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UNIT 8

Vegan Soups (Recipes)

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Deaf Chefs
Learning the Vegan Cuisine
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UNIT 8 - Recipe 11

Pumpkin and Coconut Soup

for 4 persons

Quantity / Ingredients:

400 g	hokkaido pumpkin, cleaned and diced	
60 g	carrots, cleaned and diced	
20 g	onion, diced	
20 g	ginger, finely diced	
20 g	4 cloves	garlic (peeled)
40 g	4 tsp	olive oil
0.5 l	vegetable stock	
200 ml	coconut milk	
3 g	curry powder	
10 g	pumpkin seeds, roasted	
salt / pepper		
2 cl	soy sauce, light	
½	organic lemon, juice and zest	
Coriander & herbs to garnish		
Popcorn (Provencal herbs, chopped)		

Preparation:

- Peel and dice the pumpkin, carrots, ginger, garlic and onions and sauté in olive oil.
- Pour in the vegetable stock and cook for about 25-30 minutes until soft.
- Puree finely with a hand blender, passing through a sieve if necessary.
- Stir in the coconut milk, season with salt/pepper, soy sauce and lemon juice. Heat again.
- Garnish with herb popcorn, roasted pumpkin seeds and coriander leaves.

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UNIT 8 / Recipe 12

Hareira Moroccan Nationalsoup

Quantity:	Ingredients
80 g (uncooked)	chickpeas 8 = 100 g cooked)
100 g	lentils
1 p	coriander
1 p	parsley
1 p – 200 g	blanched celery
100 g	ognion
200 g	tomato juice
50 g	tomato paste
100 g	flour
	Salt
5 g	pepper
5 g	gingembre
5 g	Curcuma
1 l	water
20 g	oil

for 4 Persons

As Main course quantity for 2 persons

Preparation:

- We first chop onions, coriander, parsley and blanched celery.
- Put oil in a cooker, blanched celery and chickpeas minced to juice and lentils than add the spices, the chopped onions, coriander and parsley,.
- Stir and let everything to be homogeneous and cook for 15 minutes.
- Add the tomato concentrate and boiling water and finally add the flour dough with water and stir well for 15 minutes.

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UNIT 8 / Recipe 13

Potato and Spinachsoup

for 4 Persons

Quantity / Ingredients

250 g	floury potatoes, cook the day before
30 g	spinach leaves - fresh or frozen
250 ml	vegetable stock
½	red chili pepper or chili peppers
30 g	créme frâiche, vegan
½	medium size onion
a little	sugar
½	lime
5 g	fresh ginger
50 g	unsweetened coconut milk
1 tbsp	oil
Salt/ white pepper	

Preparation:

Peel and finely dice the onions. Wash the fresh spinach leaves, blanch briefly or defrost the frozen spinach. Sauté the onions in a little oil in a pan, add twoa third of the potato mixture from the previous day, pour in the vegetable stock and simmer for 20-25 minutes. Wash the lime, finely grate the zest and squeeze out the juice. Deseed the chili and finely dice. Mix half of the lime juice, zest and chilli with the vegan créme frâiche and coconut milk. Peel and finely chop the ginger. Finely puree the potato soup with a hand blender, the lft third of potatoes cut into cubes, add the cubes into the boiled soup, add coconut milk and ginger. Simmer over a low heat for 2-3 minutes, then season to taste with salt/pepper, sugar and the remaining lime zest and juice. Stir in the spinach leaves. TIP: as a single dish: 150 - 200 g floury potatoes, peel and finely dice the potatoes instead of the potato mixture.