

RECIPES

Italian Meatball Soup - Jess says this is the ultimate dinner soup. It uses up everything. You can pre buy meatballs from the butcher. Uses up everything, even your sourdough bread. Makes great soakage in this.

Ingredients

Meatballs

1 egg

3 tbsp chives

2 tsp sage

2 cloves garlic

350g mince meat

200g Gubeen Smokehouse chorizo

50g grated parmesan

30g breadcrumbs

A pinch of salt

Soup

2 tbsp olive oil

1 onion

2 carrots

2 stalks of celery

1.5 L chicken stock

0.5 L beef stock

0.5 L water

100ml white wine

1 bay leaf

A pinch of salt

A pinch of white pepper

125g macaroni pasta

15g spinach

Parmesan for grating on top

Method

Meatballs

Preheat your oven to 180 degrees celsius. Finely chop the chives, sage and garlic and then beat into the egg. In a large mixing bowl combine all of the ingredients for the meatballs. Form the mixture into balls, 2 or 3 cm across. Place the meatballs on a lined and greased baking tray. Place in the oven for 15-20 minutes until the meatballs are cooked through completely.

Soup

Drizzle some olive oil in a large pot over medium heat. Dice the onion, carrots and celery and fry off in the olive oil until soft. Add the stock, water, wine, season to taste with salt and pepper and the bay leaf and then bring to the boil. Add the pasta and cook until al dente.

Lower the heat and then add the meatballs and the spinach. Once the spinach is reduced down, serve with a generous grating of parmesan.

Turkish Red Lentil Soup - Jess says this is the love story soup. Beautiful hearty veggie soothing soup. It's good for a broken heart.

This soup has a historic story. A Turkish lady lost her love, her parents made her marry a Syrian guy. She used to look over the hills to her homeland lovingly. This soup was invested around her whole feeling of longing to be home.

Ingredients

300g red lentils

1 white onion chopped

1 clove of garlic

3 tbsp olive oil

1 tsp tomato paste

1 carrot chopped
A pinch of salt
1 tsp cumin
1 tsp turmeric
1 tsp Aleppo pepper
A pinch of black pepper
1L water

Method

Heat olive oil in saucepan. Sauté onion until golden and caramelised. Finely dice the garlic and add to the saucepan with the tomato paste. Cook for 2 minutes. Add in the chopped carrot and cook for a further 2/3 minutes.

Add the red lentils, salt, black and Aleppo pepper, cumin, turmeric and water.

Stir well, then cover and simmer for 30 minutes.

Uncover and cook for a further 15 minutes or until the lentils are soft and cooked.

Blend until smooth. Serve warm with some grated lemon rind and a good splash of extra virgin olive oil.

Ham and Lentil Soup -We all go mad at Christmas time. Buying a ham hock is very cost effective. You can put it into the slow cooker. Tear it off the bone. Use the hamhock for loads of things. YOU can use it for dinner lunch. You can use it in baked beans and tomato sauce.

Ingredients

1 tbsp olive oil
2 carrots chopped
1 clove of garlic

1 stick of celery sliced
1 white onion chopped
1L chicken stock

1 cooked ham hock
400g red lentils
1 tsp cumin
1 tsp paprika
1 tsp dried thyme
1 bay leaf
A pinch of salt
A pinch of white pepper
A handful of parsley to garnish

Method

Heat olive oil in a large saucepan, sauté onion, celery and carrot until softened.

Add garlic, cumin, paprika, thyme and bay leaf. Cook for 2 mins. Add the stock, ham hock and lentils. Simmer for about 45 minutes until the lentils are soft and cooked.

Remove the ham hock and bay leaf. Remove the ham from the bone and roughly chop. Add the chopped ham back into saucepan. Cover and heat for 5 mins. Season to taste and serve garnished with chopped flat leaf parsley.