



BY

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POTATO SOUP

Serves 6

Ingredients

2 tbsp butter

2 tbsp oil

1 large onion, finely chopped

5 large potatoes or 5 medium potatoes, peeled and diced

1 litre chicken stock (or vegetable stock)

100ml creamy milk

Salt & freshly ground pepper to taste

Method

Sauté the onion in the butter and oil until soft. Then add the potatoes and the stock and cook until the potatoes are soft.

Remove from the heat and allow to cool slightly. Using a blender, puree until smooth. Return the soup to the saucepan and thin with milk. Taste and adjust for seasoning. Serve in warm soup bowls with some parsley to garnish.

CARROT AND CUMIN SOUP

Serves 4-6

Ingredients

2 tbsp butter

2 tbsp oil

1 large onion, finely chopped

5 large carrots, diced

1 tsp ground cumin or curry powder

1.2 – 1.5 litres chicken stock

Salt & freshly ground pepper to taste

Method:

Sauté the onion in the butter and oil until soft. Add the carrots, cumin (or curry powder) and chicken stock and stir. Simmer gently for about 20 minutes, stirring from time to time until the carrots are soft.

Using a blender, puree until smooth.

Return to the pan and heat gently. Ladle into warm soup bowls and serve with crusty bread.

To serve both together, ladle each into a good pouring jug (you'll need 2 jugs) and pour at the same time into the soup bowl. Using the handle of a spoon swirl the soups together in the middle for a bit of fun! Looks great!

See the cooking videos here:
www.goodgrub.ie/#recipes

