

# SOUP FOR COLD DAYS

**A**LL through autumn, winter and spring the bowl of soup at luncheon and dinner is a great start. A real home-made soup, made from meat and bones and vegetables, with a little rice or sago added, is a most satisfactory family dish and can be almost a meal in itself. Some people prefer clear, thin soup made from shin of beef and cracked bones, a chopped onion added after the first hour of boiling and then boiled again, seasoned and strained. Clear soup is really an appetiser and stimulates the flow of digestive juices. It contains gelatine and calcium from the bones, as well as the meat essences.

Cream soups contain the additional nourishment of milk. They are made by straining the meat or vegetable stock through a strainer and then mixing the resultant puree with an equal quantity of milk, thickening with cornflour or arrowroot. Alternatively, the milk may have been already thickened by melting some butter, adding an equal quantity of flour and then adding the warmed milk, making really a sauce. This is less likely to curdle than plain milk when added to the puree.

## French Potato Soup (Vichyssoise)

Mince the white part of 3 medium leeks and 1 medium onion (or 2 onions). Saute for 3 minutes in 2 table-

spoons butter. Peel and slice very fine 4 medium potatoes and also add 4 cups chicken consomme. (Packet soup could be used.) Simmer all, covered, for 15 minutes or until tender. Put through very fine sieve. Add salt and pepper, 1 or 2 cups of cream, chopped water cress or chives. May omit cream.

## German Vegetable Soup

Knuckle of veal, knuckle of ham, seasoning, soup vegetables, herbs, cream, ¼lb. butter. Boil knuckle of veal and knuckle of ham in 8 pints water with onions, carrots, leeks, celery, bunch of sweet herbs. Season with salt and pepper and leave to simmer for 4 to 5 hours. Strain stock. Heat butter; in it cook, till well impregnated with the butter, 2 onions, a leek, 1lb. potatoes, a turnip, 1 or 2 carrots, half a small cabbage, all previously cut up small. Add stock, ½lb. peas and cook till all vegetables are tender. Pass through sieve re-heat and serve with 1 tablespoon cream in each soup plate.

## Chestnut Soup (Continental)

One pound chestnuts, celery, cream, salt, milk, sweet herbs, butter, pepper, vermicelli. Slit chestnuts, put them in cold water and boil for a few minutes till they can be peeled. Put peeled chestnuts in boiling water, add a few



pieces of celery, a bunch of sweet herbs, a bay leaf, salt and pepper. Bring to boil and simmer gently till chestnuts are quite tender, about 1 hour. Put through sieve, return to saucepan, add enough boiling milk to reduce consistency to that of a nice cream soup. Boil up and stand aside to simmer for about ½ hour. About ¼ hour before serving bring to boil again and sprinkle in a little vermicelli. Just before serving and when soup is off the fire, add a good piece of butter, a little fresh cream and some chopped parsley.

## Ground Nut Soup (West African)

Shell peanuts. Bake them on a tin in a moderate oven for a few minutes till they are well warmed through. Put them in a cloth and shake to peel. Pound or grind them fine. Gradually stir in sufficient good stock. Bring to boil and leave to simmer as for pea soup. Season with salt and pepper and stir in a little arrowroot previously mixed to a smooth paste with cold water. If ready-shelled nuts are used, decrease weight proportionately.

## Pea Soup

Soak 1 cup split peas overnight and next day cook in 2 pints of water until very soft with 2 or 3 sticks of celery cut up, 2 sprigs of parsley and 1 minced onion. Rub through a colander, add 4 cups of milk (skim will do) that has been brought to boil, and let the soup boil up. Thicken slightly with 1 tablespoon each of flour and butter melted together. Season to taste with salt, pepper, a dash of cayenne pepper and 1

teaspoon of sugar. If desired, a ham bone may be boiled with the peas.

## Minestrone Soup

Cut into small dice 2 leeks, 1 small onion, 1 small carrot, ⅓ small turnip, ½ stick celery, 1 small potato, also 1oz. lean bacon and ½oz. fat bacon. Crush one clove garlic and fry all gently in 1oz. butter. Shred 2oz. cabbage and cook with rest of vegetables in 2 pints good stock till soft. Simmer 30 minutes. Add 2 tablespoons cooked green peas, 1oz. rice or small macaroni and continue to cook slowly for 30 minutes. Stir occasionally. Season to taste. Put in bottom of soup tureen 1 teacup of cream or top milk, pour in soup. Sprinkle ¼oz. grated cheese into soup.

## Pumpkin Soup

Two pounds pumpkin, small onion, butter and milk. Prepare the pumpkin, cut into small pieces and boil in salted water, with a small onion to flavour. When cooked strain off a little of the water; mash, then add a good tablespoon butter and milk to make up the required quantity. Add pepper and more salt if necessary and thicken with a little cornflour and milk.

## Mulligatawny Soup

Chop finely 2 onions and 1 apple, and fry to a nice brown in 1½oz. melted butter. Add 1 tablespoon curry powder, 1 dessertspoon chutney and 2oz. flour. Mix well together, then add gradually 2 pints good stock, stirring well. Add 1 teaspoon lemon juice, 1 dessertspoon



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