

*Churston Traditional*

# **FARM SHOP**

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## CHURSTON FARM SHOP RECIPES JANUARY 2019

Nothing quite fits the January bill like soup. Most of us could do with eating a little less after Christmas indulgence but with temperatures and light levels both low we still need to keep nutrition levels up at this time of the year and there's no better way of doing that than with soup.

Entire books have been devoted to the art of soup-making but there's really no need for them: master the (very) basic steps and you are free to experiment with whatever comes to hand: dried pulses, root vegetables (roots such as turnip or swede can add a delightfully aromatic note) or any of the winter brassicas.

And although we should all have religiously made and frozen stock with the remains of the Christmas poultry the stock capsules which are available nowadays will give just as satisfying a result.

One or two ideas this month to get you going: despite its ingredients the garlic soup – a recipe from the Aveyron in south-west France - has a really mellow flavour which even non-garlic enthusiasts will enjoy.

### FIERY BUTTERNUT SQUASH SOUP

Ingredients for four to six. One large butternut squash, peeled and cut into small chunks, 50g butter, rasher of good smoked bacon, minced, two tablespoons chopped shallot, half a fresh red chilli, finely-minced, juice of a small lemon, litre hot chicken stock, made with capsules, sea salt, freshly-ground black pepper.

Method. Melt the butter in a heavy pan and sweat the shallot and bacon for a minute or two. Add the chunks of squash and cook, turning frequently, for seven or eight minutes until they start to soften.

Add the stock and the chilli, cover and simmer gently for 20-25 minutes. Whizz up in a blender (or use a hand blender), add the lemon juice and salt and pepper to taste. Good with garlic bread.

### SPICY PARSNIP SOUP

Ingredients for four. Four large parsnips, 60g butter, one large shallot, teaspoon each fresh grated ginger, paprika, ground cumin and ground coriander, half a teaspoon chilli powder, two green cardamom pods, 1.5 litres hot vegetable stock made with capsules, juice of one lemon, teaspoon or so sea salt.

Method. Peel and coarsely grate the parsnips and finely chop the shallot. Crush the cardamom pods and tie up in a piece of muslin. Melt the butter in a heavy-based pan and sweat the shallot for a minute then add the ginger, paprika, cumin coriander and chilli powder and cook gently for two to three minutes, stirring frequently. Add the grated parsnip, stir well to coat with the butter and cook for two to three minutes, turning regularly. Add the stock and cardamom and simmer gently for 15-20 minutes, remove the cardamom then either transfer to a blender or use a hand blender and whizz to a smooth consistency. Add the lemon juice and salt, cook for a further minute and serve.

### CREAMY GARLIC SOUP

Ingredients for four. Cloves from a large head of garlic, peeled but left whole, two tablespoons olive oil, litre boiling water, large handful of crushed spaghetti or vermicelli, 25g each butter and fresh, grated Parmesan, two egg yolks, salt, pepper.

Method. Place the oil and the garlic cloves in a heavy-bottomed saucepan and set over a low heat (doing it this way round will prevent the garlic from burning and spoiling the look of the thing). Allow the garlic to cook for five or six minutes until softened, then add the water and the pasta. Cook the pasta in the normal way and meanwhile fish out the garlic cloves, crush to a paste between two tablespoons and return to the pan. Place the egg yolks and butter in a large bowl and once the pasta is just cooked whisk in a little of the soup then slowly add the rest to incorporate it. Return to the pan, add the Parmesan, season to taste, heat through and serve.

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