



Cioppino

# SOUPS

Soups must always be robust in colour and rich in flavour. Wherever possible, I try to use organic liquid stocks; my philosophy being to avoid preservatives at all times.

Creamy soups seem to sum up all that I believe in when I am entertaining. Their flavour should wow the palate and each mouthful should test the tongue to work out their flavours, spices and nuances. When beginning a meal, soup is the ideal starter because not only is it elegant but can be made ahead of time, so that one can concentrate on the main course with all its intricate detail.

Whether it is an unusually spicy vegetarian-based laksa soup, a combination of thyme and sweet potato (I like using the orange yams when in season) or full-bodied seafood fare brimming with all sorts of delights, all soups should comfort the soul – and the tummy!

My least favourite soup is a cold one, hence the lack thereof in this section. These soups are designed either for cold winter days when it is too nippy to leave home or for those days when I look outside and see the leaves starting to fall from the trees. Whenever autumn is on its way, with its vivid reds, oranges and yellows, I know it is time to pull out my sweaters and to make a bowl of hearty soup to welcome in the change of season.

Butternut Laksa Soup

Sweet Potato And Thyme Soup

Moroccan-Spiced Carrot Soup

Spicy Tomato Soup  
With Toasted Spices

Curried Chicken Coconut Soup

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