



Recipe of the Week

MINISTRONE SOUP

Serves 8-10

Ingredients

2 large carrots
2 medium potatoes
2 parsnips
1 large onion
2 cloves garlic
2 stalks celery, sliced

3 tabs olive oil
2 litres beef or chicken stock
1 tin diced tomatoes (450 g)
2 leeks, chopped
2 large tabs tomato paste

Mixture of green vegetables – broccoli, cabbage, brussel sprouts, courgettes, peas

Method

1. Peel and chop vegetables.
2. In a large pot sauté the first 6 ingredients in oil until they begin to soften.
3. Add stock and bring to boil.
4. Add chopped leeks and tomatoes and simmer until everything is cooked.
5. Add the tomato paste and season with salt, pepper, and sugar.
6. You can add pasta if desired to this mixture. This is now your base and can be used for several meals.
7. Chop the green veges (broccoli, cabbage etc as mentioned above) into the size desired, blanch until almost soft, and refresh under cold water to retain the green colour. Prepare a reasonable quantity of these and keep in the fridge ready to add to the soup for each meal.
8. Use the soup base and greens as desired, heating together as much of each as needed.

9. Place in hot bowls and then – this is the Best Trick(!) – add a glug of red wine and extra virgin olive oil to each bowl and a sprinkle of freshly grated parmesan cheese.
10. Pour the sauce over the broccoli and turn gently to mix. Spoon the mixture into the prepared gratin dish, smooth the surface, and top with the buttered bread crumbs. Cut the remaining butter into bits and dot the top. Bake until bubbling around the edges and golden on top, about 20 minutes. Serve hot.