2001

Irish Soups and Bread

Nuala Cullen

Follow this and additional works at: https://arrow.tudublin.ie/irckbooks

Part of the Arts and Humanities Commons

Recommended Citation
https://arrow.tudublin.ie/irckbooks/48

This Book is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Cookery Books by an authorized administrator of ARROW@TU Dublin. For more information, please contact yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.

This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License
IRISH

SOUPS &

BREADS

Nuala Cullen
This book is typeset in 9/14 pt Avenir.

The paper used in this book is made from the wood pulp of managed forests. For every tree felled, at least one tree is planted, thereby renewing natural resources.

All rights reserved. No part of this publication may be copied, reproduced or transmitted in any form or by any means, without permission of the publishers.

A catalogue record for this book is available from the British Library.

13542
Contents

SOUPS  1

Introduction  1

STOCKS  3

Fish Stock  5
Chick stock  6
Vegetable Stock  7

RECIPES

Pulses and Nut Soups  8
Curried Turnip and Lentil Soup  8
Walnut Soup  9
Celery and Almond Soup  9
Split Pea and Bacon Soup  10
Chestnut Soup  12
Puy Lentil and Broccoli Soup  13
Barley Soup  15

Fish Soups  16
Smoked Salmon Soup  16
Crab Soup with Saffron  18
Smoked Haddock Soup with Mushrooms  19
Seafood Chowder with Saffron  20
Oyster Soup  22
Salmon and Leek Soup  23

Main Course Soups  25
Old Fashioned Kidney Soup  25
Beef Soup with Fluffy Dumplings  26
Scotch Broth  28
Balnamoon Skink  30
Mulligatawny Soup 32
Pumpkin Soup 34
Pork and Red Cabbage Soup 36

Cold Soups
Iced Pear and Blue Cheese Soup 37
Vichyssoise Soup 38
Frosted Melon Soup 40
Apple and Cider Soup 41
Cucumber, Spring Onion and Mint Soup 42
Garlic and Almond Soup 43

Summer Vegetable Soups
Tomato and Orange Soup 44
Dill and Cucumber Soup 47
Courgette and Coriander Soup 48
Lovage Soup 49
Soup Santé 50
Cream of Asparagus Soup 52
Lettuce and Sorrel Soup 53
Spinach and Blue Cheese Soup 54

Winter Vegetable Soups
Carrot and Orange Soup 55
Fennel and Potato Soup 57
Turnip and Yellow Pepper Soup 58
Leek and Potato Soup 59
Cream of Celery Soup 61
Palestine Soup 62
French Onion Soup 64
Orange and Parsnip Soup 65
Beetroot Consommé with Sour Cream or Mascarpone 66
<table>
<thead>
<tr>
<th>Spicy Soups</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Pickled Cucumber Soup</td>
<td>68</td>
</tr>
<tr>
<td>Celeriac and Ginger Soup</td>
<td>69</td>
</tr>
<tr>
<td>Chicken Soup with Chillies and Poached Egg</td>
<td>71</td>
</tr>
<tr>
<td>Roasted Onion Soup</td>
<td>72</td>
</tr>
<tr>
<td>Aubergine and Red Pepper Soup</td>
<td>74</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GARNISHES</th>
<th>76</th>
</tr>
</thead>
<tbody>
<tr>
<td>RECIPES</td>
<td></td>
</tr>
<tr>
<td>Flavoured Butters</td>
<td></td>
</tr>
<tr>
<td>Red Pepper Butter</td>
<td>76</td>
</tr>
<tr>
<td>Blue Cheese Butter</td>
<td>77</td>
</tr>
<tr>
<td>Basil Butter</td>
<td>77</td>
</tr>
<tr>
<td>Anchovy Butter</td>
<td>77</td>
</tr>
<tr>
<td>Sun-dried Tomato Butter</td>
<td>78</td>
</tr>
<tr>
<td>Herb Butter</td>
<td>79</td>
</tr>
<tr>
<td>Fresh Salsa</td>
<td>79</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Croûtes</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Croûtes</td>
<td>80</td>
</tr>
<tr>
<td>Cheese Croûtes</td>
<td>80</td>
</tr>
<tr>
<td>Croûtons</td>
<td>80</td>
</tr>
<tr>
<td>Spicy Croûtons</td>
<td>81</td>
</tr>
<tr>
<td>Potato Croûtons</td>
<td>81</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dumplings</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg Balls</td>
<td>81</td>
</tr>
<tr>
<td>Chicken Dumplings</td>
<td>82</td>
</tr>
<tr>
<td>Sausage Dumplings</td>
<td>83</td>
</tr>
<tr>
<td>Fluffy Dumplings</td>
<td>83</td>
</tr>
</tbody>
</table>
Pastry Garnishes
- Fleurons 84
- Cheese Straws 84
- Sesame Biscuits 85

BREADS 87

Introduction 87

Yeast Breads
- Herb Bread 93
- Breakfast Rolls 94
- Brown Yeast Bread 96
- Potato Bread 98
- Saffron Rolls 99
- Olive and Onion Bread 101
- Rye Bread with Caraway Seeds 103
- Barley Loaf 105
- Apricot and Walnut Bread 106

Soda Breads
- Parmesan Scones 108
- Buttermilk Soda Loaf 109
- Courgette Bread 110
- Wholemeal Brown Bread 111
- Rosemary, Carrot and Pistachio Scones 113

INDEX 114