



Cooking with Claire @TVInfants

How many ideas can we come up with?

MOROCCAN CHICKPEA SOUP



For the soup:

- 3 tbsp olive oil
- 2 stalks celery, chopped
- 1 onion, chopped
- 2 1/2 tsp freshly ground toasted cumin
- pinches sugar
- 400 g tinned chickpeas, drained
- 600 ml vegetable or light chicken stock
- 1 x 400 g tin chopped tomatoes
- 1/2 lemon, juice only
- 2 tbsp coriander, leaves and stalks, chopped.

For the chilli and garlic pitta crisps

- 4 pitta bread, cut into wedges
- 50 ml olive oil
- 2 cloves garlic, crushed or grated
- 1/2 red chillies, deseeded and chopped

METHOD

Preheat oven to 200C.

For the chilli and garlic pitta crisps: Mix the pitta wedges in a bowl with the olive oil, garlic and chilli.

Place on a baking tray in a single layer and sprinkle with sea salt. Bake for 7-8 minutes or until golden brown.

For the soup: heat the olive oil in a saucepan and add the celery, onion and some salt and pepper. Cook on a low heat with the lid on until soft but not coloured, for about 10 minutes.

Add the cumin and cook for another minute, then pour in the tomatoes and all their juices along with the sugar. Add the chickpeas and the stock and simmer for 5 minutes.

Once the simmering has taken place add the lemon juice and chopped coriander. Check the seasoning and season to taste. Serve in a bowl with the pitta crisps on the side.

Roasted sweet potato & carrot soup:

Ingredients

- 500g sweet potatoes, peeled and cut into chunks
- 300g carrots, peeled and cut into chunks
- 3 tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1l vegetable stock
- 100ml crème fraiche, plus extra to Serve



Method

Heat oven to 220C/200C fan/ gas 7 and put the sweet potatoes and carrots into a large roasting tin, drizzled with 2 tbsp olive oil and plenty of seasoning.

Roast the veg in the oven for 25-30 mins or until caramelised and tender.

Meanwhile, put the remaining 1 tbsp olive oil in a large deep saucepan and fry the onion over a medium-low heat for about 10 mins until softened.

Add the garlic and stir for 1 min before adding the stock. Simmer for 5-10 mins until the onions are very soft, then set aside.

Once the roasted veg is done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth.

Stir in the crème fraiche, a little more seasoning and reheat until hot.

Serve in bowls topped with a swirl of crème fraiche and a good grinding of black pepper.

Creamy tomato soup:

Ingredients

3 tbsp olive oil
2 onions, chopped
2 celery sticks, chopped
300g carrots, chopped
500g potatoes, diced
4 bay leaves
5 tbsp tomato purée
2 tbsp sugar
2 tbsp red or white wine vinegar
4 x 400g cans chopped tomatoes
500g passata
3 vegetable stock cubes
400ml whole milk

Method

Put the oil, onions, celery, carrots, potatoes and bay leaves in a big casserole dish, or two saucepans. Fry gently until the onions are softened – about 10-15 mins. Fill the kettle and boil it.

Stir in the tomato purée, sugar, vinegar, chopped tomatoes and passata, then crumble in the stock cubes. Add 1 litre boiling water and bring to a simmer.

Cover and simmer for 15 mins until the potato is tender, then remove the bay leaves. Purée with a stick blender (or ladle into a blender in batches) until very smooth. Season to taste and add a pinch more sugar if it needs it. The soup can now be cooled and chilled for up to 2 days, or frozen for up to 3 months.

To serve, reheat the soup, stirring in the milk – try not to let it boil. Serve in small bowls for the children with cheesy sausage rolls then later in bowls for the adults as Hot Bloody Mary soup.

Ingredients

3 medium potatoes, chopped
1 leek sliced thinly
600ml full-fat milk
500ml hot fish stock
400g skinless smoked haddock fillet,
200g broccoli, chopped
2 x 198g cans sweetcorn, drained
squeeze lemon juice
2 spring onions, thinly sliced
Salt and pepper to taste – please not
you won't need salt with smoked
haddock or other smoked fish.

Method:

Cook the fish in a pan with the milk – watch it doesn't boil.

Boil the potatoes until slightly soft in a pan of lightly salted water. The same with the broccoli. Put aside.

In a large pan, cook the chopped leek until soft but not brown, add the broccoli and potatoes and sweetcorn, add the fish that has been flaked (large chunks as it will break up further in the cooking process).

Add the milk from the fish and the stock and stir very gently – add pepper to taste and a splash of lemon juice.

Boil until all the vegetables are soft sprinkle over the finely sliced spring onions and serve with crusty bread and butter.



Chicken Noodle Soup:

Ingredients

125g thin spaghetti broken into 5cm pieces
2 onions chopped small
1 carrot halved length ways and thinly sliced
1 celery stick thinly sliced
55g broccoli florets small/chopped
1 can sweetcorn (about 200g)
2tbsp chopped parsley
2 tsp chopped thyme
Chopped chicken pieces (about 1.35kg) or a whole chicken $\frac{1}{4}$ d

Chicken stock cubes x2

Salt and pepper to taste.

Method:

In a deep pan slowly fry the onion, carrot, celery until soft and translucent.

Add the chicken pieces and cook for approx. 10 mins.

Add the sweetcorn and broccoli and half the parsley and thyme. Stir and cook for 2 or 3 mins.

Make the chicken stock with boiling water and add to the pan. Cook for about 30 mins and then take out the chicken – add the spaghetti and cook till soft.

Tear the chicken into strips and small chunks and return to the pan just before the spaghetti is cooked.

Serve.