

**VOL.2 - SOUPS**

L A K E S I D E  
R e s t a u r a n t  
**FAVOURITES**



# **From our kitchen to yours.**

'Lakeside Favourites' will be an evolving compilation of some of our most well loved menu dishes, with a few tweaks to suit any store cupboard. Whether you're working from home, or needing to self isolate, we're here to help deliver campus comforts over the following weeks.

For advice on what to do with those chickpeas left in your cupboard from last year, to that burning question you've always had about how to make the perfect meringue, we're happy to help! We welcome you to reach out to us at [Lakeside@surrey.ac.uk](mailto:Lakeside@surrey.ac.uk).

***TEAM LAKESIDE***



# SWEETCORN & CHILLI CHOWDER

## INGREDIENTS

- 1 x Tbsp Sunflower Oil
- 1 x Onion, finely diced
- 1 x Red Pepper, finely sliced
- 1 x Celery stick, chopped
- 300g Frozen Sweetcorn
- 800ml Vegetable Stock
- 400ml Coconut Milk
- 1/4tsp Chilli Flakes
- 1 tsp Smoked Paprika
- 1 tbsp Sunflower Oil
- 2 x Spring onions
- Coriander leaves
- Lime

Great for Freezing!



**SERVES: 4**

**PREP & COOK TIME: 1HR**

## METHOD

1. In a large pan, heat oil over a medium heat
2. Add the onion, chilli flakes, red pepper, celery and cook for 2-3 minutes to soften slightly
3. Add the sweetcorn, vegetable stock and coconut milk
4. Stir in smoked paprika, then partially cover with lid. Cook for ten minutes, stirring occasionally
5. Remove from heat and season with salt. Ladle half of the soup into a blender and whizz until smooth
6. Pour the blended half back into your saucepan and mix to combine
7. Serve with scattered spring onions, coriander and lime!





# VEGAN MULLIGATAWNY



## INGREDIENTS

- 1 1/2 Tbsp. Olive Oil
- 1/2 Large red onion, diced
- 1 x Red pepper, diced
- 1/2 Butternut squash cubed, (385g peeled)
- 2 x Large carrots, diced
- 4 x Garlic cloves, finely diced
- 1 1/2 Inch piece of grated ginger
- 1 Tbsp Tomato paste
- 4 Tsp Mild curry powder
- 1 Tsp Ground Coriander
- 1/2 Tsp Garam Masala
- Salt
- 12 Litres Vegetable Stock
- 400g Tin drained chickpeas
- 70g Peas
- 150g Cooked Rice

**SERVES: 6**

**PREP & COOK TIME: 1HR30**

## METHOD

1. In a large pan, heat oil over a medium heat
2. Add onions and cook for three minutes, until they begin to soften
3. Stir in carrots, butternut squash and red pepper. Cook for a further three minutes
4. Add garlic, ginger, tomato paste, curry powder, coriander and garam masala. Cook for a further three minutes.
5. Add vegetable stock, before turning up the heat and bringing to the boil.
6. Once boiling, reduce heat to medium then add chickpeas, peas and rice
7. Let soup simmer until butternut is tender
8. Adjust seasoning to taste and serve!



# PEA & MINT

## INGREDIENTS

- 1 1/2 Tbsp. Olive Oil
- 1/2 Large Onion, diced
- 400g Potato, peeled & diced
- 1 Clove Garlic, crushed
- 1L Vegetable stock
- 500g Frozen peas
- 4 Tbsp Chopped fresh mint
- 1 Tbsp Lemon juice
- Salt & Pepper

## METHOD

1. Heat olive oil in a saucepan over a medium heat. Add onions and cook for 3 minutes until softened
2. Add potatoes and cook for 3 minutes
3. Add garlic and cook for a further 3 minutes
4. Add vegetable stock and bring to the boil
5. Once boiled, reduce the heat to let the soup simmer for 15 minutes until potatoes are tender
6. Add frozen peas and bring back to the boil, then simmer for 3 minutes
7. Mix with a stick blender or liquidiser until your desired consistency.
8. Season to taste with salt, pepper and mint, then serve!

**SERVES: 6**

**PREP & COOK TIME: 45MINS**



# VEGETARIAN PHO

## INGREDIENTS

- 3 Inch Cinnamon stick
- 3 Whole cloves
- 2 Star Anise
- 1 Large white onion, peeled & quartered
- 4inch piece of ginger, peeled and halves lengthwise
- 1. 5L Vegetable Stock
- 2 Tbsp Tamari or Soy sauce
- 1 pack Rice noodles
- 1 Tbsp Olive oil
- 150g Shiitake Mushrooms, thinly sliced

### ***Garnishes***

- Bean sprouts, fresh basil, fresh mint, thinly sliced spring onion and fresh jalapeno

**SERVES: 4**

**PREP & COOK TIME: 1HR**

## METHOD

1. Warm a saucepan over a medium heat and add cinnamon, cloves and star anise. Toast until fragrant, roughly 3-4 minutes
2. Add onion, ginger, vegetable stock, water and tamari. Raise the heat and bring the mixture to boil. Reduce the heat and simmer for 30 minutes.
3. In the meantime, prepare your rice noodles by cooking them according to the package directions.
4. Prepare your shiitake mushrooms. Place a medium frying pan over medium heat and fry mushrooms in olive oil and a dash of salt. Cook until lightly browned for 4-6 minutes.
5. Once the broth is flavoursome, strain soup to remove bits. Add broth, noodles and mushrooms. Add garnishes and serve!