

DELICIOUS SOUPS

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CARROT SOUP

INGREDIENTS

Carrot - 6 nos
 Pepper powder - ¼ tsp
 Sugar - 2 tbsps
 Coconut milk - 1 cup
 Ghee - 1 tsp



METHOD:

Peel the carrots, cut into medium sized cubes. Cook well, mash, add 2 cups of water & strain. Add the rest of the ingredients & bring to boil. Top it with a spoon of pure ghee & serve hot.

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Sweet Corn Soup

Soup(1)

INGREDIENTS

Tender corn cob - 1 no
 Finely chopped carrot & beans - 2 tbsps
 Milk - ½ cup
 Corn flour - 3 tps
 Sugar - 3 tps
 Ajinomotto - 2 pinch
 Milk cream - 2 tbsps
 Salt to taste



METHOD:

Remove the corn seeds. Boil three cups of water, add the corn, add the finely chopped carrot and beans. Boil till soft. Then add the milk. Mix the corn flour in a little water and add. Add salt, sugar, ajinomotto. Boil for a while and serve hot.

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Sweet Corn Soup (2)

INGREDIENTS

Fresh tender corn cobs - 4 nos
 White onion - 1 no
 Butter - 1 tbsp
 Milk - 1 cup
 Ajinamotto - 1/2 tsp
 White pepper powder to taste
 Sugar and salt to taste
 Soya sauce - a few drops
 Ginger - 1/2 piece



METHOD:

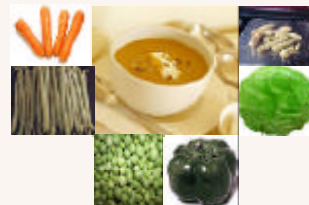
1. Warm a pressure cooker to melt the butter. Fry the chopped onion bits in butter for few minutes till the raw smell goes then fry the sliced ginger.
2. Remove the corn seeds and grate the corn in a grater to whatever extent possible, add the left over corn seeds as it is.
3. Add milk, water, grated corn to the fried onions and pressure cook for three or four whistles.
4. Remove the ginger piece. Keep few boiled corn for decoration of the soup and grind the rest of the corn into a smooth paste, adding water if needed. Filter the soup, adding water if needed.
5. Add sugar and salt. Boil for few minutes mixing in between.
6. Before serving, add Soya sauce and pepper powder. Serve hot.

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SWEET CORN VEGETABLE SOUP

INGREDIENTS

Carrot - 1 no
 French beans - few
 Fresh peas - 50 gms
 Capsicum - 1 no
 Cabbage - 1 small piece
 Baby corn - few



METHOD:

Wash the carrot and beans well. Blanch in boiling water for 3 minutes and remove. Finely chop into tiny pieces. Boil peas separately. Finely chop the cabbage and capsicum also. Heat a teaspoon of butter and fry the finely chopped vegetables with 1/2tsp of ajinamotto. Heat the sweet corn soup add the chopped vegetables and serve hot.

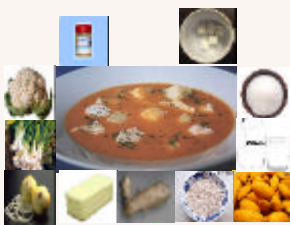
N.B: You can add finely chopped spring onions or small bits of baby corn fried in butter according to your taste.

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CAULIFLOWER and ALMOND SOUP

INGREDIENTS

Cauliflower - 1 big flower
 Spring onions - few
 White onions - 2 or 3
 Butter - 1/2 tsp
 Ginger - one small piece
 Wheat flour - 1 tbsp
 Almonds - 10 nos
 Milk - 1 1/2 cups
 Salt - to taste
 Sugar - 2 tbsps
 Pepper powder to taste



METHOD:

1. Wash the cauliflower well and cut into big flowerets. Put in hot water, adding one tsp of powdered salt.
2. Peel and chop the onions. Heat the pressure cooker fry the onions with butter till transparent. Add the cut cauliflower fry for few minutes. Add the wheat flour and fry for a while. Add milk and water. Pressure cook for three or four whistles.
3. Grind the mixture and filter. Add water if needed. Grind the almonds after removing the skin and add the paste to the soup. Then add salt, sugar and pepper powder. Boil for few minutes and serve hot. Don't over boil the soup too much.

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ANTALUSIAN SOUP

INGREDIENTS

Cucumber - 2 nos
 Bellary onions - 2 nos
 Garlic pearls - 4 nos
 Tomato puree - 2 tbsps
 Sugar - 1 tbsp
 Vinegar - 1 tbsp
 Salt - to taste
 Water - 1 litre
 Pepper powder to taste



METHOD:

1. Wash, remove the skin and grate the cucumber. Peel the garlic pearls and slice. Finely chop the onions.
2. Heat the butter fry the onion and garlic for few minutes. Then add the grated cucumber. Fry till soft.
3. Add tomato puree, sugar, salt, vinegar, pepper powder along with water and boil at least for ten minutes and serve hot.

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CUCUMBER SOUP(2)

INGREDIENTS:

Cucumber - 2 nos
 Cabbage - a small piece
 Potato - 1 no
 Bellary onion - 1 no
 Tomato - 1 no
 Wheat flour - 1 tbsp
 Milk - 2 tbsps
 Salt and pepper to taste



METHOD:

1. Wash the potato and tomato and chop them finely. Peel the onion and cabbage and cut into tiny bits.
2. Wash well remove the skin and grate the cucumbers.
3. Heat a copper bottom with five cups of water. Add potato pieces. When the pieces are soft, add the onion bits slowly add cabbage and finally add tomato pieces and boil till done.
4. Add the grated cucumber and milk and allow them to boil. Serve hot by adding salt and pepper.

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CURRY LEAF SOUP

INGREDIENTS:

Fresh tender curry leaves - a handful
 Tuvar dhal - 2 tbsps
 Refined oil - 1 tbsp
 Mustard seeds - 1 tsp
 Urad dhal - 1 /2 tsp (to saute)
 Tomatoes - 2 nos
 Bellary onion - 1 no
 Green chillies - 3
 Salt - to taste



METHOD:

1. Clean, wash the curry leaves. Wash and finely chop the tomatoes. Peel and cut the onions into fine bits. Slit the green chillies.
2. Add the tuvar dhal and all other ingredients to the pressure cooker. Cook for three whistles. Mix well. Add salt and water. Boil and sauté with mustard seeds and urad dhal. Serve hot.

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CREAM OF SPINACH SOUP

INGREDIENTS

- Spinach or palak - 2 bunches
- Maida - 1/2 tbsps
- Butter - 2 tbsps
- Milk - 2 cups
- Bellary onion - 1 no
- Garlic pearls - 6 nos
- Pepper powder - to taste
- Salt to taste
- Bread slices - 2 nos



METHOD:

1. In a kadai, melt the butter and fry garlic and onion pieces.
2. Wash well. Finely chop the palak, add to the onion garlic pieces and fry till soft. Mash well.
3. In a copper bottom vessel, prepare white sauce. Roast the maida carefully in butter, add milk and prepare the white sauce.
4. Then add the white sauce along with the mashed vegetables. Add water, salt and pepper powder. Boil for some time. Add the bread pieces roasted in butter. Serve hot.

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TOMATO AND PEAS SOUP

INGREDIENTS

- Tomatoes - 6 nos
- Fresh peas - 1 cup
- Chopped bellary onion bits - 1 cup
- Milk - 1 cup
- Garlic pearls - 6 nos
- Sugar - 1 tsp
- Chopped coriander leaves - 1 tbsp
- Butter - 1 tbsp
- Salt to taste



METHOD:

1. Heat a kadai with little butter and fry the 1/2 tbsps of fresh peas nicely, add salt and pepper. Keep aside.
2. Heat a kadai with butter, fry the onion pieces and garlic pieces till golden brown. Add the cut tomato bits, fry then add fresh peas, fry add salt, sugar and pepper powder. Mix well for five minutes. Keep it covered with a lid.
3. Then add the mixture to mixer, grind nicely, add milk and boil for some time. Decorate with fresh coriander leaves and fried peas. Serve hot.

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TOMATO SOUP

INGREDIENTS

- Tomatoes - 400 gms
- Carrot - 100 gms
- Onion - 50 gms
- Salt - to taste
- Butter - 1 tbsp
- Corn flour - 1/2 tbsps
- Pepper powder - to taste
- Fresh cream - 2 tbsps
- Bread slices - 2 to 4
- Bay leaves - 1 bit
- Cloves - 3 nos
- Cinnamon - 1 piece
- Pepper - 1/2 tsp
- Elaichi - 1 no
- Milk - 1/4 cup(for white sauce)



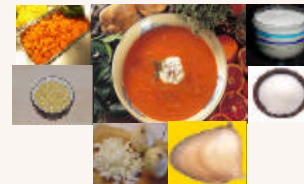
METHOD:

1. Heat a kadai with butter, fry bay leaf, cloves, cinnamon and elaichi, add onion pieces and fry till transparent, add the grated carrot and fry. Then add the tomato bits and fry.
2. Add water. Boil till done. Remove the spices. Mash well and filter.
3. Roast the maida lightly, add milk to prepare white sauce.
4. Roast the bread pieces in ghee or butter till golden brown.
5. Add salt, pepper, sugar (optional) and white sauce, boil and serve hot with roasted bread pieces.

CARROT SOUP(2)

INGREDIENTS

- Carrots - 1/2 kg
- Green gram dhal - 2 tbsps
- Cut onion pieces - 1/2 cup
- Peeled garlic pearls - a few
- Salt to taste
- Milk - 1/2 cup



METHOD:

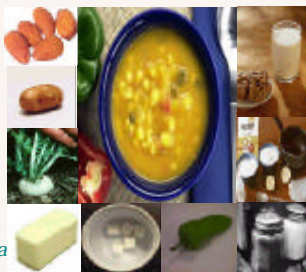
1. Boil carrots, onions pieces, garlic pearls along with the washed green gram dhal in a pressure cooker for one or two whistles.
2. Grind into a paste, add salt, milk and water. Boil for few minutes and serve hot.

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ALMOND SOUP

INGREDIENTS

Almonds - 20 nos
 Small potato - 1 no
 Knolkol or turnip - 1 no
 Butter - 1 tbsp
 Sugar - to taste
 Green chilli - 1 no
 Salt and pepper - to taste
 Corn flour - 1 tbsp (optional)
 Milk - 1/2 cup



METHOD:

1. Blanch almonds in hot water for five minutes. Peel the skin. Keep a few for decoration and grind the rest into a fine paste.
2. In a pressure cooker heat butter, add finely chopped potato bits and knolkol or turnip bits and fry well. Add a green chilli, milk and water. Cover with the lid and pressure cook for three whistles. Grind the contents into a smooth paste after removing the green chilli. Filter the soup.
3. Then add the ground almond paste, sugar and salt and boil for few minutes. Corn flour can be mixed and added at this stage to thicken the soup. Add pepper powder and serve hot.

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PALAK SOUP(1)

INGREDIENTS

Palak - 1 big bunch
 Butter - 1 tbsp
 Maida - 2 tsps
 Garlic pearls - 3 nos
 Onion pieces - 1/2 cup
 Salt to taste



METHOD:

1. In a thick bottomed vessel, heat butter, add the onion pieces and garlic pearls and fry for few minutes. Then add washed and cut palak and fry and grind into smooth paste.
2. Heat a vessel with butter, add maida and fry for few minutes
3. Then add the ground paste and boil for few minutes adding salt and serve hot.

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PALAK SOUP(2)

INGREDIENTS

Palak - 1 big bunch
 Pepper - to taste
 Salt - to taste
 Milk - 1 cup



METHOD:

1. Finely chop the washed palak.
2. Boil the palak adding water and 1cup of milk.
3. Add salt and pepper and serve hot.

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JUMBOMEALSOUP

INGREDIENTS

Carrot - 50 gms
 Beans - 50 gms
 Potato - 50 gms
 Garlic pearls - 20 pearls
 Onion pieces - 100 gms
 Ginger - 1 small bit
 Salt and pepper to taste
 Boiled rice rava (prepared & sieved) - 1 cup
 Fenugreek - 1 tsp
 Sago - 1 tbsp
 Milk - 1 cup



METHOD:

1. Wash rice rava, sago and methi seeds cook in pressure cooker adding enough water and keep aside.
2. Peel onions and cut into fine bits, fry in a little butter and add garlic bits and fry.
3. Add finely chopped vegetables, fry for some time and boil adding water till done.
4. Add the cooked rice rava mixture along with the vegetables, boil, add salt, pepper and milk. When the soup is done, keep covered for half an hour and serve hot.

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CHENNAI SOUP

INGREDIENTS

Ripened tomatoes - 500 gms
 carrot - 55 gms
 onions - 55 gms
 fresh coconut - 4 tbsps
 milk - 200 ml
 plain flour(maida) - 1 tbsp
 white butter - 1 tbsp
 pepper & salt - to taste
 water for boiling the vegetables - 1½ cups.



Method:

1. Wash the tomatoes & cut into medium size pieces.
 2. Peel the onions & cut into medium pieces.
 3. Grate fresh coconut & carrots.
 4. Boil tomatoes, onions, carrot & coconut gratings all together in a heavy bottomed vessel with 1½ cups of water.
 5. When done, mash well & filter the mixture & add salt & pepper.
- For White Sauce: Heat butter in a vessel, add flour, mix in sim flames until it is done, then gradually mix milk little by little & boil until the sauce thickens. Mix the soup with the sauce & serve hot.

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HERBAL FRUIT JUICE

INGREDIENTS

Mint leaves - 1 cup
 Coriander leaves(only leaves) - 1 cup
 Tomatoes - 2 nos
 Oranges - 2 nos
 Lemon - 2 nos
 Ginger - 1" piece
 Jeera - 1 tsp
 Dhaniya - 1 tsp
 Sugar - 1/2 cups
 Water - 1/2 litres



METHOD:

1. Soak dhania previous night itself. Next day add jeera, ginger coriander leaves, mint leaves, soak for fifteen minutes with 2 cups of water. Filter and keep aside.
 2. Grind the tomatoes with water and get the juice. Prepare orange juice.
 3. Prepare the lemon juice. Add all the juices, water and sugar, filter once again and serve by adding ice cubes.
- N.B : This juice will be refreshing as well as helps for digestion.

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PONNAGANNIKEERAI SOUP

INGREDIENTS

- Ponnaganni keerai - 1 big bunch
Onion pieces - 1 cup
Tomato pieces - 1 cup
Green gram dhal - $\frac{1}{2}$ cup
Green chillies - 2 nos
Butter - 1 tbsp
Turmeric powder - 1 pinch
Salt to taste
Coconut milk - $\frac{1}{2}$ cup



METHOD:

1. Wash well and chop the green leaves and keep aside.
2. Wash, boil and smash the green gram dhal well.
3. Heat the butter, add the onion pieces and fry till transparent. Then add the tomato pieces and fry and then add slit green chillies and mix.
4. Add the mashed dhal, mix well, add the greens and boil. Then add the coconut milk and boil adding salt. Filter the soup and serve hot.

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