

# Mini - cook book



## HEALTHY SOUPS

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EDUCATION WITHOUTH  
BORDERS

# Recipes



# **Cock-a-Leekie Soup**

## **Ingredients**

**1 x 1.5 kg/3lb 5oz ready to cook chicken**

**2 litres/3 ½ pints chicken stock (or water)**

**3 bay leaves**

**4 leeks, halved longways, thinly shredded**

**2 carrots, peeled, halved longways, thinly sliced**

**2 sticks celery, halved lengthways, sliced**

**12 ready-to-eat dried prunes, shredded**

**Salt and freshly ground black pepper**

# **Instructions**

Sit the chicken in a large saucepan so it fits snugly and add the stock; you need enough to cover the chicken

Add the bay and season with salt and pepper. Bring to the boil on a high heat. Cover and simmer for 1-1 ¼ hours, or until cooked through. Remove the chicken from the liquid and check the juices run clear with no trace of pink when the thickest part of the leg, between the drumstick and the thigh, is pierced with a skewer (if not cook for a little longer). Pull it apart slightly so it cooks quickly.

Add the leeks, carrots, celery and prunes to the cooking liquid (if you used water, add a couple of chicken stock cubes at this stage).

Bring to the boil, then cover and cook for 20 minutes, or until the vegetables are tender.

Pull the meat from the chicken carcass into bite-sized pieces, discarding any skin and bone. Remove the bay leaves from the pan, add a little salt and pepper if needed, return the chicken to the pan and stir. Heat until piping hot. Serve in warmed bowls or mugs.



## **Beef Goulash**

### **Ingredients**

**4 tbsp olive oil**

**700g stewing steak, cut into chunks**

**30g plain flour**

**1 large onion, thinly sliced**

**2 garlic cloves, finely chopped**

**1 green pepper, deseeded and thinly sliced**

**2 tbsp tomato purée**

**2 tbsp paprika**

**2 large tomatoes, diced**

**75 ml dry white wine**

# **Instructions**

**Heat oven to 160c/140c fan/gas 3**

**Heat 1 tbsp olive oil in a flameproof casserole dish or heavy-based saucepan. Sprinkle 700g stewing steak chunks with 30g plain flour and brown well in three batches, adding an extra 1 tbsp oil for each batch. Set the browned meat aside.**

**Add the remaining 1 tbsp oil to the casserole dish, followed by 1 large thinly sliced onion, 2 finely chopped garlic cloves, 1 green pepper and 1 red pepper, both finely sliced. Fry until softened, around 5-10 mins.**

**Return the beef to the pan with 2 tbsp tomato purée and 2 tbsp paprika. Cook, stirring, for 2 mins.**

**Add in 2 large diced tomatoes, 75 ml dry white wine and 300 ml beef stock. Cover and bake in the oven for 1 hr 30 mins – 2 hrs.**

**Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 mins.**

**Sprinkle over 2 tbsp flat-leaf parsley leaves and season well with salt and freshly ground pepper. Stir in 150 ml soured cream and serve.**



## Ingredients

- 4 sweet onions, sliced
- 2 tbsp butter
- 1 tbsp Worcestershire sauce
- 1 tbsp balsamic vinegar
- 3 garlic cloves, minced
- 2 tsp brown sugar
- $\frac{1}{2}$  tsp pepper
- $\frac{1}{2}$  tsp salt
- 3 tbsp all-purpose flour
- 64 ounces beef or vegetable stock
- 2 tbsp fresh thyme
- French bread
- Low fat cheese

# Instructions

1. Place a large stock pot over medium heat. Add onions, butter, Worcestershire sauce, vinegar, garlic, brown sugar, salt and pepper. Cook until onions begin to brown and caramelize, stirring occasionally
2. Stir in the flour and let cook for 2-3 more minutes
3. Add the stock and thyme. Cook on low for at least 20 minutes (simmer for 45 minutes, the longer the better)
4. Place in individual bowls, and slice a small piece of bread and place on top of the soup. Cover with one slice of cheese and broil for 3 minutes or until browned and bubbly.



## **Romanian Meatball Soup with Rice**

### **Ingredients**

**250g Minced Turkey**

**3 tbsp rice**

**1 tbsp sunflower oil**

**1 large onion**

**½ red bell pepper**

**½ green bell pepper**

**2 tbsp tomato paste**

**Juice from ½ lemon**

**Salt and pepper to taste**

**2 tbsp chopped fresh parsley**

**1 litre vegetable stock**

**1 egg**

**1 carrot**

## **Instructions**

**Bring the stock/water to the boil. Feel free to use more or less amount, as it entirely depends on how thick you like the soup.**

**Chop the onion and peppers and add them to the pan. Boil for about 10-15 minutes or until they start to soften.**

**In a bowl, mix the turkey mince with rice, oil, egg and season well with salt and pepper. Use your hands to shape balls.**

**Add the meatballs to the soup one by one, and leave them to cook through. You can now add some noodles or rice to the soup as well, if you want a thicker soup, but this is entirely optional.**

**Once the meatballs are cooked, (approximately 15-20 minutes) add the tomato paste, lemon juice, season well with salt and pepper and remove from the heat.**

**Add the chopped parsley and allow the soup to rest for 5 minutes before serving.**

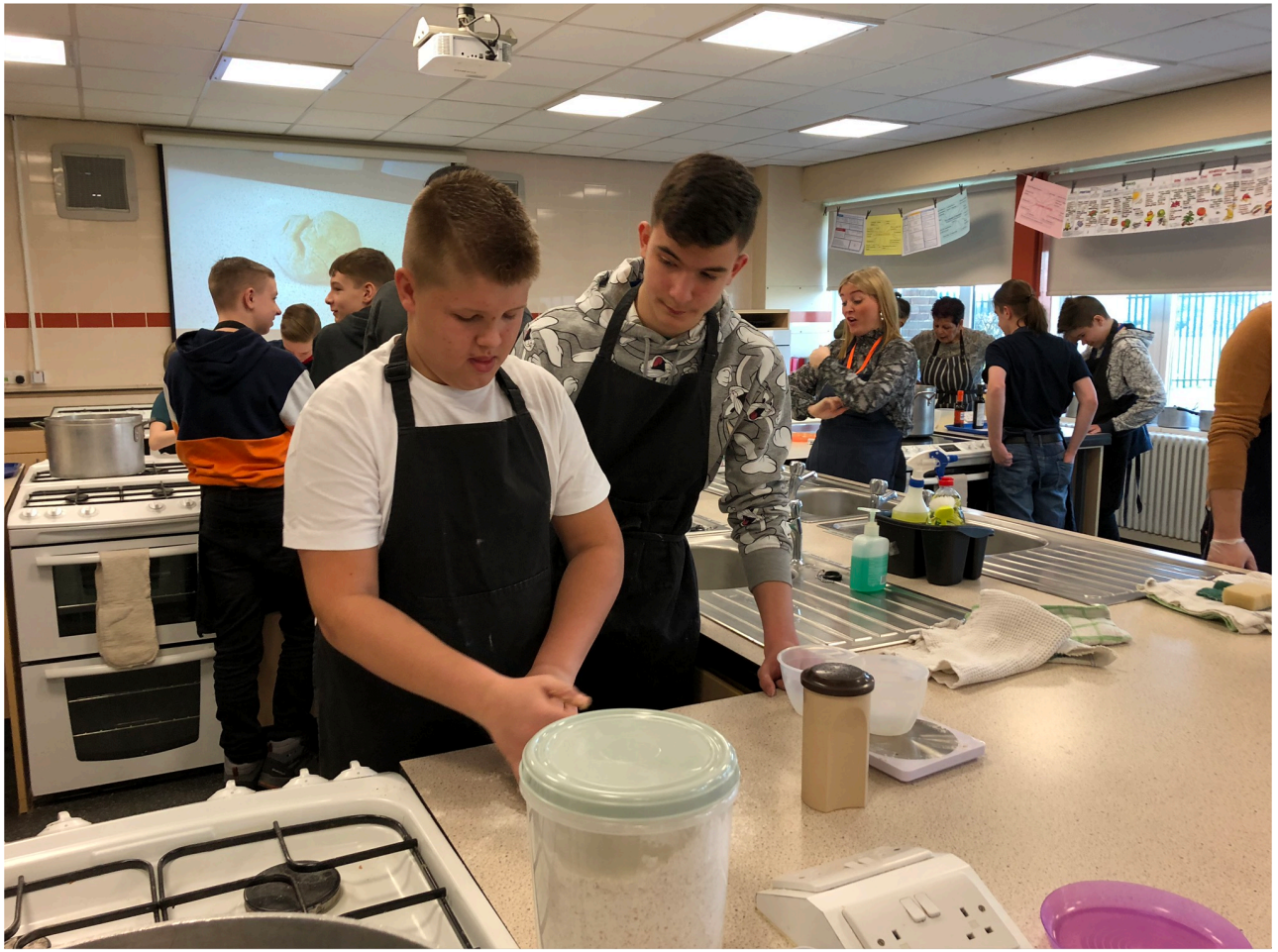
# Preparing the soups











Presenting for  
the tasting







This final product was made by the students from all the partner schools (Liceul Tehnologic PETROL Moreni, Romania; Bower Park Academy, Romford, England; Lycée Antoine Roussin, Saint-Louis, France; Școala Gimnazială Nr. 1 Moreni, Romania; Szent István Egyházi Általános Iskola és Kollégium, Mako, Hungary) during the Learning, teaching, training activity held by the English school between 10th and 14th of February 2020.

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