

SOUPS



After a heavy day's work what can be more heartening than a bowl of hot soup? A good thick soup can be a meal in itself, and it is exceedingly cheap to make, for practically every "left-over" can go into it. Nor is the slow cooking that most soups need at all heavy on fuel. Indeed, with a little ingenuity very little need be used. Put the soup in the oven when the baking is done and so use up the last bit of heat. Use your vacuum flask for partly cooking haricots, lentils, and so on. Or cook the soup in a hay-box, the cheapest method of all.

There is an idea that you can't make soup without bones. Never was there a bigger mistake. Bones give flavour but no nourishment at all, with the exception of marrow bones. On the other hand, vegetable stock is full of goodness, and is simplicity itself to make. Always save the water in which the vegetables have been boiled. Add to it by boiling up all the outside leaves and parts which have been discarded as too tough for the table. Use this stock for making some of the simple vegetable soups given in this leaflet and see how good they are.

Vegetable Soup

Use outside cabbage leaves, a few carrots, 2 or 3 large potatoes, and any other pieces of vegetable there are at hand. Perhaps there is a last lettuce in the garden, grown old and tough. Old tough runner beans left on the plants, cauliflower stumps, parsley or watercress stalks, all these are excellent.

Wash the vegetables, cut them and shred them into fine strips or small dice. Put everything into a stew pan or a casserole. Season with pepper and salt, cover with water, and cook, either in the oven or in the pan, until the vegetables are quite soft. Oven cooking takes longer than hot plate cooking.

When the vegetables are quite soft, mash them thoroughly, remove any pieces of stump or stalk that have refused to soften, add more liquid if necessary, re-heat and stir in a knob of margarine, if liked.

Potato Soup (Quick)

1 lb. potatoes.

½ oz. margarine.

2 or 3 sage leaves.

A small piece of leek or onion.

1½ pints of vegetable stock or water.

Put the stock or water into a saucepan, and grate the potato straight into it. Shred the leek, making sure that it is entirely free from grit. Powder the sage leaves. Add both to the pan and simmer until the shreds of potato are quite soft. Pepper and salt may now be added to taste, and the piece of margarine stirred in.

Potato and Watercress Soup

Scrub a pound of potatoes and cut them into quarters. Boil these in 1½ pints of water until soft.

Mash them well, or better still, pass them through a sieve and return to the pan. Add a tablespoonful of flour mixed to a smooth paste with a little milk. Boil up, season with salt and pepper, and just before serving, add a bunch of watercress, washed and chopped.

Chopped parsley or chopped celery leaves may be used instead of the watercress.





Haricot Soup

- 1 lb. of haricot beans.
- 2 tablespoonfuls of margarine.
- 2 medium potatoes.
- 2 pints of water.
- 1 dessertspoonful of celery salt (if available) or ordinary salt and pepper.

Soak the beans for 24 hours.

Simmer in the two pints of water with the celery salt until tender. Grate the potatoes straight into the pot, cook for 10 minutes, then stir in the margarine, add the pepper and serve.

Mulligatawny

- 3 ozs. cold mutton diced very small.
- 3 tablespoonfuls of rice.
- 1 lb. of carrots thinly sliced.
- 1 tablespoonful of dripping.
- 1 tablespoonful of apple chutney or one green apple and 1 dessertspoonful of sugar.
- 1½ pints of vegetable stock or water.

Simmer the rice and sliced carrots in the stock until tender. Heat the dripping in the frying pan, stir in the curry powder and chutney or the apple, unpeeled, but cored and thinly sliced, and the sugar. Blend thoroughly, add some of the stock, and when the mixture is quite thick and the curry powder absorbed well by the fat, add to the soup together with the mutton and cook again just long enough to heat the meat.

Cabbage Soup with Dumplings

- 1 cabbage.
- 1 quart of vegetable stock or water.
- 1 oz. of dripping.
- Salt and pepper.
- Two or three bacon rinds from the breakfast ration.

For the Dumplings :

- 8 ozs. flour.
- 2 ozs. of chopped suet or chopped bacon fat.
- 1 teaspoonful of sweet herbs.

Cut the cabbage into shreds. Melt the dripping in the saucepan, add the cabbage and toss it in the hot fat for a few minutes, with the bacon rinds cut in short pieces. Add the water and simmer for ¾ of an hour. Meanwhile make very small dumplings with the flour and fat and herbs, mixing to a firm dough with water. Season the soup, drop in the dumplings and cook quickly for 5 minutes. Serve at once.

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WAR COOKERY LEAFLET

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Golden Soup

2 lbs. carrots.
2 tablespoonfuls of semolina or sago.
1 tablespoonful chopped parsley.
1 oz. margarine.
Salt, pepper.
1½ pints of vegetable stock or water.

Melt the margarine in a saucepan, stir in the semolina and after one minute pour in the water. Cook very slowly for 30 minutes, stirring to prevent sticking and burning. Both semolina and sago burn rather readily.

Grate the carrots while the semolina is cooking, and add to the soup at the end of the 30 minutes. Cook until the carrot shreds are quite tender. Stir in the freshly chopped parsley and serve. For those who like it, a dusting of nutmeg may be added.

Friday Soup

1 large cupful of lentils.
1 fish head or about ¼ lb. of inexpensive fish.
1 small cabbage.
1 bayleaf.
A few peppercorns.
Salt.
1 oz. margarine (if liked).
1½ pints vegetable stock or water.

Soak the lentils for 12 hours, or otherwise soften them in one of the ways suggested on page 1. Cook the fish with the bayleaf and peppercorns in a very little water until it is tender. Put through the sieve to be sure all the bones are removed. Shred the cabbage finely, and put the cabbage, lentils and the fish puree back into the saucepan. Add the stock or water. Simmer until the lentils and cabbage are quite tender. Season and stir in the margarine.

Barley Soup

1½ pints of mixed vegetables in season.
1½ pints vegetable stock or water.
3 oz. barley.
3 tablespoonfuls of chopped parsley.
6 peppercorns or ordinary pepper to taste.
Salt to taste.

Cook the barley with the seasonings in enough water to keep it covered, until quite tender and jellified (about 1½ hours). Add the vegetables chopped, and the 1½ pints liquid and simmer until the vegetables are tender (about 30 minutes). Stir in the parsley and serve.



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