

MEMORY SOUP



A set of soup recipes to serve eight

Beetroot Soup

Iris describes this as 'a jewel of a soup'. It is a beautifully pink soup and looks wonderfully festive with a blob of sour cream and some chopped parsley.

Ingredients

Beef or vegetable stock	3 potatoes, diced
7 small beetroots baked in the oven for an hour or until soft	1 head of garlic, finely chopped
1 large onion, finely chopped	5 sprigs of thyme
3 leeks, finely chopped	1 tablespoon of dried or fresh dill,
5 sticks of celery, finely chopped	1 small bunch of parsley, finely chopped
3 carrots, finely chopped	1 small carton of sour cream

Oxtail Soup

Rosanna bought a sweet potato to add to this soup. This gave it a delicious sweetness which worked well with the oxtail.

Ingredients

Beef stock	1 sweet potato
2lb oxtail roasted at 180C in the oven for 3 hours, until tender	1 head of garlic, finely chopped
A splash of olive oil	1 small chilli finely chopped (optional)
1 large onion, finely chopped	2 tins of chopped tomatoes
3 leeks, finely chopped	5 sprigs of thyme and 2 bay leaves
5 sticks of celery, finely chopped	1 bunch of parsley, finely chopped
3 carrots, finely chopped	

Minestrone Soup

Everyone had a different recipe for the soup, but this version went down well and was enjoyed by all.

Ingredients

Chicken stock	5 sprigs of thyme and 2 bay leaves
1 large onion, finely chopped	1 small bunch of parsley, finely chopped
3 leeks, finely chopped	200g of small macaroni
5 sticks of celery, finely chopped	200g White Kidney beans, soaked for 12 hours in cold water then simmered for 1.5 hours
3 carrots, finely chopped	1 small bunch of basil, finely chopped and added to 5 tablespoons of olive oil
3 potatoes	Freshly grated parmesan
3 courgette	
1 head of garlic, finely chopped	
1 small chilli finely chopped (optional)	
2 tins of chopped tomatoes	

Mushroom Soup

If you pick your own wild mushrooms for this soup make sure they are the edible and not the poisonous variety!

Ingredients

Vegetable stock	5 sticks of celery, finely chopped
A splash of olive oil and a knob of butter	1 head of garlic, finely chopped
100g wild mushrooms, roughly chopped (if available)	1 bunch of parsley, finely chopped
1 lb large flat field mushrooms, diced	1 small carton of cream
1 large onion, finely chopped	A sprinkle of thyme, fresh if possible
3 leeks, finely chopped	Salt and pepper

Melon and Passion Fruit Soup

We were all a bit dubious about the idea of a sweet soup but it made a good starter with an ice cube in each cup.

Ingredients

6 melons
5 passion fruit
3 limes
5 tablespoons of sugar (add more if necessary)
250ml of water



MEMORY SOUP



"To make a good soup, the pot must only simmer or smile"

French Proverb

In Autumn 2008, artist **Jemima Burrill** made Memory Soup with members of the Canonbury Recreation Centre.

A Clod Ensemble Extravagant Act for Mature People



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Beetroot Soup

Method

Fry the onion gently in olive oil. When soft, add the leeks, celery, carrots and potato, sweat until the vegetables are tender. Stir in the garlic and cook for another couple of minutes. Add the stock and thyme. Simmer for 1/2 an hour, then add the beetroot and cook for a further 1/2 an hour. Add the dill and then puree the soup until a smooth pink texture. Serve with a teaspoon of sour cream and a sprinkle of chopped parsley.

Oxtail Soup

Method

Fry the onion gently in the olive oil. When soft, add the leeks, celery, carrots and sweet potato and sweat until the vegetables are tender. Stir in the garlic and chilli, cook for another couple of minutes. Add the tins of chopped tomatoes, beef stock and the bay and thyme. Simmer gently for 1/2 an hour and then add the oxtail. Cook for a further 1/2 an hour. Serve with a sprinkle of parsley and some crusty bread.

Minestrone Soup

Method

Fry the onion gently in olive oil until soft, add the leeks, celery, carrots and potato and sweat until tender. Add the garlic and chilli and stir. Add the tins of chopped tomatoes, the chicken stock and the bay and thyme. Simmer for an hour and then add the courgette, kidney beans and chopped parsley, and more liquid if necessary. Once the soup is simmering again add the macaroni. Bring gently to the boil, when the macaroni is ready, the soup is ready. Drizzle the basil oil on top of the soup and sprinkle with parmesan, season and eat.

Mushroom Soup

Method

Gently fry the wild mushrooms in some butter and olive oil. Then set aside. Fry the onion in more butter and olive oil, adding the leek, celery and garlic once the onions are soft. Season. Fry for another 5 mins and then add the mushrooms. Sweat the vegetables together until the mushrooms are soft. Add the vegetable stock and simmer for 1/2 an hour. Blend until smooth and then add the cream and chopped parsley.

Melon and Passion Fruit Soup

Method

Heat the water and sugar gently in a saucepan, until the sugar has dissolved. Cool and add juice of the limes. Meanwhile, skin, seed and chop the melon and blend until smooth. Scoop out the flesh of the passion fruit and blend into a puree. The seeds should be fine black dots. Mix the passion fruit with the melon and add the sugar and lime syrup. Stir altogether and taste. Depending on the melons, a little more sugar syrup may be needed. Serve with a couple of ice cubes to cool.