  
 1 onion, diced  
 2 carrots, diced  
 500 g (1 lb) kale, thick stems removed and leaves finely shredded, plus 2 leaves, thinly shredded  
 1 litre (1¾ pints) vegetable stock  
 1 tablespoon lemon juice  
 200 g (7 oz) potatoes, peeled and diced  
 pinch of grated nutmeg  
 salt and pepper

**FOR THE GARLIC CROUTONS**  
 4 tablespoons olive oil  
 3 garlic cloves, sliced  
 2–4 slices of white or brown bread, crusts removed, cut into 1 cm (½ inch) cubes

Heat the butter or margarine and oil in the soup maker using the sauté function. Add the onion and sauté for 5 minutes until softened, stirring frequently with a wooden spatula. Add the carrots and kale and cook for another 2–3 minutes, stirring frequently.

Add the stock, lemon juice, potatoes and nutmeg, then cook on the Smooth setting.

Meanwhile, make the croutons. Heat the oil in a frying pan, add the garlic and cook over a medium heat for 1 minute. Add the bread cubes and fry until evenly golden brown, turning frequently. Remove with a slotted spoon and drain on kitchen paper.

Discard the garlic from the frying pan, then add the 2 shredded kale leaves and fry until crispy, stirring constantly.

Season the soup to taste, then serve in warm bowls, sprinkled with the garlic croutons and crispy kale.

**FENNEL AND LEMON**  
**SERVES 4**  
 2 tablespoons olive oil, plus extra to serve  
 3 fat spring onions, trimmed and thinly sliced  
 250 g (8 oz) fennel bulb, trimmed, cored and thinly sliced  
 1 potato, peeled and diced  
 finely grated zest and juice of 1 lemon  
 1.5 litres (2½ pints) vegetable stock  
 salt and pepper  
 toasted crusty bread, to serve (optional)

**FOR THE GREMOLATA**  
 1 small garlic clove, finely chopped  
 grated zest of 1 lemon  
 4 tablespoons chopped parsley  
 16 black olives, pitted and chopped

Heat the oil in the soup maker using the sauté function. Add the spring onions and sauté for 5 minutes, stirring frequently with a wooden spatula. Add the fennel, potato and lemon zest and cook for another 5 minutes until the fennel begins to soften, stirring frequently.

Pour in the stock, then cook on the Smooth setting.

Meanwhile, make the gremolata. Mix together all the ingredients in a small bowl, then cover and chill.

Season the soup with salt, pepper and lemon juice to taste.

Pour into warm bowls, drizzle with olive oil and sprinkle with the gremolata. Serve with toasted crusty bread, if liked.

**SUMMER VEGETABLES**  
**SERVES 4**  
 1 tablespoon olive oil  
 1 leek, trimmed, cleaned and thinly sliced  
 1 large potato, peeled and diced  
 450 g (14½ oz) mixed summer vegetables, such as peas, asparagus, broad beans and diced courgettes  
 2 tablespoons chopped mint  
 900 ml (1½ pints) vegetable stock  
 2 tablespoons low-fat crème fraîche  
 salt and pepper

Heat the oil in the soup maker using the sauté function. Add the leek and sauté for 3–4 minutes until softened, stirring frequently with a wooden spatula.

Add the potato, summer vegetables, mint and stock, then cook on the Smooth setting.

Stir the crème fraîche into the soup, then season to taste. Serve in warm bowls.

**BEETROOT AND APPLE**  
**SERVES 4**  
 1 tablespoon olive oil  
 1 tablespoon butter  
 1 Bramley apple, peeled, cored and diced  
 1 dessert apple, peeled, cored and diced  
 625 g (1¼ lb) cooked beetroot, roughly diced  
 2 teaspoons caraway seeds  
 1 teaspoon thyme leaves  
 1.2 litres (2 pints) vegetable stock  
 salt and pepper  
 crème fraîche, to serve  
 chopped dill, to garnish

Heat the oil and

butter in the soup maker using the sauté function. Add the apples and sauté for 2–3 minutes, stirring frequently with a wooden spatula. Add the beetroot, caraway seeds and thyme and cook for another 2–3 minutes, stirring frequently. Pour in the stock, then cook on the Smooth setting. Season the soup to taste, then pour into warm bowls. Swirl through the crème fraîche and serve garnished with chopped dill and freshly ground black pepper.

**SPICED COCONUT SQUASH**  
SERVES 4  
2 tablespoons olive oil  
1 onion, diced  
2 teaspoons peeled and diced fresh root ginger  
1 teaspoon ground coriander  
½ lemon grass stalk, diced  
1 strip of orange rind  
800 g (1½ lb) butternut squash, peeled, deseeded and diced  
800 ml (1½ pints) vegetable stock  
125 ml (4 fl oz) coconut milk  
salt and pepper

**TO GARNISH**  
1 red chilli, chopped  
fresh coriander leaves, chopped

Heat the oil in the soup maker using the sauté function. Add the onion and sauté for 5 minutes until softened, stirring frequently with a wooden spatula. Add the ginger, ground coriander, lemon grass, orange rind and squash. Pour in the stock and coconut milk, then cook on the Smooth setting. Season the soup to taste, then serve in warm bowls, sprinkled with the chopped chilli and coriander.

**APPLE AND BUTTERNUT SQUASH WITH CHILLI OIL**  
SERVES 4  
3 green apples  
1–2 tablespoons olive oil  
20 g (¾ oz) butter  
1 onion, diced  
25 g (1 oz) fresh root ginger, peeled and finely chopped  
2 teaspoons fennel seeds  
1 teaspoon coriander seeds  
1 teaspoon cumin seeds  
1 teaspoon sugar  
1 small butternut squash, about 900 g (2 lb), peeled, deseeded and diced

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### What people say about this book

Anon 9, “Adapt ingredient quantities for you own soupmaker. This was the by far the best 3 of Kindle books I downloaded on soup making in an electric soup maker. I returned the other two books. You have to be careful with volumes, and get to know maximum quantities for your own machine (I use around 750g veg and 650ml liquid), otherwise, with these adaptations, its an excellent recipe book”

Nonna Donna, “A simple way to enjoy fantastic, affordable food..... Affordable, interesting, attainable, beneficial and "beautiful.Learn how to create simply superb food.Easily accessible ingredients that will amaze your friends, improve your diet, really set your taste buds alight and give you a new view on food and how to enjoy it!”

Patricia Fowler, “As described. Bought as present. Arrived on time”

Jen, “Spent ages trying to find a recipe book with pictures. This is a xmas pressie so not sure about the quality of recipes but on looking at it, it's a soft glossy covering, seller does provide size but think American Letter size, and glossy pages with coloured photos.”

The book by Joy Skipper has a rating of 5 out of 4.4. 297 people have provided feedback.

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