



# French Onion Soup

## Ingredients

Unsalted butter

Plain Flour

Yellow onions (thinly sliced)

Beef stock

Water

Bay leaf (fresh/dry)

Thyme (fresh)

Caster sugar

Salt & Pepper

## To Garnish

Baguette

Gruyere (finely grated)

## Quantity

2 tbsp

1 tbsp

2 large

2 cups

1 cup

1 piece

1 sprig

1 tsp

as required

4 slices

1/2 cup

## Method of Cooking

1. Pre-heat the oven to 220°C

2. In a medium saucepan, melt the butter.

3. On low heat, sweat the onions with the bay leaf and thyme, season with salt & pepper. (Remove the bay leaf and thyme once the onions are sweated and are starting to caramelize).

4. Add caster sugar and keep caramelizing the onions for 30-40 minutes on medium-high heat till you get a rich brown colour. (Stir continuously to prevent onions from burning).

5. Adjust to low heat, stir in the flour and mix to help absorb all the juice, add in the beef stock and whisk to prevent lumps; then add water.

6. Bring to a boil then simmer for 10 minutes.

7. Adjust seasoning as required.

8. On an oven tray, brush both sides of the baguette slices lightly with olive oil. Put into the oven and toast until lightly browned, about 5 to 7 minutes. Remove from oven.

9. Turn the toasts over and sprinkle with the grated Gruyere cheese.

10. To serve, ladle the soup into serving bowls and place a cheesy toast on the top of the soup to cover the rim of the soup bowl.

# Gazpacho

## Ingredients

Ripe tomatoes (deseeded, chopped)  
Cucumber (deseeded, chopped)  
Red bell pepper (deseeded, chopped)  
Onion (small)  
Garlic  
Olive oil  
Cherry/apple cider  
/grape vinegar/white vinegar  
Bread (slices)  
Water (Iced)  
Salt & Pepper

## Quantity

6 large  
½ piece  
½ piece  
½ piece  
1 clove  
4 tbsp  
3 tbsp  
1 slice  
¾ cup  
as required

## Method of Cooking

1. Pre-heat oven to 160 °C.
2. Cut the vegetables into brunoise for garnish, set aside.
3. Deseed and chop tomatoes, red bell pepper and cucumber, place in a deep bowl.
4. Soak a slice of bread in water; take out and squeeze excess water, then add to the bowl.
5. Add garlic, vinegar, olive oil and water, then blend thoroughly.
6. Season with salt and pepper to taste and pass through a strainer.
7. Chill the soup in the fridge before you serve.
8. In an oven tray, drizzle the slices of baguette with olive oil and toast in the oven for 6 minutes or until golden and crisp.
9. When the soup is chilled, take out and pour into cups and garnish with yellow and green bell pepper brunoise, then drizzle with olive oil and top with a croute.

## To Garnish

Yellow bell pepper (brunoise) 2 tsp  
Green bell pepper (brunoise) 2 tsp  
Bread croutes (baguette) 4 slices

# Cream of Roast Garlic & Potato

## Ingredients

Garlic  
Olive oil  
Onion (chopped)  
Thyme (fresh)  
Potatoes (peeled, diced)  
Chicken stock/ water  
Cream  
Butter  
Salt & Pepper

## Quantity

1 (medium) bulb  
as required  
1 cup  
1 tsp  
½ kg  
5 cups  
6 tbsp  
1 tbsp  
as required

## Method of Cooking

1. Preheat oven to 180 °C.
2. Separate garlic bulb into cloves, place unpeeled cloves in single layer on an oven tray.  
Drizzle with olive oil.  
Roast uncovered in the oven for 15 minutes or until garlic is soft and golden brown.
3. Remove roasted garlic from oven.  
When cool enough to handle, peel garlic, place in a small bowl, and discard the skin.
4. Season the flour with salt & pepper as desired and coat the diced chicken.  
Use the remaining olive oil to pan-fry the chicken until golden brown, drain and keep aside.
5. In a clean sauce pan, add the butter and sauté the onions and thyme, until the onions soften.
6. Add potato, cook for 5 minutes on medium heat while stirring continuously.

## To Garnish

Chicken breast (diced) 100 g  
Flour for coating

# Sweet Corn Chicken Soup

Ingredients	Quantity	Method of Cooking
Water	4 cups	<p>1. In a small sauce pan add water, roughly chopped onion, whole peeled garlic, chopped celery and whole chicken breast, bring to a boil and simmer for 20 minutes on medium heat until the chicken is cooked well and the stock is reduced to <math>\frac{3}{4}</math> of its original volume.</p> <p>2. Keep aside the chicken pieces. Strain the stock into another saucepan and stir in the creamed style corn. Simmer the stock and cream style corn for 3-4 minutes or until the bubbling stage.</p>
Onion (chopped in 4 pieces)	1 small	
Garlic	2 cloves	
Celery	1 inch	
Chicken breast	$\frac{1}{2}$ cup	
Cream style corn	1 can (approx 400gm)	<p>3. Shred the chicken to desired size with your hand (the chicken can also be chopped) and add into the bubbling stock.</p>
Whole egg (beaten)	1 piece	
Corn flour slurry	2tbsp corn flour + 2tbsp cold water	<p>4. Bring the soup to a boil add the corn slurry, constantly stirring to ensure that the corn flour is smoothly blended with the stock. Then gently pour in the beaten egg, using a fork to constantly stir the soup so long ribbon like strands of egg are formed.</p>
Salt & Pepper	as required	
<b>To Garnish</b>		<p>5. Season to taste and serve hot.</p> <p>Garnish with finely sliced spring onions.</p>
Spring onions (green part sliced in rings)	2 tsp	

# Beef Minestrone

## Ingredients

Tenderloin (cut into thin strips)	200 g
Onion	3 tbsp
Leek	2 tbsp
Celery	2 tbsp
Carrot (peeled)	3 tbsp
Cabbage/kale	2 tbsp
Courgette	2 tbsp
French beans/peas	3 tbsp
Potatoes	3 tbsp
Tomato purée	3 tbsp
Tomato concassé	5 tbsp
Garlic (minced)	2 cloves
Olive oil	3 tbsp
Chicken stock	600 ml
Sea salt & pepper	as required
Macaroni or any small pasta	40 g

## To Garnish

Parmesan/ Grana Padano (shavings)	as required
Extra virgin olive oil	as required
Cherry tomato (quartered)	4 pieces
Basil/pesto sauce	a sprig

## Method of Cooking

1. Cut vegetables into Paysanne. Keep separate from each other.
2. In a medium sauce pan, on high heat add olive oil and sear the beef strips, then lower the heat and add onions and garlic, leeks, celery, carrot and sweat without coloring.
3. In a separate medium saucepan, heat chicken stock.
4. Add the tomato purée, mix well and add in the tomato concassé. Season with salt and pepper as required.
5. Add the boiling stock to the sautéed vegetables, simmer for about 5 minutes. Then add in the potatoes and pasta and simmer for 5 minutes.
6. Finally add the courgettes, French beans & cabbage and simmer for a further 5 minutes. Adjust seasoning if necessary.
7. Serve hot topped with parmesan cheese shavings, extra virgin olive oil, cherry tomato and basil/pesto.

Note: to make tomato concasse, immerse tomatoes in hot boiling water for 30 seconds, remove and plunge into cold water to stop the cooking process.

Peel tomatoes, cut into quarters, remove the seeds and chop into small pieces.