

# Gran's Cookery Chat

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a recipe collection



by Elma Cheeseman

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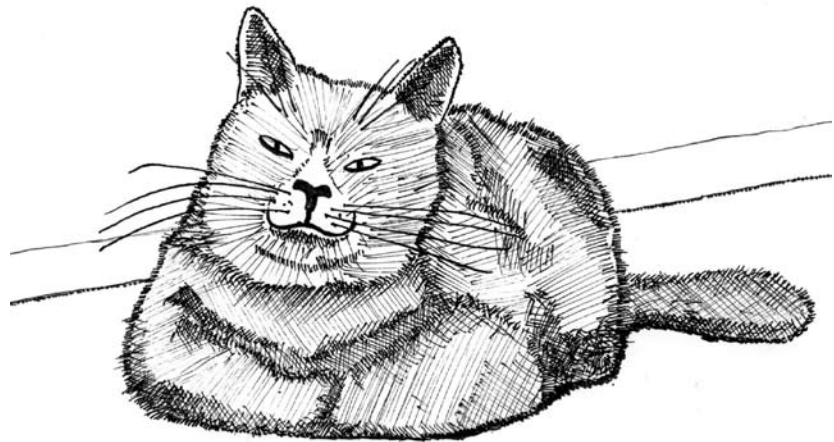
*To my grandchildren, Andrew, Lauren, Paul and Nicole*

*I have put together a recipe book of old family favourites, friends' specialities, and also some good recipes of many types of food you might want to cook. There are also some cookery terms and some tips you might not yet have learned.*

*Sandi, who used to keep us supplied with all those lovely frozen meals, has gone to New Zealand but has left us a cookery book and said she didn't mind us handing on some of her recipes to friends, so I am handing on some of my favourites to you.*

*Good cooking,*

*Gran*



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# S O U P S

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## **BROCCOLI & FETA SOUP – Sheila’s**

30 ml marg	1 small onion, chopped
200 ml vegetable stock	300 g broccoli cut into small florets
1 small potato, cubed	1 green pepper, seeded & chopped
20 ml chopped parsley	125 ml feta cheese, crumbled

Heat marg in a pan and sauté the onion for 1 or 2 mins until soft, add remaining ingredients, except the feta, and bring to the boil, then reduce heat and simmer until tender. Pour into a processor and liquidize until smooth. Season to taste. Sprinkle with feta and serve immediately. Serves 4.

## **BUTTERNUT SOUP**

1 kg butternut	50 ml butter (4 tbsps)
1 bunch leeks	2½ ml salt
2 litres chicken stock	150 ml cream
Sprinkling of black pepper and nutmeg	
Sprinkling of parsley just before serving	

Peel and dice the butternut. Clean and peel the leeks using the white part only, slice thinly. Melt butter in a large heavy-based saucepan and add the prepared vegetables, simmering them until tender. Watch that they do not stick to the pan. Add chicken stock, salt and pepper and nutmeg, and simmer gently for 30 min. Purée the vegetables in a blender, adding a little liquid. Combine this with the stock in the pan and correct the seasoning. Add cream just before serving and sprinkle parsley over each serving.

## CAULIFLOWER SOUP

1 medium cauliflower      1 litre chicken stock  
60 g butter                  1 cup fresh cream  
salt and pepper              chopped parsley

Boil the cauliflower until tender, drain. Add to the stock and liquidize. Add butter and seasoning. Return to the pot and simmer for 15 min. Add cream and parsley just before serving.

## FRENCH ONION SOUP

2 tbsps oil                      2 tbsps marg  
500 g onions, peeled & finely chopped      ¼ cup flour  
4 cups stock (preferably chicken)              salt and pepper and Aromat  
2 tsps tomato purée                      8 slices French bread, lightly toasted  
¼ to ½ cup cheddar cheese, grated              sprigs of parsley

Heat oil in a pan, add marg, then the onions and fry until beginning to brown. Blend in the flour and cook gently until brown, then add the stock, tomato purée and seasoning. Bring to boiling point, stirring, then simmer, covered, 30–40 min.

To serve, sprinkle the slices of toast with cheese. Pour the soup into an ovenproof tureen and arrange slices of toast on top. Put into the oven and cook at 200°C until cheese has melted and just beginning to turn brown. Ladle the soup into individual bowls, floating the slices of toast on top. Garnish with sprigs of parsley.

## POTATO SOUP

3 or 4 large potatoes, 1 large sweet potato      parsley if available  
3 or 4 leeks depending upon size                  salt, pepper & Aromat  
50 g butter or marg                      4 cups water

Peel and slice the potatoes very thinly. Wash and slice the leeks very thinly. Sauté the vegetables in marg, then add water, salt and pepper and Aromat (a good sprinkling). When vegetables are soft put through blender until smooth. If too thick add a little milk.

### **VEGETABLE SOUP**

3 tbsps dry soup mix	1 large potato & 1 sweet potato
salt, pepper and parsley	3 turnips, 3 carrots, 3 leeks depending on size
2 stock cubes	4 cups water

Wash and slice the leeks thinly, chop all the other vegetables in a food processor, not too small. Put all in a pot and cook until lentils are soft. This makes a very tasty soup if you have no bones or good stock.

### **VICHYSOISE (leek and potato)**

4–6 large leeks, cleaned & chopped	1 tbsp butter
4 medium potatoes, sliced & peeled (I always use a sweet potato if possible)	
850 ml chicken stock	salt & freshly ground black pepper
350 ml cream or milk	chopped chives or parsley to garnish
Pinch nutmeg (optional)	

Sauté the leeks in butter but do not brown. Add the potatoes, stock, salt, pepper and nutmeg, and simmer until the vegetables are cooked. Liquidize. May be served hot or cold. Just before serving add cream or milk and garnish.

**CROUTONS FOR SOUP:** Slice a French loaf into 2 cm slices, brush with a little olive oil and place in a hot oven until crisp and golden. Top the croutons with equal quantities of cheddar and parmesan cheese and place under the grill until melted and lightly golden. Pop one of these on to the soup and serve. These also make great snacks for cocktail parties.