



Simple soups to warm up winter

✦ Caroline Jumpertz

Now that winter is officially here, a great starting point for the home cooks is the simple, one-vegetable soup. As the winter continues, chefs might expand their repertoire, but these are a good place to start.

Cauliflower

You don't need to slather it in a cheesy sauce to get it onto the table. Take a whole cauliflower, and cook with four chopped spring onions, a dash of turmeric, cumin and garlic, and three cups of milk. Puree and serve plain for kids, or add crispy pancetta or parmesan croutons for adults.

Pumpkin

It's hard to fail with this winter classic and this recipe has a slight twist. Toast three cloves of chopped garlic, a sliced shallot and some chilli, ginger and tamari (if you have them) in sesame oil, then add a litre of stock, 500g of chopped pumpkin and cook until



Winter failsafe pumpkin soup (top) and puree cauliflower for the kids (above).

soft. At the end, add a small tin of coconut milk, or stir through some chopped, cooked prawns or scallops if you want a more substantial meal.

Carrot

Chop about eight carrots and one onion and cook gently in melted butter for 10 minutes, then add water or broth (about five cups) and a few tablespoons of rice, or some grated potatoes. Cook a further 20 minutes, then puree, season, and enjoy this French classic soup with some crusty bread.