

Seven Super Soups Super-Fast!

Nothing conjures up home cooking more than a steaming bowl of wholesome soup. It's warming, satisfying, restorative food and hard to beat on a cold winters day.

Soup is *healthy* fast food at its best. It's simple to make, tastes delicious and is good for you.

Great tasting soup is all about using good ingredients and having a decent stock base, but this doesn't mean having to spend hours in the kitchen.

I use *Knorr Touch of Taste Concentrated Liquid Stock*. As commercial stocks go, this one is brilliant because it doesn't taste salty or synthetic and in my experience no one can tell the difference. Amazing!

You can make all seven super soups in an hour and a half! Start with the spicy lentil because it takes the longest to cook, then follow the order below.

By the time you've finished making the other six soups, washed up and cleared away, your spicy lentil soup will be ready. It couldn't be simpler.

N.B: All these soups can be frozen.

Here's What You Can Make ...

Seven Super Soups	Preparation Time In Minutes	Cooking Time In Minutes
Spicy Lentil	One	Forty Five
Leek & Potato	Twelve	Ten
Coconut Prawn & Pumpkin	Ten	Eight
Roasted Red Pepper	Two	Fifteen
Carrot Ginger Cardamom	Five	Ten
Spicy Tomato	One	Five
Mint, Pea & Courgette	One	Three

Soup is versatile so be spontaneous and make up your own versions too. You can make it from almost anything but be cautious if using turnips, swede, parsnip, parsley and rosemary. They all impart a strong taste, so use sparingly to prevent them overpowering everything else.

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Spicy Lentil Soup (AKA: Mississippi Mud Soup)

A delicious, hearty soup that's simple to make.

Serving Size: 4 big bowls

Preparation Time: 1 minute

Cooking Time: 45 minutes

Effort Level: Dead easy

Shelf Life: 3 days in fridge. 6 months in freezer

Ingredients:

- ✓ 300g Puy lentils
- ✓ 3 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock
- ✓ 2 tsp *La chinata* smoked paprika
- ✓ 2 tsp ground cumin
- ✓ 2 tsp ground coriander
- ✓ 1 tsp coriander seeds (optional)
- ✓ small pinch chilli flakes
- ✓ 2 tbsp fresh herbs – such as parsley or coriander

You Will Need The Following Equipment:

- ✓ Large saucepan
- ✓ Chopping board and sharp knife
- ✓ Tablespoon
- ✓ Sieve

N.B: A few spoonfuls of this soup can be added to meat, fish or vegetable dishes to give them extra zip.

Let's Cook!

1. Fill the kettle with **2 litres water** and bring to the boil. (depending on the capacity of your kettle you may have to refill twice)
2. Whilst the kettle boils add **2 tsp smoked paprika, 2 tsp ground cumin, 2 tsp ground coriander, 1 tsp coriander seeds** (if using) and a **small pinch of chilli flakes** into a large saucepan.
3. Pour **300g lentils** into the sieve and rinse under the cold tap then tip into the saucepan with the spices. Add **3 tbsp Knorr liquid stock** and stir well.
4. Add the **2 litres boiling water** and place over a **high heat**. Bring up to the boil then reduce the heat slightly and leave to cook uncovered on a gentle boil for **45 MINUTES**.
5. At the end of cooking time, dilute down with a little water if necessary, chop the herbs and add to the pan and serve.

“Bon Appétit!

Leek & Potato Soup

A creamy, comforting soup that soothes and satisfies.

Serving Size: 2 big bowls

Preparation: 12 minutes

Cooking Time: 10 minutes

Effort Level: Easy

Shelf Life: 3 days in fridge. 3 months in freezer

Ingredients:

- ✓ 3 medium leeks
- ✓ 1 medium sized potato
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock
- ✓ 50g unsalted butter

You Will Need The Following Equipment:

- ✓ Chopping board and sharp knife
- ✓ Wide based pan approx 10" with lid
- ✓ Liquidiser / blender stick
- ✓ Food processor (optional)
- ✓ Box grater
- ✓ Tablespoon

N.B: The trick here is to chop the vegetables *very finely* and cook them super fast to produce a lovely appetising pale green soup that looks as good as it tastes.

Let's Cook!

1. Gently melt **50g butter** in a wide based pan over a **low heat**. Whilst it melts peel the **potato** then carefully run it over the 3 slicing grooves on the side of your box grater. Tip the slices into the pan and thoroughly coat them in butter. Now take the pan **off the heat** whilst you prep the leeks.
2. Trim the roots and coarse outer leaves from **3 leeks**, then rinse under the tap to remove any dirt. Slice, then pulse in the processor until fairly fine. Or cut lengthways into four long strips then slice widthways into thin strips, to produce finely diced leeks. Add to the potatoes and cook for **3 MINUTES** stirring constantly on a **medium heat**.
3. Boil **800ml water** in the kettle then add to the pan with **2 tbsp Knorr liquid vegetable stock**. Increase to a high heat and boil rapidly for **7 MINUTES** and the vegetables are soft.

4. Take the pan **off the heat**. **Season** with salt and pepper and puree with a blender stick or in a liquidiser until smooth.
5. Serve hot or cold.

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Coconut, Prawn & Pumpkin Soup

Amazingly intense and refreshing fish broth
I guarantee you'll make it again and again!

Serving Size: 2 big bowls

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Effort Level: Easy

Shelf Life: 3 days in fridge. 3 months in freezer

Ingredients:

- ✓ 200g pumpkin or butternut squash
- ✓ 200g small frozen prawns
- ✓ 2 medium heat chillies
- ✓ 4 spring onions
- ✓ 4 garlic cloves OR 2 tsp pre-chopped garlic
- ✓ 1 tbsp sunflower oil
- ✓ 1 tbsp *Knorr Touch of Taste* concentrated liquid fish stock
- ✓ 75g *Maggi* coconut powder
- ✓ 2 tbsp *Squid Brand* fish sauce
- ✓ 25g coriander leaves

You Will Need The Following Equipment:

- ✓ Medium saucepan
- ✓ Chopping board and sharp knife
- ✓ Tablespoon and teaspoon
- ✓ Fork or small whisk

Let's Cook!

1. Boil **800ml water** in the kettle.
2. Finely chop **2 chillies** (removing their seeds if you prefer less heat) and **4 cloves garlic** or use **2 tsp pre-chopped garlic**, tip them into the saucepan and add **1 tbsp sunflower oil** then put the saucepan aside.
3. Peel and chop **200g pumpkin** into small dice approx ½ cm squares.
4. Now place the saucepan with the chillies and garlic over a **high heat** and stir continuously for **45 SECONDS**.
5. Add **800ml boiling water** plus **1 tbsp Knorr liquid fish stock**. Tip in the diced **pumpkin** and boil for **6 MINUTES**.
6. Whilst it cooks, thinly slice **4 spring onions** and finely chop **25g coriander**
7. Now add **75g Maggi coconut powder** to the pan stirring well until the coconut dissolves.
8. Add the **spring onions** and **2 tbsp fish sauce** and continue boiling the soup for **2 MINUTES**.
9. Now add **200g frozen prawns** plus the **coriander** and stir well.
10. Take the pan **off the heat** and leave to infuse for **1 MINUTE**.
11. Serve.

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Roasted Red Pepper Soup

Delicious, light and creamy and perfect during summer or as a first course.

Serving Size: 2 big bowls

Preparation Time: 2 minutes

Cooking Time: 15 minutes

Effort Level: A little effort

Shelf Life: 3 days in fridge. 6 months in freezer

Ingredients:

- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock
- ✓ 4 large red peppers
- ✓ 4 cloves garlic OR 2 tsp pre-chopped garlic
- ✓ 1 onion
- ✓ 2 tbsp olive oil
- ✓ Handful of basil leaves

You Will Need The following Equipment:

- ✓ Medium saucepan
- ✓ Chopping board and knife
- ✓ Clingfilm and plate
- ✓ Liquidiser or blender stick

Let's Cook!

1. Pre-heat the grill to highest setting.
2. Halve the peppers lengthways and remove the seeds. Flatten them out with the heel of your hand and arrange them skin side up on the grill tray. Position the tray directly under the heat for **6-8 MINUTES** and the skins are blackened.
3. Meanwhile slice **1 onion** and **4 garlic cloves** or **2 tsp pre-chopped garlic** and tip into the saucepan with **2 tbsp olive oil**. Place over a low heat and fry gently for **6 MINUTES** stirring occasionally.
4. Now transfer the charred peppers to a plate and cover tightly with cling film.
5. Boil **800ml water** in the kettle then add to the saucepan with **2 tbsp Knorr liquid vegetable stock** and leave to simmer gently.
6. Once the peppers are cool enough to handle, strip off their charred skins and chop into rough dice then add to the pan. Increase to a medium heat and leave to simmer for **5 MINUTES**
7. Meanwhile, stack the basil leaves on top of one another then starting at the tip roll them into a cylinder and slice widthways into narrow ribbons.
8. Puree the pepper soup until smooth and serve topped with the basil ribbons

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Carrot, Ginger & Cardamom Soup

Cardamom and ginger combine brilliantly with carrots and coriander. Enjoy!

Serving Size: 3 big bowls

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Effort Level: Easy

Shelf life: 3 days in fridge. 6 months in freezer

Ingredients:

- ✓ 6 medium carrots
- ✓ 2 cardamom pods
- ✓ 1 bay leaf
- ✓ 15g coriander leaves
- ✓ 1 tbsp *Gourmet Garden* ginger
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock

You Will Need The Following Ingredients:

- ✓ Medium saucepan
- ✓ Chopping board and knife
- ✓ Liquidiser / blender stick
- ✓ Tablespoon

Let's Cook!

1. Boil **1 litre water** in the kettle.
2. Peel and thinly slice **6 carrots** and tip them into the saucepan. Add **1 litre boiling water, 1 bay leaf, 2 tbsp Knorr liquid vegetable stock, 1 tbsp Gourmet Garden ginger** and bring to the boil over a **high heat**.
3. Split **2 cardamom pods** with the back of a spoon, remove the seeds and add them to the saucepan with the carrots.
4. Reduce the carrots to a **medium heat** and simmer for **10 MINUTES**.
5. Meanwhile, finely chop **15g coriander leaves**.
6. When the carrots are soft, puree with a blender stick or liquidise until smooth and thin down with a little water if needed.
7. Stir in the chopped coriander just before serving.

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Spicy Tomato Soup

This punchy little soup is BIG on flavour,
quick to make and cheap as chips!

Serving Size 3 big bowls

Preparation Time: 1 minute

Cooking Time: 5 minutes

Effort Level: Dead easy

Shelf Life: 3 days in fridge. 6 months in freezer

Ingredients:

- ✓ 400g chopped tomatoes
- ✓ 500ml carton sieved passata
- ✓ 4 fat cloves garlic OR 2 tsp pre-chopped garlic
- ✓ 1 tbsp olive oil
- ✓ 2 tsp sugar
- ✓ pinch chilli flakes
- ✓ ½ tsp *La Chinata* smoked paprika
- ✓ 1 tsp salt
- ✓ Basil oil (optional)

You Will Need The Following Equipment:

- ✓ Medium saucepan
- ✓ Chopping board and sharp knife
- ✓ Liquidiser or blender stick
- ✓ Tablespoon and teaspoon

N.B: Always a useful standby, this versatile soup can be used as a base for lasagne, bolognese or zipping up vegetable dishes.

Let's Cook!

1. Roughly chop **4 cloves garlic** or use **2 tsp pre-chopped garlic** and tip them into a COLD saucepan with **1 tbsp olive oil**. Place the pan over a **medium heat** for **45 SECONDS**.
2. Then add **400g chopped tomatoes, 500ml passata, ½ tsp smoked paprika, 2 tsp sugar, a small pinch of chilli flakes** and **1 tsp salt** and simmer for **5 MINUTES**.
3. Take **off the heat** and blend until smooth.
4. Return to the pan and thin down with **300ml water**.
5. Reheat and serve. **NB:** *Delicious with a spoonful of basil oil swirled on top.*

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Mint Pea & Courgette Soup

An uplifting soup with a clean fresh taste.
You can almost feel it doing you good!

Serving Size: 3 big bowls

Preparation Time: 1 minute

Cooking Time: 3 minutes

Effort Level: Dead easy

Shelf Life: 1 day in fridge. 3 months in freezer

Ingredients:

- ✓ 4 medium courgettes
- ✓ 150g frozen peas
- ✓ 25g fresh mint
- ✓ 2 tbsp *Knorr Touch of Taste* concentrated liquid vegetable stock

You Will Need The Following Equipment:

- ✓ Medium saucepan with lid
- ✓ Chopping board and sharp knife
- ✓ Liquidiser / blender stick
- ✓ Tablespoon

Let's Cook!

1. Boil **750ml water** in the kettle then pour into the saucepan, now add **2 tbsp Knorr liquid vegetable stock** and place over a **high heat**.
2. Thinly slice **4 courgettes** and tip them into the boiling water. **Cover** with a lid and boil rapidly for **3 MINUTES**.
3. While the courgettes are cooking, strip the **mint leaves** off their stems.
4. Now tip **150g frozen peas** and the mint leaves in with the courgettes.
5. Take the pan **off the heat** and leave to infuse for **10 MINUTES**.
6. Blend the soup until smooth.
7. Serve hot or chilled.

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Who the heck am I and why should you trust me anyway?

The first thing you should know is I'm a self-taught cook and the only qualification I have is a cordon bleu diploma I got when I was eighteen, but don't let that put you off!

I learnt cooking from the ground up starting as an assistant cook to a wealthy family living in Beverly Hills – they entertained on a lavish scale.

That led to me being the cook on board a private yacht. I had to cook gourmet food for 8 guests and hearty full-flavoured food for 8 crew every day, often using very few ingredients – there aren't many supermarkets on Greek islands!

After 2 years cruising around the Med I came back to the UK and cooked for billionaire businessman Lord Hanson and his directors. As you might imagine they were quite fussy.

Then I worked as a 'taster' for a society catering company specialising in government hospitality. They laid on cocktail parties and banquets for visiting heads of state. It was my job to make sure the food and wine tasted just right.

In between all that, I was (and still am) a busy housewife with kids and a hungry husband to feed, so I know what it's like to be short of time and still have to come up with tasty food every day.

I can show you shortcuts to great tastes you won't find in any other cook book. The sort of cooking 'know-how' you only discover from decades of cooking at all levels. **MAXIMUM FLAVOUR FOR MINIMUM EFFORT** is my motto, and hopefully it will become yours too once you've tried out a few of my recipes.

Here's what Michael Caines had to say about them when I met him one day...



I love Uma's approach for her unique recipe book "Recipes That Really Work" which sets out everything from menu planning, shopping lists and larder items to practical and tasty menus, recipes and dishes. It's a fantastic, easy to follow book and I wish her all the best with it!

MICHAEL CAINES, MBE (2* Michelin Chef)

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