



RECIPE

CREAM OF VEGETABLE SOUP

(Serves 6)
 Prep time: 15 minutes
 Cooking time: 20 minutes

Come home to comfort with your choice of vegetables and herbs to make your own version of this Cream of Vegetable Soup that can easily become a house favourite.

Ingredients

- 1 tbsp olive oil
- 1 cup green pepper, diced
- 1 cup carrots, diced
- 1/4 cup yellow onion, diced
- 4 cloves garlic, minced
- 1 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 2 tablespoons butter
- 6 tablespoons all-purpose flour
- 3 cups Chicken Broth
- 3/4 cup heavy cream, 1/2 cup whole milk
- 2 cups green beans, cut in small pieces
- Freshly grated Parmesan (optional)

Method

In a deep bottom sauce pan, heat olive oil. Add green peppers, carrots or any other similar tough vegetables and cook until softened. Add onion and garlic, salt, pepper and spices. Next, add butter and flour, and work quickly to dissolve the flour into the butter and the vegetables.

Pour in the broth, 2 tablespoons of the heavy cream, all of the milk and reduce heat to low. Cook, semi-covered, for 15 minutes, stirring occasionally.

Add the remaining heavy cream and the chopped green beans. Cook, uncovered, for an additional 5 minutes.

Remove from heat and ladle soup into serving bowls immediately. Top with Parmesan cheese, if desired.

MOLOKHIA (Jute leaves)

Ingredients

- 2-4 tbsp olive oil
- 1 cup diced yellow onions (about 2 small onions)
- 2 split breasts of chicken, skin-on or 2 pounds boneless, skinless chicken thighs
- 4 tbsp ground cumin
- 2 tbsp ground cloves
- 2 tsp ground cinnamon, or 2 whole cinnamon sticks
- 4 cups chicken broth
- 6-8 cups fresh molokhia (jute leaves), or more if desired, 6-8 cloves garlic
- 1 lemon, cut into wedges

Method

In a large soup pot or deep bottom pan, heat the oil. Sauté onions until translucent or slightly browned. Add chicken and sauté for about 2-3 minutes then add the spices. Continue to sauté until the chicken is nicely browned on all sides. Add the broth and increase the heat to bring to a boil. Reduce heat to low and cook, covered, for 35 minutes.

If using boneless chicken, skip this step. If using boned chicken, remove the chicken flesh and let cool. Once cooled, remove the skin and bones and pull the meat apart. Add back to the broth. Drop the molokhia directly into the pot.

Meanwhile, heat oil in a small sauté pan for the garlic. Cook until nicely browned, about 5-7 minutes, stirring constantly. Add the garlic directly into the soup. Serve in small soup bowls with rice and fresh lemon on the side for squeezing.

-- LS Desk

VEGETABLE KORMA

Ingredients

- 3 cups of fresh vegetables
- Fresh green peas
- Chopped carrots, Chopped beans
- Cauliflower florets
- Chopped potatoes
- 1 1/2 cup of water
- 1 cinnamon, 4 cloves
- 2 cardamoms
- 1/2 tsp fennel seeds
- 1/2 tsp cumin seeds
- 2 tsp coriander seeds
- 1/2 tsp turmeric powder
- 1 tsp red chilli powder
- 4-5 green chillies
- 1-inch ginger
- 2 tbsp coriander leaves
- 1 cup grated coconut
- 2 tsp soaked poppy seeds
- 20 soaked cashew nuts
- 3-4 chopped tomatoes
- Water, as required

- 4 tbsp oil
- 1/2 tsp asafoetida, 1 1/2 tsp salt

Method

In a wok add all vegetables, with one and half cups of water. Cover it with the lid and cook until the vegetables are done. Grind together cinnamon, seeds of cardamom, fennel seeds, cloves, cumin seeds, coriander seeds, turmeric and red chillies powder. Blend it to a coarse powder. Also add green chillies, ginger, coriander leaves, grated coconuts, poppy seeds, cashew nuts, chopped tomatoes, and water.

Heat a pan and add oil and asafoetida, then add the freshly ground masala paste.

Add the vegetables and some water to it and cook well and add salt to taste. Vegetable korma is ready to serve.



Photo: Collected



NOW EVERY HOME WILL BE A RESTAURANT



Unilever Care Line
 09-666-999-666