

Soups

From the warm stews of Central Europe and Asia to the fresh blends of tropical countries, soups are everywhere. As solarpunk as it gets!

- Vegan borscht beetroot soup
- Gazpacho

Vegan borscht beetroot soup

This crimson beetroot soup is a widespread Eastern Europe dish. The original recipe contains beef meat. We can make it vegetarian and enjoy it with its crimson color and all its antioxidants from the beetroot.

Time to prepare: 1 hour

Difficulty: Intermediate

Utensils: Cutting knife, a big kettle for boiling, stirring spoon

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: Eastern Europe

Servings: 8

Ingredients:

- 12 cups vegetable stock, or 1 tbsp powdered veg stock, or 1 veg stock cube
- 5 cups green or red cabbage, chopped
- 1 large onion, finely chopped
- 3 medium carrots, sliced or finely chopped
- 2 tbsp olive oil
- 3 large beets, cleaned and cut into strips
- 4 large potatoes peeled and diced
- 170 gr. low sodium tomato paste
- 2 tbsp salt
- 3 bay leaves (optional)
- 1 tbsp white vinegar
- a pinch of sugar
- 3 large cloves of garlic, minced or chopped
- some ground black pepper
- ¼ cup chopped dill or parsley
- a little sour cream or vegan yogurt and bread for serving (optional)

☐ All ingredients may vary in ratios depending on what you have available

Preparation:

1. In a large pot add the stock, bay leaves and bring to a boil. In the meantime, wash and cut all your vegetables. When the stock begins to boil, add the cabbage, cover the pot and bring to a boil. Then reduce the heat to low and cook for another 20 minutes.

2. Meanwhile, in a large pan over medium heat, add a little oil and saute the onions and carrots for about 5 minutes. Add the beets, the remaining 1 tbsp. of oil and cook for 3-4 minutes. Transfer your sauteed vegetables to a pot along with the potatoes, tomato paste and salt. Cover with a lid, bring to the boil, then simmer for 20 minutes.
3. Turn off the heat, add vinegar, sugar, garlic and pepper, stir and leave the borscht for 10 minutes so that the flavors can blend together. Add dill, stir and adjust salt and pepper to taste.
4. Optional: Serve your soup hot with some vegan yogurt or sour cream, bread and powdered garlic.

Gazpacho

A cold soup made mostly from tomatoes, stale bread, and vinegar, gazpacho is a typical dish from Andalucia, in the southern Iberian peninsula. Being served cold, it is very refreshing and perfect for hot climates. It is usually served with toasted or fried bread, boiled eggs, and sometimes raw ham depending on the local or family tradition.

As with any traditional dish, it exists in many variants, with different proportion of ingredients, of which this particular recipe is a mere example. Feel free to vary based on your taste, or what is available. Usually, the proportion between vinegar, peppers, and cucumber will determine the balance between sweet and sour, while the amount of bread will determine the thickness.

Time to prepare: 1 hour

Difficulty: easy

Utensils: Cutting knife, spoon, sieve, two large bowls, mixer (or mortar, cheese grater and vegetable mill), frying pan (or oven with a cooking tray)

Adaptable: yes

Vegetarian: yes

Vegan: yes

Dish origin: Andalucia, southern Iberian peninsula

Servings: 2

Ingredients

- 3 loafs of stale bread (about 300 grams, when the crust is removed)
- 4 tomatoes
- 1 pepper
- 1 onion
- 1 cucumber
- 2 cloves of garlic
- Vinegar (about 1/2 cup)
- Olive oil (about 1/2 cup)
- Salt

Preparation (with mixer)

1. Remove the crust from the stale bread and save it for later while breaking the inside into small pieces and soaking it with water
2. Cut the vegetables into pieces, then blend them in the mixer
3. Use the sieve to filter the liquid part into one of the bowls, using the spoon to press all the juice apart from the pulp and the peels. You may have to repeat this step a couple times so all the juice is separated from the pulp and the peels. Save the pulp and the peels in a

bowl: you can make vegetable patties with them

4. Put the juice back into the mixer, squeeze the bread, add it to the juice, adding half a cup of oil, vinegar and salt (to your taste), and blending until you reach a creamy texture
5. In a frying pan, toast the bread crust in a spoon of olive oil; if you have a oven with a baking tray you may toast the bread on the tray after having poured some oil on it

Preparation (no mixer)

1. Remove the crust from the stale bread, save it, and grate or crush in the mortar the rest into very fine breadcrumbs (the finer the breadcrumbs, the more creamy the texture of the soup will be), using the sieve to filter out the larger chunks
2. Cut the vegetables into pieces, then grind them with the vegetable mill into one of the bowls
3. Use the sieve to filter the liquid part into the other bowl, using the spoon to press all the juice apart from the pulp and the peels. You may have to repeat this step a couple times so all the juice is separated from the pulp and the peels. Save the pulp and the peels in another bowl: you can make vegetable patties with them
4. Add the breadcrumbs, half a cup of oil, vinegar and salt (to your taste) and stir well
5. In a frying pan, toast the bread crust in a spoon of olive oil; if you have a oven with a baking tray you may toast the bread on the tray after having poured some oil on it