

Sip! Slurp! Soup!

Sitting snug under a blanket, with a book in my hand, I look out the window, its panes frosted by the steam rising from my mug of hot soup. I sip that delicious liquid and feel its warmth spreading through my body. I smile, this is my kind of winter evening!

As idyllic as that may sound, the operative word here is soup, without which no winter musings are complete. The perfect comfort food to keep you warm on chilly days. Even though the appeal of soup is highest during winter, it is definitely the most sought-after food when convalescing or suffering from cold/cough/flu. A truly international food, which has made a home for itself in every type of cuisine.

A bowl full of delectable soup can be had as an appetiser or a satiating snack at any time of the day. And if you wish, then with veggies or chicken or both it can be a meal in itself. Winter brings with it a good variety of fresh vegetables. What better way to scale up the health benefits of soup than by making it with seasonal veggies.

Soups made from seasonal vegetables are not only scrumptious but also packed with nutrition. Making a basic vegetable stock and using it for different types of soup, ensures you get a healthy dose of vitamin C in your diet, which is known to be one of the best remedies for infections and also a very potent way to boost your natural immunity.

Each bowlful of the following soups, is rich in vitamin C.

From an infant to the elderly, soup benefits everyone. Come to think of it soup literally equates to health. Maybe that is why

soup is often referred to as food for the soul.

BASIC VEGETABLE STOCK

(Makes two cups)

Ingredients

- ¼ cup cauliflower florets
- ¼ cup roughly chopped onions
- ¼ cup roughly chopped cabbage
- ¼ cup roughly chopped carrots
- 2 tbsp roughly chopped celery

Method

Boil 3 cups of water in a deep non-stick pan. Add the cauliflower, onions, cabbage, carrots, celery and boil on a high flame for 10 minutes. Strain the water using a strainer and discard the vegetables. Use as required.

LEMON AND CORIANDER SOUP

(Serves 4)

Ingredients

- 1 tbsp lemon juice
- ¼ cup finely chopped coriander
- 2 tsp oil
- 2 tsp finely chopped garlic
- 2 tsp finely chopped green chillies
- ¼ cup finely chopped onions
- ¼ cup finely chopped cabbage
- ¼ cup finely chopped carrots
- 3 cups vegetable stock
- Salt to taste
- 2 tsp cornflour dissolved in 2 tbsp water

Method

Heat the oil in a deep non-stick pan, add the garlic and green chillies and sauté on a medium flame for a few seconds. Add the onions and sauté on a medium flame for 1

to 2 minutes.

Add the cabbage and carrots and sauté on a medium flame for 1 minute. Add the basic vegetable stock, lemon juice, salt and cornflour-water mixture, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally. Add the coriander and mix well. Serve immediately.

BROCCOLI SOUP

(Serves 2)

Ingredients

- 1 cup broccoli florets
- 1 tsp oil
- ½ cup chopped onions
- ½ cup milk
- Salt and freshly ground black pepper to taste

Method

Heat the oil in a deep non-stick pan, add the onion and sauté on a medium flame for 1 to 2 minutes or till the onions turn translucent. Add the broccoli and 1½ cups of water and mix well. Cover with a lid and cook on a medium flame for 3 to 4 minutes, while stirring occasionally. Keep aside to cool slightly.

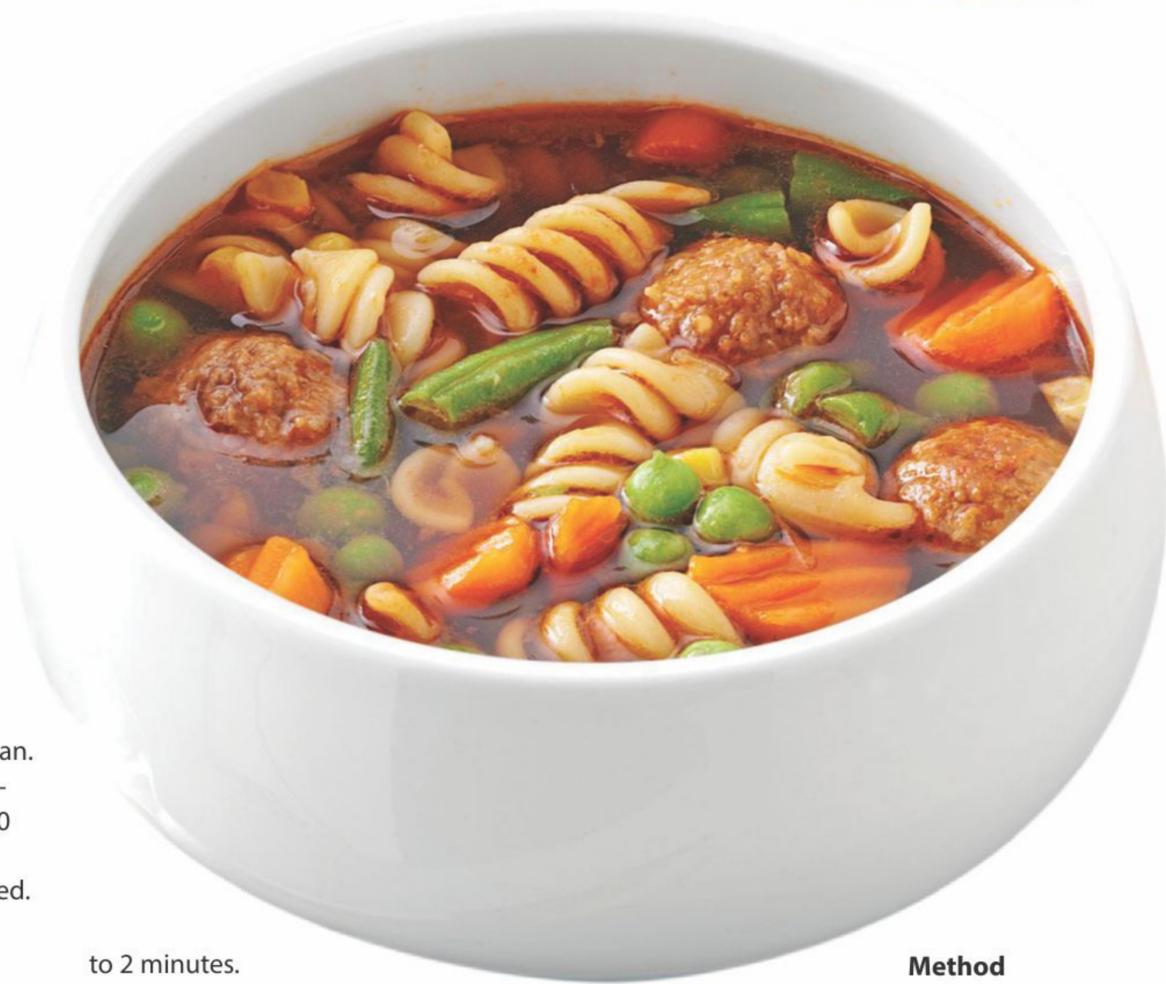
Blend the mixture in a mixer to a smooth purée. Transfer the purée back into the same deep non-stick pan, add the milk, salt and pepper, mix well and bring to boil.

Serve hot.

By Samina Hossain

Recipes courtesy tarladalal.com

Photo: Collected



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