

Morgan Trophy 2023
Theme: Hot and Cold Soups

Sweet potato, coconut and chilli soup

Ingredients

- 1kg sweet potatoes, peeled and cut up into chunks.
- 1 large onion, chopped.
- 2 carrots, diced.
- 400ml tin coconut milk.
- ¼ tsp chilli flakes or 1 red chilli deseeded & diced.
- 1 tbsp vegetable oil
- 700ml vegetable stock
- Salt and pepper to taste.

To serve

- Crusty bread
- Chopped coriander.
- Single cream or Coconut yoghurt (or Vegan cream if desired)



Method

1. Heat oil in a large pan over a medium heat
2. Add the onion and cook until transparent.
3. Add the chilli flakes and cook for about 2 minutes.
4. Add the sweet potato, carrots and vegetable stock and bring to the boil.
5. Reduce heat and simmer for about 20-25 minutes or until sweet potato is tender. Add the coconut milk and simmer for a few minutes.
6. Using a hand blender, blend until smooth. Add salt and pepper to taste.
7. Garnish with chopped coriander, cream or yoghurt.

Alison Morris, Cleish, Perth & Kinross Federation



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Curried Parsnip soup

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 750g parsnips, peeled and cut into chunks
- 1 garlic clove, crushed
- 2 tbsp medium or hot curry powder
- 1 litre vegetable stock

Method

1. Heat the oil in a large pan.
2. Cook onion, parsnip and garlic for 10 minutes until beginning to soften.
3. Stir in the curry powder and cook for 1 minute.
4. Add stock and bring to the boil.
5. Cover and simmer for 20 minutes.
6. Whiz in a processor or with a hand blender until smooth.
7. Serve

Anne Kerr, Loudounhill, Ayrshire Federation

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Sweet potato and lentil soup (Serves 2)

Ingredients

- 150g (prepared weight) sweet potato, diced
- 15g fresh red chilli, finely chopped (wear gloves)
- 10ml olive oil
- 50ml coconut milk
- 15ml single cream
- 50g onion, diced
- 50g lentils
- 400ml vegetable stock
- 5ml chives, chopped
- Seasoning

Method

1. Wash, peel and chop the sweet potato
2. Heat the oil and add the onions and chilli.
3. Sweat onions and chilli until soft, but not coloured.
4. Add the sweet potato and lentils, add the stock and bring back to the boil.
5. Simmer for 25-30 minutes.
6. Remove the soup from the heat and allow to cool before liquidising, or using a blender, to make smooth.
7. Stir in the coconut milk, taste and season.
8. Reheat and serve with cream and chives as garnish.

Christine Kyle, Uplawmoor, Renfrewshire Federation



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Celeriac and pear soup

Ingredients

- 2 ½ pints of water
- 2 veg stock cubes
- 1 large head celeriac
- 1 large pear

Method

1. Heat the water and veg stock cubes in a pot.
2. Boil or steam the peeled diced celeriac until soft.
3. Poach or steam the peeled pear until soft.
4. Add both ingredients to veg stock and then mash or blend until smooth.
5. Dilute with water to taste as required.

This is a no fat, low salt soup which is also suitable for vegetarians and vegans.

Liz Hay, Drymen, SC&WP Federation

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Chunky bean and vegetable soup

Ingredients

- 30ml/2 tbsp olive oil
- 2 celery sticks, chopped
- 2 leeks, sliced
- 3 carrots, sliced
- 2 garlic cloves, crushed
- 400g/14oz can chopped tomatoes with basil
- 1.2 litres/2 pints vegetable stock
- 400g/14oz can cannellini beans or mixed pulses, drained
- 15ml/1 tbsp pesto sauce
- Salt and pepper
- Parmesan cheese shavings, to serve



Method

1. Heat the olive oil in a large saucepan. Add the celery, leeks, carrots and garlic and cook gently for about 5 minutes until they are softened.
2. Stir in the tomatoes and stock. Bring to the boil, then cover and cook gently for 15 minutes.
3. Stir in the beans and pesto, and add salt and pepper to taste. Heat through for a further 5 minutes.
4. 4. Serve in heated bowls with Parmesan shavings.

Cook's tips

Extra vegetables can be added to the soup to make it even more substantial. For example, add some thinly sliced courgettes or finely shredded cabbage for the last 5 minutes. Or stir in some small pasta shapes at the same time as the tomatoes, as they take 10-15 minutes to cook.

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Little gem, pea and ham soup

Ingredients

- 100g pancetta cubes
- 1 large onion, finely chopped
- 2 gloves of garlic, crushed
- 2-pack little gem lettuces, trimmed and chopped
- 350g frozen peas
- 1 litre vegetable stock
- 4 tbsp reduced-fat crème fraîche



1. Put the pancetta in a large saucepan over a medium heat and fry for 5-6 minutes until crispy and the fat has released. Remove with a slotted spoon and set aside on kitchen paper.
2. Add the onion and cook for 6-8 minutes until it begins to soften. Stir in the garlic and cook for 1 minute: season with black pepper. Shred $\frac{1}{4}$ of a lettuce, set aside, then add the rest to the pan along with the peas and stock. Bring to the boil, then simmer gently for 15 minutes.
3. Remove from the heat and blitz with a hand blender until smooth. Stir in most of the pancetta, then spoon into bowls. Swirl in the crème fraîche and scatter with the reserved pancetta and shredded lettuce.

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
853kj/204 kcal	9g	4g	10g	1.7g
10%	13%	19%	11%	29%

Mary Connolly, St. Ola, Orkney Federation

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Beetroot soup

Ingredients

- 3-4 beetroot, chopped small
(about 8oz/200g prepared weight)
- 2-3 carrots, chopped small
(about 8oz/200g prepared weight)
- 1 large onion, chopped
- Chopped tomatoes
(about ½ tin)
- 2 veggie stock cubes
- Water (about 2 pints/1 litre)
- Chinese 5-spice (1 level teaspoon, perhaps a little more)
- Salt and pepper
- Chopped parsley to garnish



Method

1. Put everything except the spice and seasoning into a big pot. Bring to the boil and simmer until the vegetables are soft.
2. Blitz with a blender.
3. Season to taste with salt and pepper.
4. Add the 5-spice, tasting as you go. Be careful not to over-season.
5. Garnish and serve hot.

Unusual, easy to make and delicious!

Mary Hogg, Crosshill, Ayrshire Federation

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Chilled red pepper and watercress soup

Ingredients

- 9oz/250g ripe tomatoes, skinned and chopped
- 2 large red peppers
- 1 clove garlic
- 2 medium red onions
- ½ small cucumber
- 4oz/100g watercress
- 6 tbsp olive oil
- Juice of 1½ lemons
- 2tsp sherry vinegar
- 3oz/75g white bread, crusts removed

Method

1. Peel, halve and deseed cucumber and chop.
2. Deseed and chop red pepper.
3. Put chopped tomatoes in a large bowl, add chopped onions, red peppers, cucumber, crushed garlic, bread, juice of 1 lemon, 4tbsp of olive oil, sherry vinegar and 100ml cold water.
4. Mix, cover and chill for 2 hours. Meanwhile, put watercress into a bowl, cover with boiling water and leave for 20-30 seconds. Lift out and plunge into cold water. Drain thoroughly.
5. Blitz watercress into a blender with juice of ½ a lemon and 2tbsp oil.
6. Season and blitz smooth, transfer to a bowl and chill.
7. Put tomato and pepper mixture into a clean blender with three ice cubes and blitz smooth.
8. Spoon soup into bowls and decorate with watercress puree.

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Lasagne soup

Everything you never knew you needed in a soup! Should serve 4-6 people but wait till you taste it, that could be a problem!!

First stage ingredients

- 1 tbsp olive oil
- Medium onion chopped
- 1 tin tomatoes
- 2 cloves garlic crushed
- Black pepper
- Large handful of chopped basil

Bringing it all together

- Medium onion chopped
- 2 sticks celery sliced
- 2 cloves garlic crushed
- 700ml of vegetable stock
(a stock cube or two is fine)
- 600ml water (you may need a little more)
- 2 bay leaves
- Black pepper
- 4x broken lasagne sheets (bits approx 2-3cm square)

Second stage ingredients

- 1 tbsp vegetable oil
- 1 packet (276g) of 6 Cauldron Cumberland Sausages (these are vegetarian ones but you could use any Cumberland sausage) sliced on the diagonal into about 5 pieces each

Toppings

- 1 small ball of low fat mozzarella shredded
- Half a tub of ricotta cheese
- 3 tbsp fresh Parmesan cheese
- 2 tbsp chopped basil

Method

First stage

1. In a medium pan sauté the first onion in oil, add the garlic and the rest of the ingredients from the first stage ingredients list.
2. Simmer for 15 mins.

Bringing it all together

1. Add celery and garlic to the onions and cook for a few minutes.
2. Add the tomato mixture to the sausage mix along with everything else from the second group of ingredients.
3. Check the seasoning.
4. Cook until the pasta is done. You may need to add more water as it cooks. This is not intended to be a thick soup.

To serve

1. Combine everything from the final group.
2. Ladle into bowls, top with the topping and then try not to eat a second portion!!!