

Vegetable Soup Chooser Chart

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Use this to create a range of seasonal soups for your food event or catering situation.

Vegetables	Fat (for sweating vegetables)	Thickeners (not required for puree soups)	Seasonings	Liquids	Garnishes
Bulbs – red onion, brown onion, leeks, spring onions, shallots, fennel, garlic	Olive oil	Pulses – lentils, cannellini beans, butter beans, chickpeas	Vinegar – balsamic, red wine, cider vinegar	Vegetable stock	Single cream, double cream, crème fraiche
Roots– carrots, parsnips, celeriac, turnips, swede, beetroot	Sunflower oil	Pasta	Tomato puree, sun-dried tomatoes	Chicken stock	Yoghurt
Fruits – tomatoes, peppers, aubergine, courgettes, butternut squash, pumpkin, okra, chilli, sweetcorn	Rape-seed oil	Rice	Spices - ground pepper, nutmeg, coriander, ginger, mace, cumin, cinnamon, turmeric, paprika, cayenne	Milk	Croutons
Flowers – broccoli, cauliflower, globe artichoke	Butter	Potatoes	Root ginger, lemongrass, garlic	Coconut milk	Finely chopped vegetables (brunoise)
Leaves – spinach, lettuce, cabbage, chard, nettle		Flour for roux or cornflour for blended thickening	Herbs – basil, mint, thyme, chervil, chives, coriander, Rosemary, Bay leaf, tarragon, sage, oregano	Water	Grated cheese
Stems – celery, asparagus, kohlrabi		Okra	Miso paste, harissa paste	Tomato juice or passata	Chopped herbs
Fungi – button and flat mushrooms, shitaki, oyster		Noodles	Citrus – lemon juice, orange zest, lime juice		Crispy onions / bacon
Tubers – potato, yam, Jerusalem artichoke, sweet potato		Pearl barley	Beef or yeast extract		Flavoured oil – chilli, nut, herb etc.
Seeds – French beans, broad beans, peas, runner beans			Worcestershire sauce, soy sauce, tabasco		

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Basic Soup Methods

Use the chooser chart to help develop tasty, seasonal soups that are popular with students.

For a smooth, pureed soup, choose vegetables that blend well and think about the colour the soup will be when liquidized – best to keep to either a green or a red/orange theme to avoid everything looking brown! Milk or cream added at the end will give a creamier texture and flavour.

For a broth-type soup, more advanced chopping skills are required to ensure that the vegetables cook evenly and look attractive when served (like for a minestrone). A mixture of colours looks attractive in this type of soup.

Use seasonings to complement the vegetable ingredients and think about classic combinations that work well together – carrot and coriander, tomato and basil, leek and potato, curried parsnip.

Puree Soup	Broth
<ol style="list-style-type: none">1. Roughly chop vegetables2. Sweat vegetables in small amount of oil or melted butter until beginning to soften and onion looks translucent (or roast vegetables in a hot oven)3. Add liquid to cover vegetables4. Add seasoning5. Simmer until vegetables are tender6. Remove from heat, cool slightly7. Blend soup until smooth using a hand (stick) blender in the pan or in a food processor or liquidizer8. Adjust consistency – thin down with added stock or milk9. Taste and adjust seasoning10. Garnish and serve	<ol style="list-style-type: none">1. Dice vegetables finely and evenly2. Sweat vegetables in small amount of oil or melted butter until beginning to soften and onion looks translucent3. Add liquid to cover vegetables4. Add pasta, rice, pulses etc.5. Add seasoning6. Simmer until everything is tender7. Adjust consistency – thicken with a blended cornflour mix or thin down with extra stock / liquid8. Taste and adjust seasoning9. Garnish and serve