

## Foreword (provisional)

When I was young I adored eating soup, when I grew up this love progressed. Using my own Bamix hand-held blender (which has since sadly left this world) I created all kinds of soup. Thick soup, Clear soup, savoury soup, party soup, easy soup, you name it.

My love for soup manifested itself in 2009, when the Soup calendar was published. Without naming a year, we combined 365 recipes for soup into one bundle. The best thing about this calendar was that it contains recipes from all of my friends and family. Anyone I know has their own fabulous soup recipes and that calendar combined them all.

This year we will be exchanging delicious recipes again. A few recipes from the Soup calendar, and some new recipes have been combined into this new calendar: 101 vegetarian recipes for the loveliest meal in the world. Bon appétit!

## Recipes

### Karel's coarse pumpkin soup

4 servings

1 pumpkin / 1 red pepper / 1 tbsp cumin seed / 2 tbsp oil / 2 celery stalks / 1 garlic clove / 1 red onion / 1.5 L vegetable stock / 800 grams chick peas (can) / 2 tsp harissa / 20 g common parsley / 2 tbsp mint

Preheat the oven to 200 degrees Celsius. Cut the pumpkin in to small pieces, and the pepper into rings. Put them, together with the cumin seed and 1 tbsp of oil into a oven proof dish. Put it in the oven and cook the pumpkin in approximately 40 mins. Heat 1 tbsp of oil in a soup pan and add sliced celery, garlic and the onion. Fry until the vegetables have softened. Add the roasted pumpkin and pour in the stock. Boil and let simmer for 15 mins. Add the chickpeas and let boil for another 15 mins. Add salt and pepper to taste, and mash it using a hand-held mixer until all combined. Before serving, scoop half of a tsp into the bowl and pour the soup over it. For garnish, sprinkle the chopped parsley and mint over the dish before serving.

### Dolf's mustard soup with apple and leek

8 servings

50 g butter / 1.2 kg leek, cut into rings / 2 Elstar apples, sliced / 2 cloves of garlic / 3 vegetable stock cubes / 250 ml crème fraiche / 5 tbsp coarse mustard / 3 spring onions, cut into rings

Heat butter in a pan and stew the leeks for 5 minutes on medium heat. Stir regularly. Add the apple, (but hold some slices back) 1 ¼ L water, the garlic cloves and the stock cubes. Boil and let simmer for 5 minutes, until the leek and the apple have gone soft. Take the pan off the heat and puree the soup until very smooth. Put the pan back on the heat and stir the crème fraiche and the mustard through. Let the soup softly boil for 1 minute and add salt and pepper to taste. Garnish with spring onion and leftover apple.