

Notes:

Moong Bean Soup

Serves 4

Ingredients:

- 1 cup moong beans
- 2 tablespoons ghee
- ½ teaspoon hing (asafetida)
- 1-2 fresh green chilies finely chopped (Optional)
- 1 teaspoon cumin seeds
- 2 teaspoons coriander powder
- ½ teaspoon turmeric powder
- 1cm piece of cinnamon bark or ½ tsp cinnamon powder
- 2-3 cloves or ½ tsp clove powder
- 8-10 curry leaves finely chopped
- 1 tablespoon grated fresh ginger
- 1 tablespoon lemon juice
- ½ tablespoon jaggery or rapadura sugar
- 1 ½ teaspoons salt (add more according to taste)
- 1 handful of fresh, chopped coriander

Method:

1. Wash and soak the moong beans in 2 cups of water for 1 hour. Using hot water will speed the cooking process.
2. Remove the water from the soaked moong beans, add 2 cups of fresh water, and boil the moong beans on medium heat until the water starts boiling.
3. Once the water is boiling, reduce the heat to low, cover the pot with a lid, and let the moong beans cook for 20-30 minutes, until they are soft. (During this time, keep checking the pot to see if there is enough water – you may need to top up the water levels once or twice). If you have a pressure cooker this step is quicker.
4. In a small separate pot, heat the ghee on medium heat for 1 minute.
5. Add the cumin seeds and green chilies, once the seeds start to crackle, add the asafetida powder, curry leaves, cloves and cinnamon and mix with a spoon.
6. Add this spice mixture to the cooked moong beans.
7. Keep the moong beans and spiced mixture on low heat.
8. Add the coriander powder, turmeric, salt, lemon juice, grated ginger and jaggery.
9. Allow the moong beans with spices to come to a boil. Let it boil for 5-10 mins. (The moong should have a soup-like consistency. Add more water if need be)
10. Garnish with fresh coriander.

Note: The end result should be moong beans that are soft and tender, easily crushed between your fingers.

Benefits of Mung Bean Soup

Mung bean is used in Ayurveda to balance all three doshas and eliminate toxins. Spices are used medicinally to create a delicious and nourishing soup. When eaten daily over a period of time, it will have a powerful detoxifying effect that is quite remarkable.

Notes:

Roasted Carrot, Fennel + Lemon Soup

Serves 3-4

Ingredients:

- 1 kg carrots (approx. 5 large carrots), peeled and roughly chopped
- 1 medium orange sweet potato/kumara (approx 250g), peeled and roughly chopped
- 1 onion, peeled and sliced into 8 wedges
- 4 cloves garlic, peeled
- 2 teaspoons fennel seeds
- The finely grated zest of 1 lemon
- 2 tablespoons olive oil
- Sea salt and freshly ground black pepper
- 1 litre (4 cups) vegetable stock, preferably homemade.

Method:

Preheat oven to 200C/400F. Combine all the ingredients, except the vegetable stock, on a large deep roasting tray. Mix well to evenly coat everything in oil/zest/fennel seeds. Roast for 30-35 minutes, turning every 10 minutes or so to prevent burning. When the carrot and sweet potato are soft, remove from the oven and transfer to a blender along with the vegetable stock. Blend on high until smooth. Taste and adjust seasoning. Reheat gently in a large saucepan over low-medium heat.

If you prefer a thinner soup simply add more stock, or a touch of water.

Pumpkin Soup with Gluten-free Bread

Serves 4 as a main dish

Ingredients:

- 2 tbsp ghee/safflower/rice bran
- 1 brown onion, finely chopped
- 1 small pumpkin/1/2 a big pumpkin cut into 2-3 cm cubes
- 5 cups boiling water
- Salt & pepper to taste
- 1 tsp fresh ginger, finely chopped
- 1 tsp ground cinnamon
- 1 tsp salt
- A handful or two of fresh parsley or coriander, roughly chopped

Method:

1. Heat the oil in a large pan over medium heat.
2. Add the onion and cook until soft and slightly golden then add the ginger and sauté for 20 secs.
3. Add the cinnamon and stir, then the pumpkin and stir again briefly.

4. Add the lid and cook on a low-medium heat for 10-15 mins, stirring occasionally. If the Mixture is starting to stick to the pan, add the salt as this will help draw moisture out of the pumpkin.
5. Next, add 5 cups of boiling water (or enough to cover the pumpkins). Bring to the boil and simmer half covered for 5-10 mins or until the pumpkin is disintegrating.
6. Turn off the heat and, using a stick blender, puree into a smooth mixture. If you'd like it thicker, reduce until the desired result is achieved. If you want it thinner, add a little more water.
7. When done, add parsley or coriander, salt and pepper to taste.

OPTIONAL: *for a different taste, consider roasting the pumpkin, drizzled in olive oil, in a hot oven for 15-20 mins. It will give the soup a delicious 'roasty' taste.*

Notes:

Spinach and Mung Bean Soup

Serves 4 as a side

Ingredients:

- 1/3 cup mung beans, washed, soaked and boiled until tender, then drained
- 2 cups fresh spinach, chopped
- 2 tbsp ghee
- 1 tsp cumin seeds
- ¼ tsp asafoetida (optional)
- 4 cloves garlic, minced
- 1 tsp fennel seed powder
- ½ tsp turmeric powder
- 1 tsp coriander seed powder
- 2 ½ cups water
- ¼ cup chopped fresh coriander
- Salt to taste
- Juice of ½ a large lemon (around 4 tbsp)

Method:

1. Wash, soak and cook the mung beans in a pot until tender. (See Moong Bean Soup steps 1-3 on exact cooking process).
2. Heat the ghee in a large pan and add the cumin seeds and asafoetida.
3. Add the garlic and fry until aromatic. Add the turmeric, coriander seed and fennel seed powder and water. Bring to the boil.
4. Add the mung beans, spinach, salt and lemon juice and allow to boil for three to four minutes. Add the chopped coriander.
5. Blend until roughly pureed.
6. Return to the pan and bring to a low simmer. Remove from the heat and check the seasoning. Garnish with more chopped coriander if you like.

Note: If you have a pressure cooker then you can simply add the raw mung beans to the spicy broth mixture (minus the fresh coriander leaves- add that after it's cooked) at step three, pressure-cook and blend once cooled.

Broccoli & Almond Soup

Ingredients:

- 50g (1/2 cup) ground almonds
- 900ml vegetable stock
- 675g broccoli
- Himalayan salt and black pepper to taste

Method:

1. Cut broccoli into small florets and place in saucepan.
2. Add stock and bring to the boil. Simmer for 6 – 7 minutes until tender.
3. Add the ground almonds and blend with a hand held blender stick or food processor until smooth.
4. Add salt and pepper to taste.
5. Pour into serving bowls and serve immediately

Notes:

Asparagus, Fennel & Spinach Soup

Ingredients:

- 450 g green asparagus
- 2 tbsp. ghee
- 6 thin spring onions or 1 yellow onion
- 2 cloves garlic
- 1 small fennel bulb (or 1/2 large)
- 1 large handful spinach
- 2 cups water or vegetable stock
- 1 tbsp. apple cider vinegar or lemon
- Salt & black pepper
- ½ cup dry roasted pepita seeds
- 1 bunch flat leaf parsley
- 1 tbsp. olive oil

Method:

1. Trim the tough end off the asparagus. Cut in diagonal pieces, 1/2 inch / 1 cm thick.
2. Heat ghee in a large saucepan.
3. Finely chop onion, garlic and fennel and add to the the pan and sauté for about 5 minutes or until soft.
4. Add the asparagus, stir around and let fry on low/medium heat for a minute, then add spinach, water/stock, apple cider vinegar and season with salt and pepper.
5. Bring to a boil and let simmer for 10-15 minutes.
6. Carefully pour the soup into a blender or use a hand blender to mix until smooth.
7. Taste the soup, add more water or salt and pepper if needed.
8. Top with toasted pepita seeds, flat leaf parsley and olive oil

Adapted from Green Kitchen Stories by David, Luise and Elsa.

Roasted Carrot and Fennel Soup

Ingredients:

- 1 kg carrots (approx. 5 large carrots), peeled and roughly chopped
- 1 medium orange sweet potato/kumara (approx 250g), peeled and roughly chopped
- 1 onion, peeled and sliced into 8 wedges
- 4 cloves garlic, peeled
- 2 teaspoons fennel seeds
- The finely grated zest of 1 lemon
- 2 tablespoons olive oil
- Sea salt and freshly ground black pepper
- 1 litre (4 cups) vegetable stock, preferably homemade

Method:

1. Preheat oven to 200C/400F. Combine all the ingredients, except the vegetable stock, on a large deep roasting tray.
2. Mix well to evenly coat everything in oil/zest/fennel seeds.
3. Roast for 30-35 minutes, turning every 10 minutes or so to prevent burning.
4. When the carrot and sweet potato are soft, remove from the oven and transfer to a blender along with the vegetable stock.
5. Blend on high until smooth. Taste and adjust seasoning.
6. Reheat gently in a large saucepan over low-medium heat.
7. If you prefer a thinner soup simply add more stock, or a touch of water.

Adapted from My Darling Lemon Thyme by Emma Galloway

Notes:

Hearty buckwheat + Kale Soup

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1/2 onion, finely diced
- 1 clove garlic, finely chopped
- 1 teaspoon finely chopped thyme
- 1 bay leaf, fresh or dried
- 1 carrot, finely diced
- 1 stalk celery, finely diced
- 1/2 cup raw hulled buckwheat (groats)
- 4-5 cups (1-1.25 litres) vegetable stock, preferably homemade
- A large handful of kale, stems removed + leaves roughly chopped (can use silverbeet (chard) as a substitute also)
- Gluten-free soy sauce or tamari, to taste

Method:

1. Heat olive oil in a large saucepan over medium-high heat, add onion and cook, stirring often for 2-3 minutes or until tender and golden.
2. Add garlic, thyme, bay leaf, carrot and celery and continue to cook for a further 5 minutes or until the vegetables are tender.
3. Add buckwheat and stir well. Pour over 4 cups (1 litre) vegetable stock, season with a good pinch sea salt and a few grinds of black pepper. Bring to the boil, then reduce to a simmer and cook for 15-20 minutes, stirring occasionally until the buckwheat is tender.
4. Add chopped kale and cook for a further 5 minutes, adding an extra cup of stock or water if needed, season with soy sauce/ tamari to taste.

Any leftovers will happily store in the fridge, but you might find you'll need to add a touch of extra stock/ water when you re-heat it, and add a touch more soy sauce too.

Adapted from My Darling Lemon Thyme by Emma Galloway.