



Soup Kitchen Challenge Recipes

Thank you for your interest in Soup Kitchen Challenge Day to raise money for The Salvation Army.



To help you get started here follows a few recipe ideas from our official partners New Covent Garden Food Co., our celebrity sponsors and from The Salvation Army.



Don't forget! New Covent Garden Food Co. is dedicating its December Soup of the Month – Chicken, Vegetable and Pearl Barley – to support The Salvation Army's work. Look out for the distinctive cartons on sale in stores this December from £1.99.



Ainsley Harriott's Fresh Tomato and Smoked Bacon Soup

For 17 years one of the country's favourite TV chefs and presenters, Ainsley is best known for his numerous series of *Ready Steady Cook*. In 2009 Ainsley published his latest book, *Just Five Ingredients* which is full of quick, practical and delicious family meals using only five ingredients.

Ainsley says: "This clever soup is great in autumn when there is a glut of ripe tomatoes, but you can use canned ones. As it uses no stock it has a wonderfully intense tomato flavour with a smoky backdrop. I love to see this soup with hunks of crusty bread, but do try it chilled on a hot summer's day."



Ingredients for 4-6 people

2 large onions, finely chopped
350g (12oz) smoked bacon or pancetta, diced
2 garlic cloves, peeled and finely chopped
1.75kg (4lb) ripe tomatoes, roughly chopped, or 4 x 400g (14oz) cans chopped tomatoes (or use a mixture of both)
2 tablespoons tomato puree
Sea salt and freshly ground black pepper
3 tablespoons olive oil

Instructions

Heat two tablespoons of the oil in a large pan. Add the onions, bacon/pancetta and garlic, and then cook, stirring occasionally, for about 10 minutes or until the onions have softened and the bacon is cooked through and lightly golden.

Stir in the tomatoes and tomato puree and season to taste. Bring to a simmer and cook gently for 15-20 minutes, stirring occasionally, or until all the flavours are well combined. Blitz the soup with a hand blender or in batches in a food processor, then pass through a fine sieve.

Return the soup to a clean pan and season to taste, then reheat gently. To serve, ladle the soup into bowls and place on plates. Add a drizzle of olive oil to the top of each one with a good grinding of black pepper.

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Merrilees Parker's Field Mushroom Soup with Crispy Bacon, Shropshire Blue & Parsley Crumbs

A protégé of Antony Worrall Thompson, Merrilees Parker first appeared on TV co-presenting the 27-part BBC2 series *Anything You Can Cook* with Brian Turner. Merrilees has gone on to guest regularly on BBC2's *Saturday Kitchen* and UKTV Food's *Great Food Live*, presenting BBC2's primetime series *Full On Food*, *Taste* on Sky, and hosting and cooking on Planet Food's long-running series of 50-minute food and travel programmes.

Merrilees also runs Pink Food, her own catering company, and speaks fluent French.

Ingredients (serves 4)

FOR THE SOUP

50g/2oz butter
4 tbsp light olive oil
1 onion, very finely chopped
2 cloves of garlic, crushed
1 tsp chopped fresh thyme leaves
400g/oz field mushrooms, finely chopped
1 tsp tomato puree
1lt/1¾ pints fresh chicken stock
1 tbsp Jerez sherry vinegar

FOR THE PARSLEY CRUMB

1 tbsp light olive oil
8 slices very thinly sliced smoked streaky bacon
knob of butter
2 x garlic clove, crushed
50g/1oz breadcrumbs
2 tbsp chopped fresh parsley

TO GARNISH

100g/4oz Shropshire blue, crumbled
2 tbsp double cream
local bread & butter
Maldon sea salt and freshly ground black pepper.

Instructions

Melt the butter with olive oil then add the onion, garlic and thyme. Cook just until beginning to soften then add the mushrooms and cook for 4-5 minutes they released some of their juices and these have started to disappear.

Next stir in the tomato puree and allow to cook for a further minute. Pour in the stock and bring to the boil, then allow to simmer for 10 minutes.

Now add the sherry vinegar and plenty of seasoning and allow to come back to the boil. Remove from the heat and then liquidize in a vita mix blender really well so you have a lovely smooth soup. If the soup is not completely smooth you will need to pass it through a sieve. Keep warm while you make your garnish.

For the breadcrumbs heat the light olive oil in a large frying pan cook the bacon by placing another pan on top to keep the bacon flat and make it really crispy. This will take about 3-4 minutes and you will need to turn the bacon over once. Remove from the pan and drain well on kitchen paper but leave the lovely bacon oil in the pan.

Add the butter to the pan, then add the garlic and allow to soften before adding the breadcrumbs. Fry for 1-2 minutes stirring all the time so the garlic doesn't burn. When the mixture is golden brown, season really well with salt and pepper then take off the heat and stir in the parsley.

To serve, divide the soup between four warmed soup bowls, top each with some cheese and a drizzle of cream. Serve the crispy bacon and the parsley breadcrumbs in little pots on the side so that the individual can add them just before they eat.





Merrilees Parker's Carrot and Ginger Soup

A protégé of Antony Worrall Thompson, Merrilees Parker first appeared on TV co-presenting the 27-part BBC2 series *Anything You Can Cook* with Brian Turner. Merrilees has gone on to guest regularly on BBC2's *Saturday Kitchen* and UKTV Food's *Great Food Live*, presenting BBC2's primetime series *Full On Food*, *Taste* on Sky, and hosting and cooking on Planet Food's long-running series of 50-minute food and travel programmes.

Merrilees also runs Pink Food, her own catering company, and speaks fluent French.

Ingredients (Serves 4-6)

1 tbsp light olive oil
1 large onion, finely grated
1 ginger root
675g/1lb carrots, grated
1 tbsp clear honey
900ml/1 1/2 vegetable stock (from a cube)
1 tbsp lemon juice
4 tbsp double cream
4 tbsp picked flat leaf parsley
3 tbsp extra virgin olive oil
salt and freshly ground black pepper



Instructions

Heat the oil in a large pan. Add the onion and ginger and cook over a low heat for one minute until just beginning to soften.

Pour boiling water over the parsley leaves and allow to stand for two minutes. Then drain and run under cold water until completely cooled.

Meanwhile heat the stock until boiling hot.

Add the carrots, honey and lemon juice to the onion and ginger mixture. Stir to combine and pour in the hot stock. Bring to the boil, then reduce the heat and simmer for about 4-5 minutes.

With a mini-blender or with a hand blender, puree the blanched leaves with two tablespoons of the extra virgin olive oil. Then whisk in the remaining oil to form an emulsion. Season well with salt and black pepper.

Leave the soup to cool a little, then blend to a puree in batches in a food processor or with a hand blender.

To serve, re-heat gently and season to taste. Ladle into bowls and add a drizzle of cream to each finish with a generous drizzle of parsley puree and grinding of black pepper.



Sir Cliff Richard's Spicy Parsnip Soup

British music legend Sir Cliff Richard says: "Good luck - and thanks! - to all taking part in The Salvation Army's Soup Kitchen Challenge. My mouth's watering at the thought!"

During six decades, Sir Cliff Richard has charted many singles, and holds the record with Elvis Presley as the only act to make the UK singles charts in all of its decades (1950s–2000s). He is the only singer to have had a number one single in the UK in five consecutive decades, doing so from the 1950s through to the 1990s.

Ingredients

2 tablespoons butter
1 onion, chopped
2 large parsnips, peeled and chopped into 1 cm cubes
1 clove garlic, finely chopped
750ml boiling water
1 stock cube
2 teaspoons curry powder
100ml double cream
Salt and pepper
Dried chilli pepper flakes or paprika to garnish

Instructions

Melt the butter in a large saucepan over medium heat. Fry the onion in butter until soft, about 5 minutes. Add the parsnips, garlic and curry powder, and fry for a couple of minutes to release the flavours.

Boil the water in the kettle and mix with stock cube in a separate jug. Add to pan and stir well. Simmer for 15 minutes until parsnips are soft and easy to break with a wooden spoon.

Take off the heat and blend with hand mixer or food processor.

Stir in the cream and warm through.

Season to taste





Kevin Woodford's Roasted Pumpkin and Coriander Soup

With a relaxed style and ability to communicate at all levels Kevin first hit our screens as a regular chef on 'This Morning' and won acclaim on 'The Reluctant Cook', 'Big Kevin Little Kevin', 'Ready Steady Cook' and 'Can't Cook, Won't Cook', - for which he was voted Best Daytime Television Presenter at The National Television Awards.

Ingredients

1 small pumpkin
2 red peppers
2 tablespoons of olive oil
1 onion, chopped
3 cloves garlic, crushed
½ teaspoon juniper seeds
100g (3 ½oz) celery, chopped
2 small red chillies, deseeded and finely chopped
1 litre (2 pints) vegetable or chicken stock
Large bunch of fresh coriander
Sea salt and black pepper
2 tablespoons of crème fraiche (or plain full-fat yoghurt)
Pinch of paprika



Instructions

Quarter the pumpkin, remove the seeds (don't discard them, they are lovely when roasted and make a great nibble). Cut the red peppers in half, remove the seeds and place them with the pumpkin onto a roasting tray. Drizzle the flesh with a little olive oil and place into a pre heated oven set at gas mark 6/200C/400F and roast for about 40 minutes.

Remove from the oven. Scrape the flesh from the skin of the pumpkin and place to one side along with the roasted pepper.

Heat a little olive oil in a saucepan; add the chopped onion, crushed garlic, juniper seeds, celery and red chillies. Cook for a few minutes until the onions and celery are soft. Add the pumpkin and red peppers, the stock and finally the chopped coriander. Bring to the boil, reduce the heat and allow to simmer for 15 minutes. Season with salt and freshly ground black pepper and then process the soup in a blender to make it smooth.

Serve with a spoonful of crème fraiche over the top sprinkled with a little paprika.



The Salvation Army is delighted to have the support of New Covent Garden Food Co. with the Soup Kitchen Challenge.

New Covent Garden Food Co.'s Heart-Warming Chicken Broth

Ingredients (serves 10)

10 medium potatoes, diced
5 medium carrots, diced
1.5 swedes, diced
3 small onions, diced
5 chicken breasts cut into slices
2,200ml of chicken stock
200g of pearl barley
Salt and pepper to taste



Instructions

Cook the potatoes in a pan of water for 10 minutes or until par cooked, then drain and keep to one side.

In a new pan add the carrots, swede, onion, sliced chicken breasts, chicken stock and pearl barley. Bring to the boil and simmer for 15 minutes

Add cooked potatoes to the pan. Season to taste, then cook for a further 20 minutes and serve.

New Covent Garden Food Co.'s Bacon, Broccoli & Celeriac soup

Ingredients (serves 10)

2 tablespoons of olive oil
10 rashers smoked dry cured bacon, diced
2 small celeriac, finely chopped
5 small onions, diced
2 small broccolis cut into small florets
1,750ml of vegetable stock
2 bay leaves
2 rosemary, finely chopped
250g baby leaf spinach
Salt and pepper to taste



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Instructions

Heat the olive oil in a pan, then fry the bacon until crisp. Remove the bacon from the pan and set aside.

Fry the onions until soft. Add celeriac and broccoli and cook for 5 minutes.

Return the crispy bacon to the pan, stir in the vegetable stock and herbs and bring to the boil.

Cover and simmer for 20 – 25 minutes until the vegetables are tender.

Remove soup from the heat; add the spinach leaves, stirring in to wilt them.

Blend until smooth, then return to the pan and season to taste.

Reheat gently and serve.

New Covent Garden Food Co.'s Brussel Sprout and Gammon soup

Ingredients (serves 10)

125g butter
2 cloves garlic, crushed
2 small onions
750g brussel sprouts, finely sliced
60g chestnut, peeled and chopped
1litre vegetable stock
500g gammon, cooked and shredded
1litre water
25ml single cream
Salt and pepper



Instructions

Melt the butter in a pan, add the garlic and onion and then cook gently for 5 minutes or until soft.

Add two-thirds of the sprouts and chestnuts to the pan, then cook for a further 5 minutes without colouring.

Add the stock and two thirds of the gammon and boil rapidly, uncovered, until the stock has reduced by half and the sprouts are just tender.

Blend until smooth, adding a little of water if required.

Return to the pan, add the remaining water and cream, season to taste, and then reheat gently for 5 minutes.

Meanwhile, take the remaining sprouts, cut into quarters and cook in boiling water until *al dente*.

Add the remaining gammon and sprouts to the soup. Heat through and serve.

New Covent Garden Food Co.'s New Year Root Vegetable soup

Ingredients (serves 10)

50ml olive oil
5 parsnips, diced
3 sweet potatoes, diced
5 medium carrots, diced
3 leeks, sliced
3 small red onions, diced
5 sticks of celery, diced
2 teaspoons of ground cumin
1 fresh red chilli, diced
Salt and pepper to taste



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Instructions

Heat the olive oil in a pan, add the parsnip, sweet potato, carrots, red onion, leeks and celery and then cook for 5 minutes until the vegetables have a little colour.

Add water to the pan, bring to the boil, cover and cook for 20 minutes or until the vegetables are soft.

Blend until smooth

Return to the pan, add the cumin and chilli. Season to taste.

Simmer for a further 10 minutes and serve.

New Covent Garden Food Co.'s Cauliflower and Cheddar soup

Ingredients (serves 10)

60g butter
3 small onions, finely chopped
3 medium potatoes, diced
2 medium cauliflowers, small florets
1.2litres of vegetable stock
400ml milk
250g mature cheddar cheese
Salt and pepper to taste



Instructions

Melt the butter in a pan then add the potato and onion, cooking gently for 5 minutes.

Add the cauliflower and stock, bring to the boil.

Cover then simmer for 20 minutes until the vegetables are tender.

Blend until smooth

Return to the pan, on a gentle heat add the milk and cheese, stirring continuously until the cheese has melted – but do not allow to boil.

Season to taste and serve.

New Covent Garden Food Co.'s Yummy Tomato soup

Ingredients (serves 4)

1 tablespoon of olive oil
25g butter
1 small onion, finely diced
1 stick of celery, diced
1 carrot, peeled and diced
1 ½ x 400g tins of chopped, tinned tomatoes
½ red pepper, diced
½ eating apple, peeled and diced
50ml double cream
500ml vegetable stock



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Method

Heat oil and butter and sweat the carrot, onion, pepper and celery over a medium heat for 10-15 minutes until well softened

Add the tomatoes and stock. Bring to the boil then cover and simmer for 15-20 minutes, adding the apple for the final 5 minutes

Cool a little, then puree until completely smooth with a hand blender. Re-heat gently, add cream and adjust seasoning remembering its for children

The soup can be garnished with home made croutons made using cookie cutters for great shapes,, You can also use pesto, snipped chives or a drizzle of cream if you are eating at home or dunk your sandwiches.

New Covent Garden Food Co.'s Easy Cheesy soup

Ingredients (serves 4)

50g butter
1 small onion, finely diced
1 medium (300g) potato, peeled and diced
1 small (200g) cauliflower cut into florets
700ml of vegetable stock
100-150g mature cheddar, finely grated
100ml milk
Salt and pepper to taste

Instructions

Melt butter and cook onions for 10 minutes until soft

Add the potato and cauliflower, stir then add stock, bring to the boil, cover and simmer for 20 minutes

Puree using a hand held blender until completely smooth

Re-heat gently, adding the milk and cheese and stir until melted.



As well as some providing some mouth-watering recipes to try on Soup Kitchen Challenge Day, for the second year New Covent Garden Food Co. is dedicating its limited-edition December soup of the month to The Salvation Army.

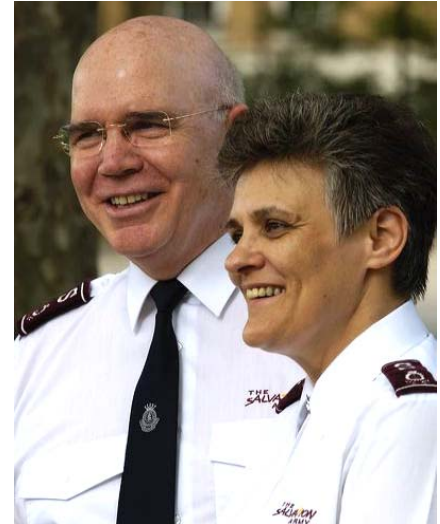
A portion of every carton sold of the Chicken Vegetable and Pearl Barley soup, with the distinctive Salvation Army red shield on the carton, will support our work. Look out for the soup in major supermarkets and independent retailers throughout the UK in December priced from £1.99.

As with all New Covent Garden Food Co. soups, Chicken, Vegetable and Pearl Barley contains no additives or preservatives, flavourings, colourings or modified starch of any kind. All the fresh soups in our range also feature the government approved FSA traffic light labelling system for the identified categories of fat, saturated fat, sugar and salt, making it easier for consumers to see what they're getting.

Packed with natural goodness, Chicken, Vegetable and Pearl Barley boasts filling and satisfying ingredients such as chicken, potatoes, leeks, and carrots, all of which provide a great combination of low-fat protein, vitamin B6 and vitamin A, and minerals. And there'll be no grumbling tummies after a bowlful of this hearty soup, with ingredients such as barley and peas helping to lower the Glycaemic Index and keep you feeling fuller for longer by releasing good quality carbohydrates slowly into the bloodstream.

Commissioner John & Betty Matear's The Easiest Parsnip, Potato and Apple Soup

Commissioners John and Betty Matear, leaders of The Salvation Army in the UK territory with the Republic of Ireland, say:
"We heartily endorse the Soup Kitchen Challenge. Every day, summer or winter, we have nutritious home made soup at our home. It is of course more than just soup - it's both comfort food and the ultimate fast food. By combining good food with this good cause you can help make a real difference to some of the marginalised of our society."



Ingredients

- 1 large onion, peeled and chopped
- Some parsnips (as many as you want), peeled and chopped
- 1 large baking potato peeled and chopped
- 2 carrots peeled and chopped
- 1 small turnip or swede, peeled and chopped
- 1 or 2 apples, peeled and chopped
- 1 desert spoon of oil
- Some stock or a couple of stock cubes
- Enough boiling water to just cover the vegetables
- 1 large pot

Instructions

Heat the oil in the pan

Put in the onions and let them soften for a few minutes. Don't let them burn but don't worry if they do!

Add all the vegetables. Cover them with boiling water, and add the stock or stock cubes.

Cover it up for about 25 minutes until all the vegetables are soft.

You can liquidise it if you like, or just serve as it is into bowls.

For added interest you might like to add grated cheese or black pepper. Served with crusty bread, this is wonderful.

Sit down and enjoy!



Lieut-Colonel Marion Drew's Fresh Leek Soup with Stilton

The Salvation Army's Secretary for Communications, Lieut-Colonel Marion Drew, says: "We hope as many people as possible take up the challenge and help The Salvation Army in our work to improve the lives of homeless and vulnerable people across the country. Soup has a long association with The Salvation Army and we're excited by the partnership with New Covent Garden Food Co. and our Soup Kitchen Challenge Day on Friday 27 November 2009.

"Sharing simple but nutritious food is often the start of a conversation with someone sleeping rough on the streets or using our community welfare services. For those in our social service centres learning to cook and understanding the importance of fresh food and a healthy diet are some of the activities offered to build self-esteem, learn new skills, encourage positive relationships, and a sense of purpose."

Ingredients (serves 4)

1 tablespoon or 15ml of olive or corn oil
1 large onion
1 ½ lb/ 675g leeks, sliced
1 tablespoon plain flour
1 ½ pt/ 825ml vegetable or chicken stock
2oz / 50g blue stilton cheese, crumbled
¼ pint/ 150ml semi-skimmed milk
Salt and freshly ground pepper

Instructions

Heat the oil in a heavy-based pan and add the onion and leeks. Cook for five minutes until softened, but not coloured.

Stir in the flour and cook for one minute.

Remove the pan from the heat and gradually stir in the stock and seasoning.

Return the pan to the heat and bring to the boil, stirring constantly.

Reduce the heat and simmer gently, uncovered for 20-30 minutes.

Process in a food processor or liquidiser until smooth, then return to the rinsed-out pan and add the stilton and milk.

Heat gently, stirring constantly, until the cheese has melted. Season to taste.

Serve hot with a wholemeal or granary roll.

