

SOUPS AT SOUTHPORT



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Foreword

Message from the Minister

The Queensland Government was pleased to fund the *Soups at Southport* event delivered earlier this year by The Migrant Centre Organisation in recognition of the importance of intercultural connections to a harmonious, united and cohesive community.

This *Soups at Southport Community Recipe Book* is the culmination of the contributions made by people from more than 30 different cultural groups.

The Queensland Government is committed to supporting the continued growth and development of Queensland's strong multicultural society – it is who we are.

As Minister responsible for Multicultural Affairs, I am proud that on 1 July this year, the *Multicultural Recognition Act 2016* commenced. This Act is the first of its kind in Queensland and it acknowledges and celebrates our diversity and the significant benefits this brings to our state.

I commend projects such as *Soups at Southport* as they are part of promoting, celebrating and valuing the social, cultural and economic benefits a multicultural society delivers to all Queenslanders.

Congratulations to all those who have helped bring this project to fruition. Enjoy!

HON GRACE GRACE MP
Minister for Employment and Industrial Relations
Minister for Racing
Minister for Multicultural Affairs



Message from The Migrant Centre Organisation Inc.

In 2014, The Migrant Centre launched a small project called *Soups at Scarborough* (our Head Office is located at 91 Scarborough Street) to celebrate the diverse and delicious flavours of soups that were shared with us by members and clients who have come from all over the world to make Australia their home. Photos of our soup lunches were posted on our Facebook page and we received many requests for recipes. In response to the growing interest in global cuisine—and particularly for healthy food—we started to collect recipes for publication.

With contributions from many Gold Coast communities, and the help of volunteers who assisted with recipe testing, cooking and tasting, *Soups at Southport* is now ready for you to read and enjoy.

Anna Zubac
Executive Manager
The Migrant Centre Organisation Inc





“Food is our common ground, a universal experience.”
-James Beard

“There is nothing like soup. It is by nature eccentric: no two are ever alike...”
-Laurie Colwin

“I live on good soup, not fine words.”
-Moliere

“Between soup and love, the first is better”
-old Spanish saying

“Only the pure of heart can make good soup”
-Beethoven

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GF—Gluten Free, V—Vegetarian

Shorba

African Chicken and Butter Bean Soup

Preparation time: 10 mins

Cooking time: 40 mins

GF

Ingredients

1 whole chopped chicken

400 gm cooked butter beans

400 gm chopped carrot

400 gm chopped potato

400 gm chopped onion

Salt to taste

2 teaspoon turmeric

1 sprig of rosemary – you could use dried

1 cm cube kibe*

1 cm cube ginger

4 cloves garlic

Water 1000 – 1200ml

Method

In a large pot add the chicken with a little touch of oil and cook for 5 or 6 mins.

Add the onion, garlic, ginger and turmeric cover and cook for 6 mins. Next add the carrots and the potatoes, again add the lid and cook for 6 mins.

Stir in the rosemary, the beans and the kibe, stir then cover with cold water.



Bring this to the boil then turn down the heat and cook for 10 mins. Cook for another 10 mins or until the potatoes have thickened the soup.

Serve with crusty bread.

*Kibe (or kibbeh) is clarified butter that you can make at home. Separate butterfat from the milk solids by boiling ghee. You will have a rich-tasting and creamy cooking fat. Season with aromatics or spices such as onions, garlic, ginger, fenugreek, cardamom, turmeric, black pepper. Kibe keeps well in a covered jar in the refrigerator.

Asian Chicken Noodle Soup

Preparation time: 15 mins

Cooking time: 10 mins

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Ingredients

400g thin Hokkien noodles

1 tbs peanut oil

3cm piece of ginger, peeled and finely sliced

2 cloves of garlic, crushed

2 small red chillies, deseeded and finely chopped (set some aside for serving)

6 cups salt reduced chicken stock

500 gm chicken breasts, trimmed

2 tbs light soy sauce

1 tsp sesame oil

3 tsp of brown sugar

4 spring onions, thinly sliced

1 bunch of baby bok choy

Method

Put noodles in a bowl. Cover with boiling water. Stand for 3 minutes or until tender then drain and separate noodles.

Heat the peanut oil in a large saucepan over medium-high heat. Add ginger, garlic and half the chilli. Cook for 30 seconds. Add 2 cups stock and cover. Bring to the boil. Reduce the heat to medium/low, add chicken.



Cook for 5 minutes or until just cooked through. Take the chicken out and place on a chopping board. Slice crossways into strips.

Add remaining 4 cups stock, soy sauce, sesame oil and sugar to soup, cover. Turn the heat to medium/high and bring to the boil. Add spring onion and bok choy. Cook for 1 minute or until leaves just wilt.

Divide noodles between bowls. Top with chicken. Ladle boiling broth into bowls. Top with shredded green onions and serve with remaining chilli on the side.

Austrian Bean and Barley Soup

Preparation time: 15 mins (excluding 2 hours soaking time for barley)

Cooking time: 30 mins

GF, V

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Ingredients

1 cup barley (pre-soak for 2 hours)

1 tbs olive oil

1 onion, finely chopped

1 carrot, cut into small chunks

1 red capsicum, cut into small chunks

1 small potato (or sweet potato), cut into small chunks

1 celery rib, sliced

1 400g can cannellini beans, rinsed and drained

1/2 cup sliced mushrooms

1 litre vegetable stock

1/4 tsp turmeric powder

Salt and pepper to taste

Flat leaf parsley to garnish

Method

In a large pot, sauté onion in olive oil on medium heat till translucent but not coloured. Add in turmeric powder and sauté for 1 minute.



Add barley, carrot, potato, celery, capsicum, beans, mushrooms and stock. Bring to the boil, then simmer till potato and barley are tender.

Season with salt and pepper.

Ladle into bowls and garnish with parsley.

Grah

Bosnian Bean Soup

Preparation time: 20 mins

Cooking time: 2.5 hours

Ingredients

500g dry peruano beans

1-2 litres of water

1 medium onion

1 medium carrot

1/4 of a green capsicum

250 gm smoked beef (cubed)

1 tsp of salt

1 tsp of Vegeta (or other brand of stock cube/powder)

1/4 tsp freshly ground black pepper

Bay leaf (optional)

1 tsp tomato paste

2 tsp cooking oil

3-4 garlic cloves (finely chopped)

2 tbs plain flour

1 tsp ground paprika

Method

Finely chop the onion, carrot and the green capsicum, add it to the beans and let it boil. Reduce to medium, cover the pot slightly and let it cook for about 1 hour. Occasionally check if water level has decreased, add additional water to always keep the same level of liquid in the pot.



After 1 hour, add all spices and cubed smoked meat. Cook for another 1-1.5 hours. The beans are ready when they are soft and creamy and the peel comes off. Add tomato paste and let it incorporate well into the soup.

To make the roux to thicken soup, peel and finely chop 3-4 garlic cloves. Using medium setting, heat 2 tablespoons of oil in a small frying pan. Toss the chopped garlic in the oil just until fragrant. Add flour and mix it with a wooden spoon until all crumbs disappear and flour starts changing its colour to a very light brown. Add paprika and mix well. Pour the roux into the soup. Give it a good stir, reduce the heat and cook for another 5 minutes. Taste and add more salt if needed.

Serve warm with a slice of a nice, crusty bread.

This soup freezes well and can be kept in the refrigerator for 3-4 days.

Cambodian Chicken Coconut Soup

Preparation time: 15 mins
Cooking time: 30 mins
GF

Ingredients

1/4 cup long grain white rice
2 tsp canola oil
2/3 cup carrot, peeled and finely chopped
3 spring onions, only the white part, finely chopped
1/2 cup red capsicum, finely chopped
1 garlic clove, peeled and minced
1 red chilli, stemmed, seeded and minced
1 tbs Thai curry paste (red or yellow)
2 cups chicken broth
1 tbs rice or white wine vinegar
1 tbs brown sugar
1 tbs Thai fish sauce
250g pineapple chunks, coarsely chopped
1 1/2 cup chicken breast (diced and roasted)
1 can coconut milk (400ml)
2 tbs fresh basil

Method

Bring to the boil 2 cups water in a medium sized pan, add the rice and cook 15 minutes (cook as you would pasta in an uncovered pan). Drain well.



Meanwhile, in a saucepan heat the oil over medium heat. Add carrot, green onions, capsicum, garlic and jalapeno. Sauté for 5 minutes.

Stir in the curry paste and a couple of tablespoons broth. Cook few minutes, stir until the paste dissolves.

Then add remaining broth, vinegar, brown sugar, fish sauce, pineapple and chicken. Simmer 5 minutes.

Stir in the coconut milk and rice. Heat through on medium/low heat. Top with fresh basil leaves.

Chinese Omelette Tofu Soup

Preparation time: 10 mins

Cooking time: 3 mins

GF

Ingredients

150g silken tofu

1 egg

10 gm lean pork mince

5g fresh ginger

10 gm coriander

1 tbs corn starch

1 tbs canola oil

1 tsp sesame oil

3 tbs chicken stock

1 tsp salt

1 tsp sugar

1 chicken stock cube

Method

Dice tofu into medium sized pieces. Mince coriander and ginger.

Beat the egg and pan fry over medium heat. Chop the omelette into chunks and set aside.

Make a slurry with the cornstarch and 2 tablespoons of water. Stir this into the soup.

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Add minced pork and then tofu.

Sauté ginger in the same pan until fragrant, then add chicken stock.

Add omelette, coriander leaves, sesame oil. Season with salt and serve hot.

This dish is quick to prepare and cook and very healthy.

Dutch Pea and Ham Soup

Preparation time: 10 mins

Cooking time: 1.2 hours

GF

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Ingredients

1 smoked pork hock

1 peeled carrot, quartered

1 peeled onion, quartered

2 bay leaves

6 peppercorns

1 litre chicken stock (4 cups)

1 litre water (4 cups)

1 cup frozen peas

Method

Place smoked pork hock, carrot, onion, bay leaves, peppercorns, chicken stock and water in a large pot with a lid. Bring to the boil, reduce heat and simmer, covered for 1 hour.

Remove carrot, onion and bay leaves, and discard.

Take out the pork hock. Pick meat from the hock and set aside.

Add three-quarters of the peas to the soup and process (with a stick blender or in a liquidiser) until smooth.

Add the remaining whole peas and shredded pork.



Serve hot with toast or crusty bread.

Dutch Pea and Ham Soup is perfect for winter meals!

French Onion Soup

Preparation time: 25 mins

Cooking time: 1.2 hours

Ingredients

60 gm butter, cubed

2 tbs olive oil

1kg brown onions, thinly sliced

2 tsp brown sugar

2 tbs plain flour

4 cups beef stock

2 cups water

Method

Heat butter and oil in a heavy-based saucepan over medium-low heat until sizzling. Add onions and 1 teaspoon salt. Cook, uncovered, stirring often, for 45 to 50 minutes until onions are very soft. Stir in sugar and cook, constantly stirring, for 10 minutes or until onions caramelize.

Add flour to saucepan and cook, stirring, for 2 minutes. Add stock and 2 cups water. Lower heat to low and simmer, uncovered, for 15 minutes to allow flavours to combine.

To make cheesy bread. Preheat oven to 180°C. Spray both sides of bread with oil. Rub both sides of bread with garlic. Arrange bread on 2 baking trays. Bake, turning once, until bread is light golden. Sprinkle cheese over 1 side of bread. Return to oven until cheese melts.



Ladle soup into bowls. Top with cheesy bread, season with pepper and serve.

Optional—Cheesy Bread

Preheat oven to 180°C. Spray both sides of bread with oil. Rub both sides of bread with garlic. Arrange bread on 2 baking trays. Bake, turning once, until bread is light golden. Sprinkle cheese over 1 side of bread. Return to oven until cheese melts.

German Beef Noodle Soup

Preparation time: 20 mins

Cooking time: 1.5 hours

Ingredients

1kg beef roast (preferably with bone)

3 - 4 carrots, scraped or peeled, large chunks

2 stalks celery bottom end of celery and the top leaves

1 onion, quartered

2 tsp salt

1 tsp black peppercorns

2 bay leaves

8 cups water

2 stalks celery, chopped

1 cup fine egg noodles (or pasta shells)

Salt, pepper, fresh parsley

Method

Trim away most of the fat from the roast, but keep the bones which add flavour to the soup.

Put meat, carrot chunks, bottom and leaves of celery, onion, salt, peppercorns, bay leaves, and water into a large soup pot. Bring to boil. Cover and simmer 1.5 hours or until the meat is tender.



Remove meat, cool, and cut into bite-sized pieces.

Strain broth and return broth to pot. Add chopped carrots and celery. Bring to boil, cover, and simmer about 15 minutes. Add pasta or noodles. Add cooked meat. Simmer until pasta or noodles are tender, according to package instructions, usually about 5 - 10 minutes.

Season with salt, pepper, garnish with chopped parsley.

Greek Lemon Chicken Soup

Preparation time: 15 mins

Cooking time: 20 mins

Ingredients

3 medium lemons

2 litres salt reduced chicken stock

1 cup white long grain rice

300g trimmed chicken breast fillets, chopped

2 eggs

Finely shredded fresh mint leaves

Method

Finely grate rind from 1 lemon. Zest another lemon.

Juice all 3 lemons.

Bring stock and lemon rind to the boil in a saucepan over high heat. Reduce heat to medium-high. Add the rice. Simmer, stirring occasionally for about 15 minutes or until rice is just tender. Add chicken. Cook, stirring occasionally until chicken is cooked through.

Remove from heat. Add lemon juice and stir to combine.

Lightly beat eggs in a heat-proof jug. Add 1/2 cup of hot stock mixture, whisking to combine.

Slowly add eggs to stock mixture in a steady stream, stirring until combined.

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Remove meat, cool, and cut into bite-sized pieces.

Strain broth and return broth to pot. Add chopped carrots and celery. Bring to boil, cover, and simmer about 15 minutes. Add pasta or noodles. Add cooked meat. Simmer until pasta or noodles are tender, according to package instructions, usually about 5 - 10 minutes.

Season with salt, pepper, garnish with chopped parsley.

Masoor Dahl

Indian Red Lentil Soup

Preparation time: 5 mins

Cooking time: 25 mins

GF, V

Ingredients

- ½ cup red lentils, thoroughly rinsed
- 4 cups vegetable stock
- 2 tomatoes, diced
- 1 tsp salt
- 1 tbs extra virgin olive oil
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1-2 green chillies, chopped (use more or less to taste)
- 1 tsp chopped fresh ginger
- 1 tsp chopped fresh garlic
- ½ cup onion, finely chopped
- ¼ tsp asafoetida*
- 2 tsp ground coriander
- ½ teaspoon turmeric
- pinch of cayenne pepper
- Small pinch of ground cinnamon
- Small pinch of ground cloves
- Juice of one lime
- Freshly chopped coriander for serving
- Salt to taste

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Method

Place the rinsed lentils, vegetable stock, tomatoes, and salt in a stock pot. Heat the oil in a small skillet over high heat and add the mustard and cumin seeds. Fry until the mustard seeds begin to pop, about 10 seconds. Reduce the heat to medium-high and add the chillies, garlic and ginger. Fry for another 20 seconds. Add the onion and fry until soft and a light caramelized brown, about 5-7 minutes. Add the turmeric, chili powder, asafoetida, coriander, turmeric, chili powder, cinnamon and cloves and stir to combine. Scrape the contents of the skillet into the stock pot. Stir to combine and bring it to a boil. Reduce the heat, cover, and simmer for about 20 minutes, or until the lentils are done the soup is a thick consistency, stirring occasionally. Before serving, add the lime juice, a little at a time, according to taste. Add more salt as needed. Serve sprinkled with fresh chopped cilantro. Serve with some fresh naan bread.

**Asafoetida (also known as hing) is available at Asian grocers.*

Italian Minestrone Soup

Preparation time: 15 mins

Cooking time: 1 hour

V

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Ingredients

3 tablespoons olive oil

1 leek sliced

2 carrots, chopped

1 zucchini, sliced thinly

2 cups green beans, chopped

2 stalks celery, sliced thinly

1 ½ litres vegetable stock

500g tomatoes, chopped

1 tablespoon fresh thyme, chopped

1 can of cannellini beans (with liquid)

¼ cup elbow macaroni

Salt and pepper to taste

Method

Heat olive oil in a large saucepan, on a medium heat. Add leek, carrots, zucchini, green beans and celery. Cover, reduce heat to low. Cook for 15 minutes, shaking the pan occasionally.



Mix in the stock, tomatoes and thyme, stir through. Bring to a boil, then cover, and reduce heat to low; simmer gently for 30 minutes.

Stir in the cannellini beans with liquid and pasta. Simmer for another 10 minutes, or until pasta is al dente. Season with salt and pepper to taste.

Serve with crusty bread.

Japanese Miso Soup

Preparation time: 5 mins

Cooking time: 5 mins

GF, V

Ingredients

1 litre or 4 cups dashi stock*

20g dried seaweed

75g red miso paste

150g silken tofu, cut into 2cm cubes

3 scallions (green onions) thinly sliced

Method

Put the dashi in a large saucepan over medium heat. Bring to the boil. Reduce the heat to low. Add the seaweed and cook for until seaweed softens.

Add the tofu and cook for a further until heated through.

Place the miso paste in a small bowl. Add a little of the dashi, stirring until miso dissolves. Add the miso mixture to the saucepan and gently stir to combine. Bring to a simmer. Remove from heat.

Ladle miso evenly among serving bowls.

Sprinkle with green onions and serve immediately.

Season to taste with salt.



Miso soup is easy to prepare, quick to cook—and very healthy!

*Dashi can be purchased from your local Asian grocer; in the form of granules in a jar or stock cubes.

Korean Kimchi Soup

Preparation time: 10 mins

Cooking time: 40 mins

GF

Ingredients

2 cups of chopped kimchi* (Napa cabbage)

500g pork belly (or shoulder pork)

2 tbs hot pepper paste* (gochujang)

1 tsp sugar

5 cups water

2 stalks scallions (green onion), chopped

400 gm tofu, cut into bite-sized cubes

Method

Combine the kimchi (Napa cabbage), hot pepper paste, kimchi juice, pork, and sugar in a heavy bottomed pot.

Add the 5 cups of water and bring to the boil on a high heat for 30 mins.

Add tofu and lower the heat to medium/low and cook for another 10mins.

Add the green onions and take off the heat.

Serve hot with rice.



** Kimchi and hot pepper paste is readily available from your Asian grocer or local supermarket.*

Lebanese Vegetable Soup

Preparation time: 15 mins

Cooking time: 20 mins

GF, V



Ingredients

2 cups Spanish onion, chopped

2 tbs olive oil

2 ½ cups carrots, chopped

¼ tsp ground red pepper

1 tsp ground coriander

2-4 garlic cloves, minced

1 ½ cups potatoes, chopped

1 tsp salt

4-5 cups vegetable stock*

2 large tomatoes, chopped

10 artichoke hearts (2 cans), cut into eighths

¾ cup canned chickpeas

¼ cup fresh parsley, chopped

2 lemons, sliced into wedges

Method

In a large soup pot, sauté the onion in the olive oil until soft. Add carrots and cover.

After 3 minutes stir. Add the ground red pepper, coriander, and garlic. Cover again and cook for a few more minutes.



Add the potatoes, salt and 2 cups of the stock. Cover the pot and bring the soup to a boil. Reduce the heat and simmer until the potatoes are nearly tender. Be careful not to overcook them.

Gently stir in the tomatoes, artichoke hearts, and the chick peas. Salt to taste. Cover and simmer for 3 or 4 minutes. Add the remaining 2-3 cups of stock or more if you like more broth. Heat gently.

It is important not to overcook or boil the soup. The potatoes, tomatoes and artichokes should be heated just enough to blend the flavours. Sprinkle each serving with fresh parsley and garnish with a wedge of fresh lemon.

**For the stock, use a combination of vegetable stock, the chickpea liquid and artichoke heart brine.*

Middle Eastern Lentil & Spinach Soup

Preparation time: 15 mins

Cooking time: 25 mins

GF, V

Ingredients

- 1 tbs olive oil
- 1 large brown onion, roughly chopped
- 8 cups water
- 1 vegetable stock cube
- 1 1/2 cups red split lentils
- 1 bunch English spinach, ends cut off and finely shredded
- 1 tbs garam masala
- 3 tsp ground cumin

Method

Heat the oil in a large saucepan on medium heat. Add the onion and cook, stirring occasionally, until soft. Add the water and stock cube. Turn up the heat to high.

Bring to the boil.

Add the lentils and stir until well combined. Lower heat to medium and simmer, uncovered, stirring occasionally, for 15 minutes or until the lentils are tender.

Add the spinach and cook, stirring, until the spinach just wilts. Add the garam masala and cumin, and stir until well combined.

Taste and season with salt and pepper.



Serve with Lebanese bread.

Moroccan Sweet Potato, Carrot & Chickpea Soup

Preparation time: 20 mins

Cooking time: 45 mins

V

Ingredients

- 2 tbs olive oil
- 1 large roughly chopped brown onion
- 2 cloves garlic, crushed
- 2 tsp ground cumin
- 2 tsp ground coriander
- ¼ tsp chilli powder
- 600g orange sweet potato, peeled and diced
- 500g peeled and sliced carrot
- 6 cups salt reduced chicken stock
- 300g can of chickpeas, rinsed and drained
- Juice from ½ a small lemon
- Turkish or crusty bread croutons

Method

Heat the oil in a large saucepan over medium/high heat. Add the onion and the garlic. Cook, for 3 minutes, stirring constantly. Stir in coriander, cumin and chilli powder. Cook, stirring, for 1 minute. Add the sweet potato and the carrot. Cook, stirring often, for 5 minutes. Add the stock. Cover and bring to the boil. Reduce heat to medium/low and simmer, stirring occasionally, for 20 minutes.



Add the chickpeas to soup and simmer for 10 minutes, covered until chickpeas are tender.

Using a stick blender or food processor, blend soup until smooth.

Return to saucepan over medium-low heat. Season with salt and pepper. Stir in 1 tablespoon lemon juice. Heat, stirring, until hot, do not boil.

Ladle into bowls. Top with croutons. Sprinkle with pepper. Drizzle with extra virgin olive oil.

New Zealand Kumara Soup

Preparation time: 10 mins

Cooking time: 25 mins

Ingredients

- 2 tbs olive oil
- 2 cloves garlic, crushed
- 2 stalks celery, finely sliced
- 1 onion, chopped finely
- 4 medium (800g) orange kumara (sweet potato)
- 5 cups chicken stock
- Salt and pepper
- 1/2 cup sour cream
- Feta cheese (optional)

Method

Peel and roughly chop the kumara.

Heat the oil in a large saucepan over medium/high heat. Gently cook garlic, celery and onion until tender.

Add the chopped kumara to the pan, then pour in the chicken stock.

Bring to the boil, seasoning with salt to taste. Simmer until kumara is tender.

Blend the soup in batches with a stick blender or in a food processor, then return to pan.



Check flavours and season as needed.

If the soup is too thick, dilute with more chicken stock.

Serve soup in bowls, each with a dollop of sour cream or crumbled feta cheese.

Enjoy with crusty bread.

Russian Cabbage Soup

Preparation time: 15 mins

Cooking time: 40 mins

V

Ingredients

3 tbs butter
1 large onion, chopped
1 large head cabbage, cut into shreds
1 large peeled carrot, coarsely grated
1 celery rib, chopped
1 bay leaf
Black peppercorns, to taste
8 cups water or vegetable stock
2 large peeled potatoes, coarsely chopped
1 can diced tomatoes
Salt and pepper to taste
Fresh dill for garnish

Method

In a large saucepan, saute onion in butter until translucent. Add potatoes, cabbage, carrots and celery and saute for 3 minutes, stirring frequently. Add bay leaf, peppercorns and water or stock. Bring to the boil. Lower heat and simmer, covered, for 15 minutes or until potatoes are tender.

Add the tomatoes and bring back to the boil.

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Reduce heat, simmer uncovered for 5 minutes.

Remove bay leaf and peppercorns from pot, if desired.

Thai Tom Yum Soup

Preparation time: 20 mins

Cooking time: 30 mins

Ingredients

500g medium green prawns

1-2 medium red chillies

2 tbs olive oil

3cm piece of galangal (similar to ginger)

1 stalk lemongrass, bruised and chopped

6 kaffir lime leaves

1/4 cup of fish sauce (plus extra to taste)

1/2 cup of lime juice (plus extra to taste)

2 tsp castor sugar

100g button mushrooms, quartered

100g cherry tomatoes, halved

2 tbs coriander, roughly chopped

Method

Peel and devein prawns; keep prawn heads and shells. Refrigerate prawns until needed.

Roughly chop chillies. Using a mortar and pestle, grind to a coarse paste.

Heat oil in a large saucepan over high heat, add chilli paste and reserved prawn shells and heads. Cook, stirring frequently, for 3-4 minutes until shells change colour. Add 1.5 litres water and bring to the boil, then reduce heat to low-medium and simmer for 10 minutes.



Heat and simmer for 10 minutes. Using a ladle, skim foam from the surface of the simmering stock, making sure to leave some of the red prawn oil. Remove from heat and strain through a fine sieve into a clean saucepan. Discard solids.

Place pan of prawn stock over medium-high heat; add galangal, lemongrass, kaffir lime leaves, fish sauce, lime juice and sugar. Simmer for 15 minutes

Add button mushrooms, cherry tomatoes and raw prawns. Simmer further until prawns are just cooked.

Season with extra fish sauce and lime juice to taste, then stir in chopped coriander.

Ladle soup among bowls, then top with extra sliced red chilli and coriander springs to serve.

Tuscan Bean Soup

Preparation time: 10 mins

Cooking time: 25 mins

V

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Ingredients

- 1 tbs olive oil
- 1 onion, finely chopped
- 4 cloves garlic, chopped
- 2 400g cans white cannellini beans, rinsed and drained
- 3 cups chicken or vegetable stock
- 1 tbs chopped fresh sage or rosemary
- Salt and fresh ground black pepper
- 1/4 cup chopped fresh parsley
- 1/2 tsp chilli powder (optional)

Method

Heat oil in a large saucepan, add onion and cook for 10 minutes until soft but not coloured. Add garlic and cook for another 1 minute.

Add beans and stock, then bring to the boil. Turn down the heat, simmer for 5 minutes. Add sage or rosemary.

Pour out half the soup mixture into another pot and puree with a stick blender or in a food processor. Return to the main pot. Simmer for 5 minutes more, then season with salt and pepper.



To serve, sprinkle with parsley and a little chilli powder to taste.

Serve with crusty bread.



All the recipes can be easily be adapted to suit gluten-free, lactose-intolerant, vegetarian and vegan diets with simple substitutions such as:

- Flavouring with vegetable or yeast-based stock products instead of chicken/beef stock cubes
- Serving with rice instead of bread
- Using zoodles (zucchini noodles) or finely shredded carrots instead of pasta and noodles
- Enriching with almond or soy milk products instead of cream

You can substitute champagne to create a more exciting flavour!

We hope you have enjoyed *Soups at Southport*.

We are working on our second community recipe collection.

Look out for details on our Facebook page

<http://www.facebook.com/TheMigrantCentre>

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