

**CHOOSE 1 OF THE FOLLOWING SOUPS –YOU MUST BRING A CONTAINER
ALL VEGETABLES MUST BE READY CHOPPED-EXCEPT FOR THE POTATO**

Thai Butternut Squash Soup

Ingredients

½ tablespoon oil
½ onion, finely chopped
½ - 1 tablespoon Thai green curry paste
¼ medium butternut squash, peeled, deseeded and cut into chunks
200ml chicken stock
150ml coconut milk
1 tablespoon shredded Thai basil
Salt and freshly ground black pepper

To garnish (finishing technique)

Thai basil leaves

Method

1. Heat the oil in a large heavy saucepan, add the onion and sweat over a low heat for 10 minutes.
2. Add Thai curry paste and cook over a low heat for 2 minutes.
3. Add the butternut squash, stock and coconut milk. Bring to the boil, then season with salt and pepper and simmer for up to 20 minutes, or until the squash is soft.
4. Remove from the heat and whiz the soup in a blender or food processor, in batches if necessary, until smooth. Return to the rinsed - out pan. Check the seasoning.
5. Reheat soup and add the basil just before serving.
6. Pour into warm soup bowls and serve.

Leek and Potato Soup

Ingredients

1 onion
1 clove garlic
1 leek
1 potato
400ml stock
Salt and pepper to season

Method

1. Wash and peel the leeks and potatoes
2. Chop the vegetables into small chunks
3. Place the vegetables in a saucepan and add the stock
4. Heat until the stock is boiling
5. Turn down the heat and cook gently for 30 minutes
6. Add some black pepper
7. Serve the soup hot

Spicy Tomato Soup

Ingredients

1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water
1 stock cube
½ x 5ml spoon dried chilli flakes
1 x 15ml spoon tomato puree

Method

1. Peel and slice the onion, top and tail and slice the carrot, peel and cut the potato into 8.
2. Put all the ingredients into a saucepan.
3. Stir everything together, bring to the boil and then simmer for 20 minutes.
4. Pour the mixture into the liquidiser and blend until smooth.
5. Serve