

THE ESSENTIAL BOOK OF SOUPS

From our kitchen to yours



essential
cuisine

Contents

Introduction	4
Spring recipes	7
Carrot, Ginger and Zesty Lemon.....	9
Garden Pea and Mint.....	10
Chinese Pork and Chilli.....	13
Summer recipes	14
Fish Stew with a Spanish Twist.....	16
Thai Spiced Duck Broth.....	19
Tuscan Tomato and Basil.....	20
Autumn recipes	22
Cream of Wild Mushroom.....	25
Butternut Squash.....	26
One Pot Chicken Broth.....	29
Winter recipes	30
Beef Goulash.....	32
King Louis Leek and Potato.....	35
Malaysian Shiitake.....	36
Ingredients to inspire	38



Introduction

Here at Essential Cuisine, we're passionate about food, as you might expect. With chefs at our heart, there's no other supplier better placed to understand the unique challenges of kitchen life.

Our team of talented chefs are always cooking up new ideas, with inspiration coming from all sorts of places to provide you and your hardworking team with the support you need.

We've always thought that there's something special about soup. It can be made into an upmarket entree or into a healthy, nutritious lunch option - the choices are endless.

We've compiled some of our favourite recipes into this handy book to guide you through spring, summer, autumn and winter, incorporating the freshest, seasonal ingredients and of course the best range of stocks, glaces and Asian bases.

You'll find simple, cost-effective classics, more challenging oriental options and soups that are gluten free or contain no declarable allergens allowing you to cater for a wide customer base with diverse dietary needs. These recipes are complete with hints and tips from our team of expert chefs to lift your soups from great to spectacular!

We'd love you to share your creations with us on social media. Tweet @essentialcuisin or follow @chef.essential on Instagram and use the hashtag #EssentialSoups

We hope you enjoy!

Team Essential



A close-up photograph of a dark grey bowl filled with a vibrant green soup. The soup is garnished with a swirl of white cream and a single fresh basil leaf. The bowl is placed on a grey textured cloth. In the background, another green leaf is visible on the left, and a small piece of bread is on the bottom left.

Spring

Our spring collection bridges the gap between the seasons. Some filled with hearty root vegetables, others much lighter but all using fresh, seasonal produce.

Carrot, ginger and zesty lemon

🕒 PREP TIME 15 MINS ⏳ COOKING TIME 30 MINS 🍴 10 x 250ml

INGREDIENTS

20ml vegetable oil
250g chopped onion
2 crushed garlic cloves
1tsp ground ginger
30g fresh ginger
10g sugar
1 chopped red chilli
750g peeled and diced carrots
250g peeled and diced potato
**50g Essential Cuisine Light
Vegetable Stock Mix**
1 lemon rind peeled
2.5ltrs water
Twist of freshly ground pepper
Sea salt seasoned to your taste
2tsp finely chopped coriander

METHOD

1. Heat oil in a suitable pan and add the chopped onions and garlic, fry gently until they are tender, with not too much colour
2. Add ginger, chilli and carrots and cook gently for 2-3 minutes
3. Add potatoes, water, **Essential Cuisine Light Vegetable Stock Mix** and lemon rind, bring to the boil
4. Simmer for 20 minutes or until the carrots and potatoes are tender
5. Remove the lemon rind and puree the soup in a liquidiser or using a stick blender until smooth, pass through a sieve
6. Finally, reheat your soup and season to your taste, your Carrot, Ginger and Zesty Lemon Soup is now ready to serve in warm bowls sprinkled with the freshly chopped coriander



*No
declarable
allergens!**

CHEFS TIP

This soup is free of known allergens, but you can finish with a good spoonful of crème fraiche or natural yoghurt!

Garden Pea and Mint

🕒 PREP TIME 10 MINS ⏳ COOKING TIME 30 MINS 🍷 10 x 250ml

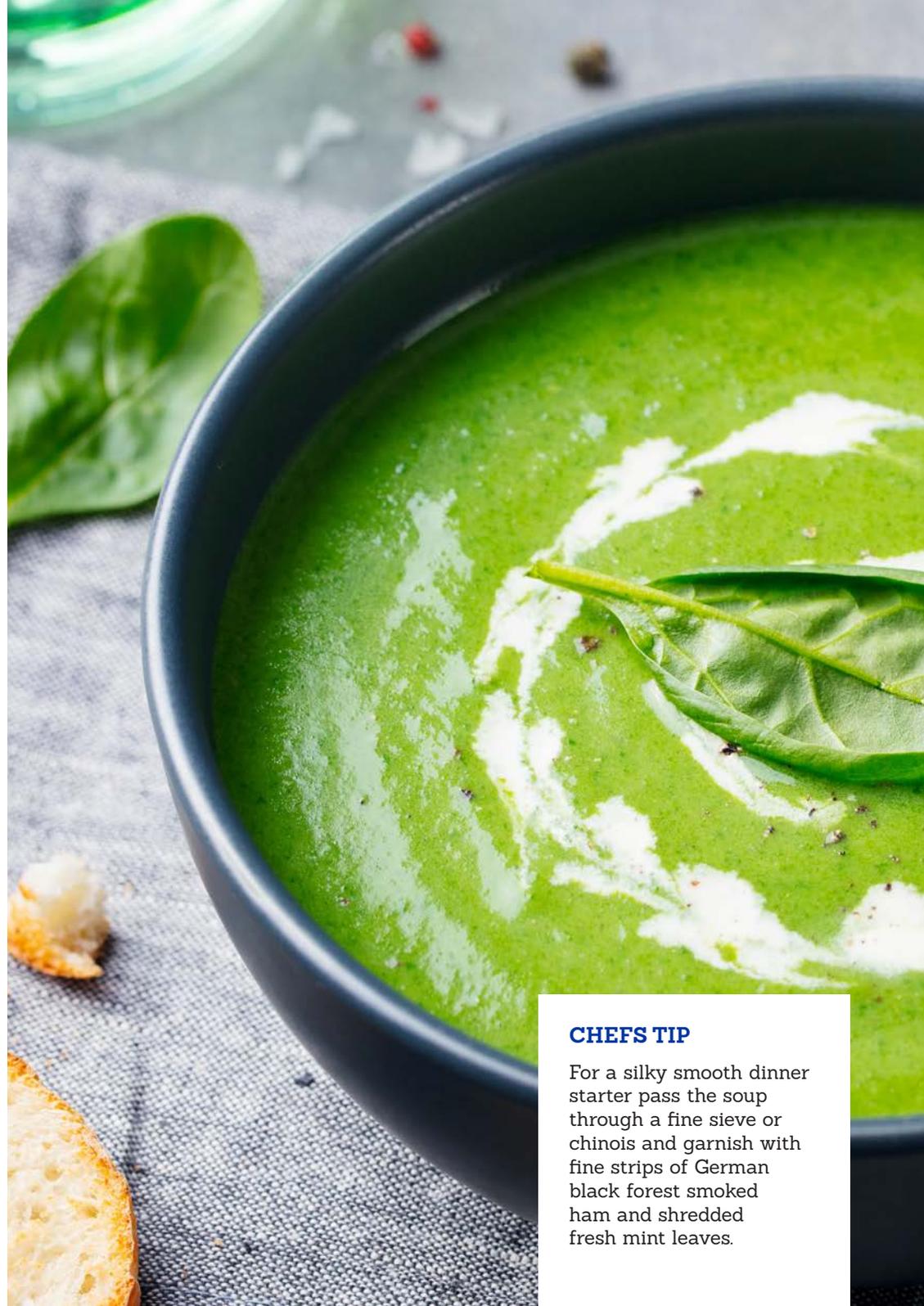
INGREDIENTS

20g vegetable oil
500g chopped onion
2 crushed garlic cloves
**50g Essential Cuisine
Light Vegetable Stock**
500g chopped potato
2.5ltrs water
750g frozen peas
20g mint sauce
Twist of freshly ground pepper
Sea salt

METHOD

1. Heat the oil in a suitable pan and add the chopped onions, and garlic, fry gently until they are tender, with not too much colour
2. Add potatoes, water and **Essential Cuisine Light Vegetable Stock Mix**
2. Add the frozen peas and bring to the boil. Simmer for 15 minutes or until the peas are tender
4. Puree in a liquidiser or using a stick blender and pass soup through a sieve
5. Return to the saucepan, add the mint and bring back to the simmer
6. Finally season to your taste with freshly ground pepper and sea salt, your Garden Pea and Mint Soup is now ready to serve

*No
declarable
allergens!**



CHEFS TIP

For a silky smooth dinner starter pass the soup through a fine sieve or chinois and garnish with fine strips of German black forest smoked ham and shredded fresh mint leaves.

Chinese Pork and Chilli

🕒 PREP TIME 15 MINS ⏳ COOKING TIME 1 HOUR 🍴 10 x 250ml

INGREDIENTS

400g pork tenderloin,
cut into thin strips

5cm fresh root ginger,
finely chopped

2 x 5cm lemon grass stalks,
very finely chopped

2 red chillies, seeded
and thinly sliced

20 baby corn cobs,
halved lengthways

2 large carrots, cut
into thin sticks

2.2ltrs hot water

**30g Essential Cuisine
Pork Glace**

**70g Essential Cuisine
Master Stock Base**

10 spring onions, thinly sliced

30 small chestnut
mushrooms, sliced

250g vermicelli rice noodles

70ml soy sauce

Sea salt seasoned to your taste

Twist of freshly ground pepper

2tbsp chopped coriander
(optional)

METHOD

1. Place the pork, ginger, lemon grass and chilli into an ovenproof dish
2. Add the baby corn and carrot, pour over the hot water and stir in the **Essential Cuisine Pork Glace** and **Master Stock Base**
3. Place the dish into an unheated oven. Set the temperature to 200°C and cook for 30-40 minutes, or until the stock is simmering and the pork and vegetables are tender
4. Add the spring onions and mushrooms, cover with a lid and continue cooking for 10 minutes
5. Place the noodles in a large bowl and cover with boiling water. Soak for the required time as per the packet instructions
6. Stir the soy sauce into the soup, season to your taste with salt and pepper
7. Drain the noodles and divide them between the serving bowls, pour the soup over the noodles
8. Sprinkle with fresh coriander if required. Your Essential Cuisine Chinese Pork and Chilli Soup is now ready to serve

CHEFS TIP

The aromatics from the **Essential Cuisine Master Stock Base** give this soup a great depth of flavour. Serve with a sweet chilli sauce for extra spice.



Summer

We've combined some of the seasons best ingredients to form our wonderfully light and flavoursome summer collection.

Fish Stew with a Spanish twist

🕒 PREP TIME 15 MINS ⏱️ COOKING TIME 40 MINS 🍴 10 x 250ml

Large pinch of saffron
50ml olive oil
2 large onions, peeled and finely diced
5 garlic cloves, peeled and crushed
5 bay leaves
2 tsp chopped fresh thyme
2 tsp sweet or smoked paprika
2kg tinned chopped tomatoes
40g Essential Cuisine Fish Stock Mix plus a pinch to season fish
50 par boiled baby potatoes
1.5kg cod, hake or haddock fillets, cut into 5 cm dice
40 raw tiger prawns
40 fresh mussels
140 fresh clams
2 grated orange rinds
200g gluten free garlic mayonnaise

1. Place saffron in a small cup of boiling water and allow to infuse
2. Season the fish with a good pinch of **Essential Cuisine Fish Stock**
3. Heat the olive oil in a suitable saucepan, gently fry the onions for 5 minutes, then add the garlic, bay leaves and thyme. Fry until soft but with not too much colour
4. Sprinkle in the paprika and tomato, bring to the boil and allow to simmer for 5 minutes
5. Stir in the **Essential Cuisine Fish Stock Mix** and saffron water. Add potatoes and cook until softened, gently stir in the fish
6. Cover and poach gently until all fish is cooked, stir in grated orange rind
7. Serve with gluten free crusty bread, garlic mayonnaise or garlic buttered toasted ciabatta!



Gluten Free recipe!

CHEFS TIP

Try stirring in a teaspoon of **Essential Cuisine Lobster Glace** to really bring out the shellfish flavour.

Thai Spiced Duck Broth

🕒 PREP TIME 15 MINS ⏳ COOKING TIME 45 MINS 🍴 10 x 250ml

INGREDIENTS

10ml vegetable oil
250g peeled and finely sliced shallot
2 peeled and crushed garlic cloves
50g peeled and finely shredded ginger root
1 finely sliced seedless red chilli
250g sliced red pepper
250g washed and sliced shitaki mushrooms
25g Essential Cuisine Chicken Stock Mix
75g Essential Cuisine Aromatic Stock Base
1.2ltrs hot water
10 skinless gressingham duck breasts
2tbsp red or green Thai curry paste
5 kaffir lime leaves
5 lightly crushed lemon grass sticks
2tbsp fresh lime juice
Good twist of freshly ground pepper
Sea salt seasoned to your taste
2tbsp chopped coriander
2tbsp finely shredded Thai basil leaves

METHOD

1. Heat the oil in a suitably sized saucepan, gently fry the shallots and garlic until soft but with not too much colour. Stir in the ginger, chilli, red peppers and mushrooms
2. Whisk the **Essential Cuisine Chicken Stock** and **Aromatic Stock Base** into the hot water until fully dissolved, add to the vegetables
3. Stir in the Thai curry paste, lime leaves and lemon grass
4. Place the duck breasts into the resulting broth and poach gently until cooked through on a low heat
5. Remove the duck breasts and cut lengthways into neat strips
6. Remove the lime leaves and lemon grass stalks, add the lime juice, stir in hot water to adjust the consistency if required
7. Stir the duck strips back into the broth and bring back to the simmer
8. Season to your taste with sea salt and freshly ground pepper



Gluten Free recipe!

CHEFS TIP

Serve your broth with some fine vermicelli noodles in a deep pre warmed bowl. Stir in a spoonful of **Essential Cuisine Duck Glace** to give your broth a rich flavour boost.

Tuscan Tomato and Basil

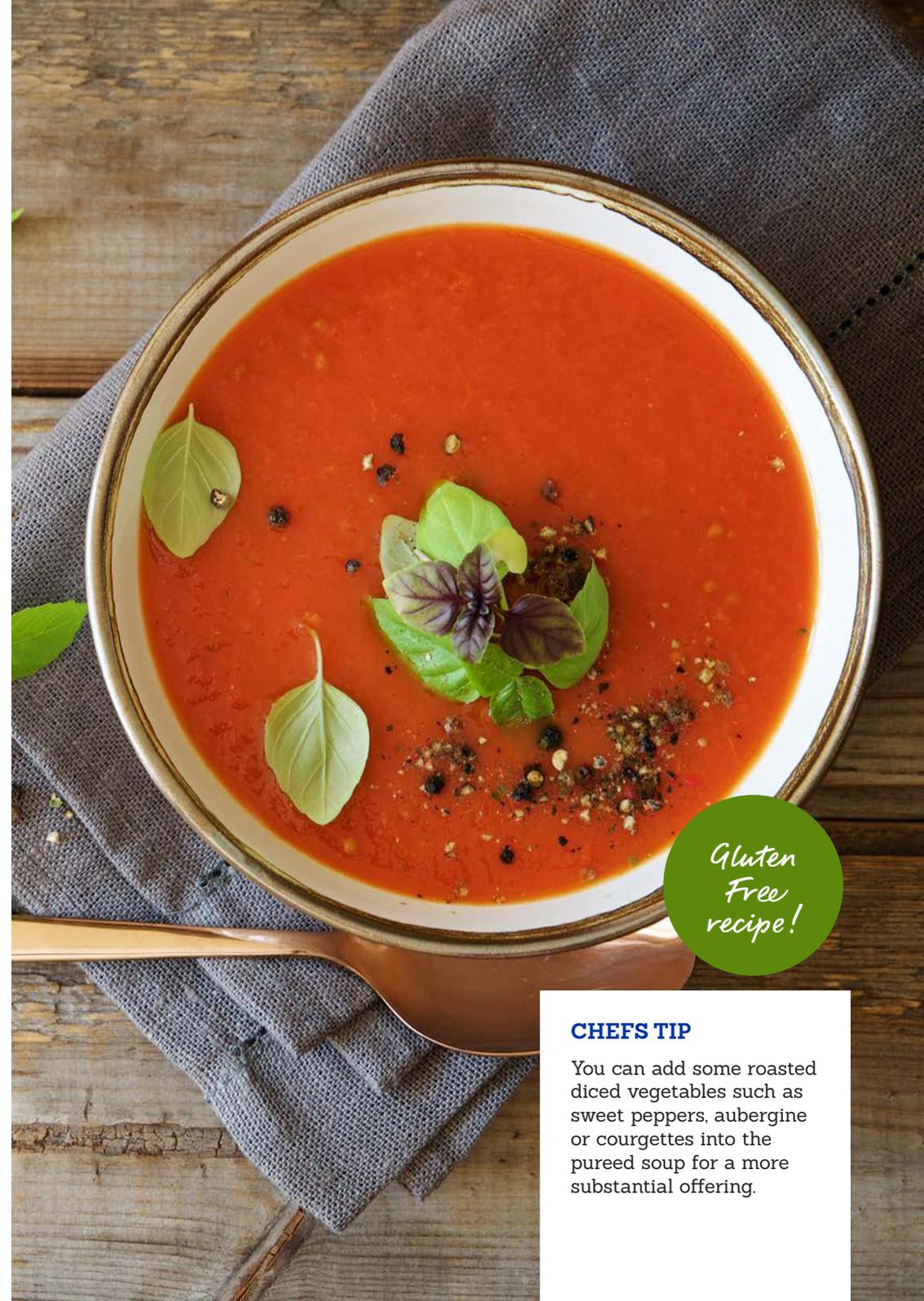
🕒 PREP TIME 10 MINS ⏳ COOKING TIME 45 MINS 🍲 10 x 250ml

INGREDIENTS

50g butter
250g onions, chopped
75g pancetta, chopped (optional)
4 garlic cloves, crushed
1 sprig of thyme
1 bay leaf
1 bunch basil
50ml white wine vinegar
1tsp sugar
100g tomato puree
600g chopped tinned tomatoes
40g Essential Cuisine Vegetable Stock Mix (use Chicken Stock with the pancetta)
2.5ltrs water
1.5 large potatoes diced
Salt and freshly ground pepper
20g chopped fresh basil
Double cream

METHOD

1. Heat the butter in a suitable heavy based saucepan, add the chopped onions, pancetta and garlic and fry lightly for 5-10 minutes
2. Add the herbs, vinegar and sugar cook out for 1 minute. Add the tomato puree, stir well and then add the tomatoes
3. Spoon in the **Essential Cuisine Stock Mix** of choice and pour in the water, bring to the boil and skim any excess from the top
4. Add the chopped potato and simmer for 30 minutes or until the potato is tender
5. Blend in a liquidiser and pass through a sieve into a clean pan
6. Bring back to the boil, add the cream and correct the seasoning. If the soup is too thick, add a little water until the desired consistency is achieved
7. Finish with the chopped Basil and a swirl of cream



Gluten Free recipe!

CHEFS TIP

You can add some roasted vegetables such as sweet peppers, aubergine or courgettes into the pureed soup for a more substantial offering.



Autumn

Rich, creamy and packed full of flavour - our autumn collection calls for seasonal butternut squash and wild mushrooms.

Cream of Wild Mushroom

🕒 PREP TIME 10 MINS ⏳ COOKING TIME 35 MINS 🍴 10 x 250ml

INGREDIENTS

- 20g butter
- 2tbsp olive oil
- 250g peeled and sliced onions
- 5 crushed garlic cloves
- 800g mixed wild mushrooms
- 400ml dry white wine
- 2ltrs water
- 25g Essential Cuisine Mushroom Stock Mix**
- 25g Essential Cuisine Vegetable Stock Mix**
- Good twist of freshly ground pepper
- Sea salt seasoned to your taste
- 2tbsp chopped flat leaf parsley
- 125ml Double cream

METHOD

1. Melt the butter and oil in a thick bottomed saucepan, add the onions and garlic, fry gently for 2-3 minutes until they start to soften but with not too much colour
2. Stir in the mushrooms, continue cooking for 5 minutes, stirring occasionally
3. Pour in the wine and stir in the **Essential Cuisine Mushroom Stock** and **Vegetable Stock Mix**, bring to the boil and simmer for 20 minutes or until all the ingredients are tender
4. Liquidise the soup with a hand blender or food processor until velvety smooth. Pass through a sieve into a clean pan
5. Bring back to the boil, season to your taste with sea salt and freshly ground pepper, stir in the parsley and double cream.
6. Your Cream of Wild Mushroom Soup is now ready to serve with your choice of warm gluten free crusty bread.



Gluten Free recipe!

CHEFS TIP

For an extra luxurious taste, stir in a spoonful of **Essential Cuisine Wild Mushroom Glace** to finish the dish.

Butternut Squash

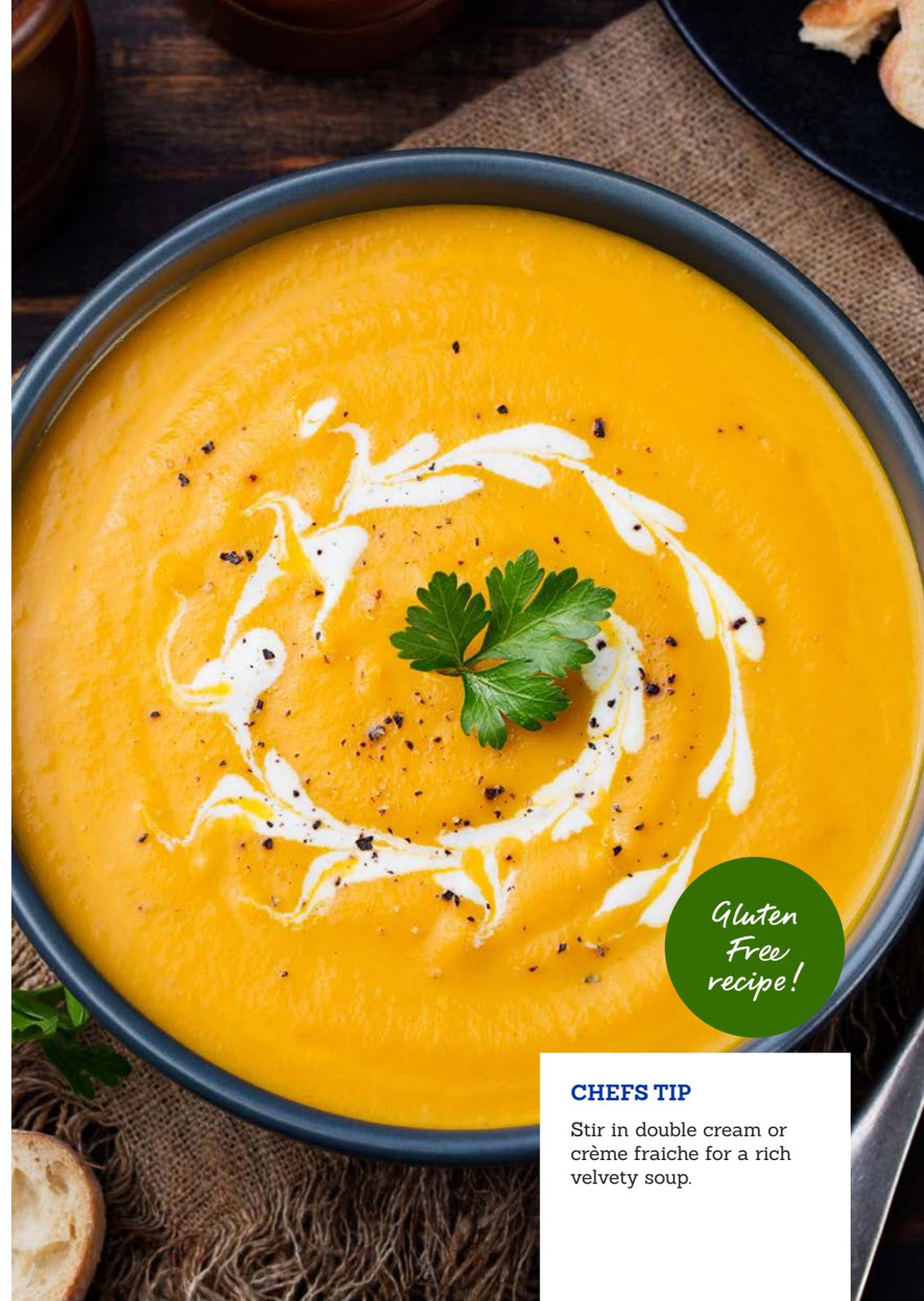
🕒 PREP TIME 15 MINS ⏱️ COOKING TIME 45 MINS 🍷 10 x 250ml

INGREDIENTS

20ml rapeseed oil
250g chopped onion
5 crushed garlic cloves
2 finely chopped lemon grass sticks
2cm fresh ginger, peeled and finely chopped
125g chopped leeks
125g chopped sweet peppers
125g chopped carrots
750g chopped butternut squash
2 bay-leaves
2 thyme sprigs (picked from the stem)
50g tomato puree
500ml coconut cream
25g Essential Cuisine Light Vegetable Stock mix
75g Essential Cuisine Aromatic Stock Base
1.7ltrs water
25g coriander
25g Thai basil
A twist of freshly ground pepper
Sea salt seasoned to your taste

METHOD

1. Heat rapeseed oil in a suitable saucepan, add the chopped onions, garlic, lemon grass, ginger, leeks, peppers and carrots, fry gently until they are tender with not too much colour. Stir in the butternut squash
2. Add the bay-leaves and thyme. Add the tomato puree and coconut cream, stir well
3. Stir in the **Essential Cuisine Light Vegetable Stock, Aromatic Stock Base** and water, bring to the boil and simmer for 30 minutes or until the vegetables are softened
4. When cooked, remove the bay-leaves, stir in the coriander and basil leaves, blend the soup in a liquidiser or with a stick blender until smooth
5. Pass through a sieve into a clean pan. Season with sea salt and freshly ground pepper and bring back to the boil
6. Your Aromatic Butternut Squash Soup is ready to serve with picked Thai basil and coriander leaves



Gluten Free recipe!

CHEFS TIP

Stir in double cream or crème fraiche for a rich velvety soup.

One Pot Chicken Broth

🕒 PREP TIME 15 MINS ⏰ COOKING TIME 45 MINS 🍴 10 x 250ml

INGREDIENTS

- 30ml olive oil.
- 20 fresh chicken thighs, skin on and bone in
- 20 rashers streaky bacon, cut into strips
- 5 crushed garlic cloves
- 250g diced onion
- 50g Essential Cuisine Chicken Stock mix**
- 1.25ltrs water
- 500g small jersey royal potatoes
- 500g broad beans, cooked with skin removed
- 500g sweetcorn niblets, cooked
- 500g plum cherry tomatoes, halved
- Good twist of freshly ground pepper
- Sea salt seasoned to your taste

METHOD

1. Heat olive oil in a suitable pan with a lid, gently fry the chicken thighs on all sides until golden brown, with crisp skin. Remove from the pan
2. In the same pan, add the streaky bacon, cook for 4-5 minutes, until crisp, remove from the pan
3. Stir in the garlic and onions, gently fry until the onions are soft but with not too much colour
4. Return the chicken and bacon to the pan, stir in the **Essential Cuisine Chicken Stock Mix** and the water, cover with the lid
5. Bring to the boil and simmer for 10 minutes, remove the lid, stir in the Jersey Royals, replace the lid and continue cooking for a further 20 minutes or until the chicken is cooked through and the potatoes are tender
6. Stir in the broad beans, sweetcorn and tomatoes, simmer uncovered for five minutes. Adjust the consistency of the broth by adding a little hot water if necessary
7. Season to your taste with sea salt and freshly ground pepper. Serve in warm bowls with crusty gluten free bread and mixed leaf salad on the side



*No
declarable
allergens!**

CHEFS TIP

We use Jersey Royal pearl potatoes when in season, or baby new potatoes if not.

Winter

A popular choice with consumers through the colder months. Be inspired by our winter collection to drive additional spend per head.



Beef Goulash

🕒 PREP TIME 15 MINS ⏳ COOKING TIME 2 HOURS 🍷 10 x 250ml

INGREDIENTS

30ml sunflower oil

1.5kg beef chuck, cut into 2.5cm dice

400g finely chopped onion

5 crushed garlic cloves

2 large tbsp paprika

1/2 tsp lightly crushed caraway seeds

2 bay-leaves

2tbsp tomato puree

2.5 litres Essential Cuisine Beef Stock

Twist of freshly ground pepper

Sea salt seasoned to your taste

2 green peppers, de-seeded and cut into strips

8 large tomatoes, skinned, de-seeded and chopped

750g peeled baby potatoes

2 pinches cayenne pepper



METHOD

1. Heat the oil in a large saucepan with a lid, add the beef and fry until browned on all sides, remove and keep warm
2. Add the onion and garlic to the pan in the remaining oil, fry gently until softened but with not too much colour
3. Stir in the paprika, caraway seeds, bay leaf and tomato puree, cook for a further 2-3 minutes, stirring frequently
4. Stir in the **Essential Cuisine Beef Stock**, return the beef to the pan and bring to the boil, season to your taste with sea salt and freshly ground pepper
5. Cover with a lid and simmer on top of the stove for about an hour, stirring occasionally
6. Add the green pepper, tomato and potatoes to the goulash and simmer for a further 30 minutes or until the meat and potatoes are tender. You may need to add more stock, the goulash should be a soup like consistency
7. Finally, check the seasoning, your Essential Beef Goulash is now ready to serve in warm bowls with a pinch of cayenne on top

No
declarable
allergens!*

CHEFS TIP

Try serving your Beef Goulash with herb spätzle, a cross between pasta and dumplings.

King Louis Cream of Leek and Potato

🕒 PREP TIME 10 MINS ⏳ COOKING TIME 45 MINS 🍴 10 x 250ml

INGREDIENTS

50g butter
300g onions, chopped
300g leeks, chopped
1 garlic clove, crushed
**32g Essential Cuisine
Vegetable Stock**
2ltrs water
600g diced peeled potatoes
250ml double cream
20g chopped fresh chives
Salt and freshly ground
black pepper

METHOD

1. Heat the butter in a large pan, add the chopped onions, leeks and garlic, sweat without colour for 10-15 minutes until the onions are tender
2. Spoon in the **Essential Cuisine Vegetable Stock** and pour in the water
3. Add the potatoes and bring to the boil. Skim any excess from the top and simmer for 30 minutes
4. Puree in a liquidiser and pass through a sieve into a clean pan. Bring back to the boil, add the cream and correct the seasoning
5. If the soup is too thick, add a little water until the desired consistency is achieved
6. Finish with the chopped chives

*Gluten
Free
recipe!*

CHEFS TIP

Drizzle some Essential Cuisine Vegetable Mirepoix Glace over your finished soup to add a flavour boost.



Malaysian Shiitake Laksa

🕒 PREP TIME 15 MINS ⏱️ COOKING TIME 30 MINS 🍴 10 x 250ml

INGREDIENTS

400g dried shiitake mushrooms

2ltrs hot water

65g Essential Cuisine Wild Mushroom Glace

5tbsp tamarind paste

600ml hot water

2 red chillies, seeds removed

Lemon grass stalks, finely sliced

3tsp ground turmeric

3tsp grated ginger

250g chopped onion

3tsp dried shrimp paste

75ml vegetable oil

5tsp palm sugar

Red onion, peeled and finely sliced

1 cucumber, seeded and cut into strips



METHOD

1. Place the mushrooms into a bowl, pour 2ltrs of hot water over them and stir in the **Essential Cuisine Wild Mushroom Glace**, leave to soak for 30 minutes
2. Put the tamarind paste into a small bowl and pour in the 600ml of hot water. Mash the paste with a fork, then strain and reserve the resulting liquid, discard the pulp
3. Process the chilli, lemon grass, turmeric, ginger, onion and shrimp paste in a food processor or blender, add a little of the mushroom stock to form a paste
4. Heat the oil in a thick bottomed pan and cook the paste over a low heat for 4-5 minutes until fragrant. Add the tamarind liquid and bring to the boil, simmer for 5 minutes then remove from the heat
5. Drain the mushrooms and reserve the stock. Quarter the mushrooms if large and add to the pan with their soaking stock and the palm sugar. Simmer for 25-30 minutes or until tender
6. Place the vermicelli into a large bowl and cover with boiling water, leave to soak, according to the packet instructions
7. Drain well, divide between warmed bowls, top with the red onion and cucumber then ladle in the boiling mushroom soup
8. Garnish with mint leaves, your Essential Cuisine Malaysian Shiitake Mushroom Laksa is now ready to serve



Gluten Free recipe!

CHEFS TIP

You can use fresh shiitake or wild mushrooms instead of dried, just increase to 500g in weight and sauté quickly instead of soaking.

Ingredients to inspire...



Light Vegetable Stock Mix

Our Light Vegetable Stock answers the demand for better nutritionally balanced products, with only 0.40g of salt per 100ml. Made with onions, carrot, garlic and herbs, this product is suitable for both vegan and vegetarian diets and contains no declarable allergens.*

Our Glaces

Made with the finest ingredients, our Glace range is full of taste and versatility to make your dishes extraordinary. Not only are they perfect for soups, you can spoon into sauces, marinade or drizzle onto dishes the options are endless. With the full range being gluten free you and your team can use with confidence.



Master Stock Base

Our gloriously rich and meaty Asian base has hints of garlic, ginger and star anise ensuring consistency in seasoning and flavour. Our Aromatic, Miso and Master bases all comply with DOH salt guidelines and contain no MSG. Visit our website for recipe inspiration!

Have you tried our Halal range?

Our Halal stock mixes are all gluten free allowing you to cater for a wide range of consumer needs.

Visit our website for more information!



Find out more about our full range

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Essential Cuisine

* These products do not contain declarable allergens under the EU regulation 1169/2011 (AnnexII)



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