

MARLENE WATSON-TARA

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COOKLETS
SOUPS



HUMAN ECOLOGY
PROJECT

THE PERSONAL IS PLANETARY

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Introduction

Food historians tell us the history of soup is probably as old as the history of cooking. The act of combining various ingredients in a pot to create a nutritious, filling, simple to make meal was inevitable. Healthy and healing soups are part of the cooking traditions in every country.

Try and prepare your soup from fresh, organic, in season, and ideally local ingredients. Whether your ingredients are coming freshly grown from your own garden or you've bought them directly from the farmers' market, making the connection between the food you eat and your local environment is important. The food we eat is part of our cultural identity. Eating local foods helps produce a more resilient and sustainable future, both for yourself and for future generations.

Cook up batches of your favourite soups from the Cooklet and freeze in portion sizes. You have a plethora of simple creamed soups or more intense bean type stews to choose from. All of them are very affordable even on a low budget. You can add some grains to the bean soups, or serve all of them with fresh salad or steamed greens. Soup, can in fact be a meal in and of itself.



Enjoy good health daily.

A Little Bit About Me

Hi, I'm Marlene,

Since I was old enough to remember, my love of food and cooking has brought me the greatest joy. I cook for family, friends, clients and students. Food brings people together. My passion is to demonstrate that making delicious and nourishing healthy food is achievable. I find it exciting to create new recipes and train chefs and home cooks utilising my seasonal menus and cooking skills, using the five tastes.

Changing your diet always means finding replacements for less healthy options. My goal is to share healthier and tastier alternatives to whatever you desire. My students from around the world will testify to that. As an International Author & Teacher of Macrobiotics and Vegan Living and a graduate of Plant Based Nutrition, (T. Colin Campbell/Cornell) I am excited to share with you my latest creation, my Cooklets.

It makes no difference if you are making soups, desserts, beans and grains, vegetables or sea vegetables, my desire is to inspire you to use my Cooklets to create a healthy and delicious range of breakfasts, lunches, dinners and desserts. Please enjoy.

In good health, Marlene x



MARLENE WATSON-TARA

Adzuki Bean Soup with Tamari & Ginger



Rich &
Savoury

Ingredients

- 2 sachets miso bouillon paste, (dissolved in 6 cups filtered water)
- 1 cup adzuki beans, soaked overnight (or use jar/can of organic beans)
- 3-inch piece kombu seaweed
- 1 cup each diced onion, carrot, celery, butternut squash, burdock and parsnip
- 4 strips kale, (leaves only), thinly sliced
- juice from freshly grated ginger juice to taste (approximately 1 tablespoon)
- tamari to taste
- finely sliced spring onions (for garnish)

How To

1. Discard the water from the beans. Place the beans and kombu in a pressure cooker with enough fresh filtered water to cover them.
2. Bring the pressure cooker to full pressure then reduce to low/medium pressure and cook for 40 minutes.
3. Remove from the heat and allow the pressure to come down naturally, then open the lid and add the bouillon stock and all the vegetables except the kale.
4. Cook on low heat, covered, for 25 minutes. If using pre-cooked beans disregard the pressure cooking instructions and simply place the beans, vegetables (except the kale) and stock in a heavy based pan and cook for 25-30 minutes on a low heat or until soft.
5. Stir in the kale and cook for another 5 minutes.
6. Add the ginger juice and tamari to taste, and garnish with spring onions.

Chit Chat ♥

- ♦ Adzuki beans are small and very compact, with a deep reddish-brown colour. These tiny beans are a staple in the Far East. They are revered in Japan for their healing properties. These beans are low in fat and reputed to be more digestible than most other beans. They are a rich source of potassium, iron and B Vitamins (not B12), and are high in protein and fibre. I use these power-packed beans to make soups, burgers, medicinal teas and pâtés.

Creamy Courgette and Leek Soup

Ingredients

- 2 leeks, washed, sliced in half lengthwise and cut into small pieces
- 2 courgettes, sliced
- 1 or 2 strips of wakame, approximately 5 inches, **or** 1 tablespoon wakame flakes (rinsed, soaked for 5 minutes in 1 cup water and cut into pieces)
- 1 sachet miso bouillon **or** vegetable stock dissolved in 2 cups of hot water
- sweet white miso (1 heaped tablespoon)
- freshly grated ginger juice (approximately 2 teaspoons)
- 1 teaspoon dried basil
- roasted pistachios

How To

1. Heat a small amount of water in a heavy based pot. Add the leeks and sauté, uncovered, for 5–6 minutes.
2. Add the wakame with the soaking water, courgettes, dried basil and 2 cups of bouillon mixture or vegetable stock.
3. Cover and cook on medium heat for 15–20 minutes.
4. Blend to a smooth consistency, adjusting water if necessary.
5. Add the white miso to taste.
6. Stir in the ginger juice.
7. Garnish with roasted pistachios.

Chit Chat ♥

- ♦ Miso is a traditional fermented staple food of Japan, long prized for its rich taste and concentrated goodness. Try using a little sweet white miso in mashed potato instead of milk, or in creamy soups instead of cream. It is also perfect for party snack foods such as dips and salad dressings.

Pleasantly
Piquant



Spiced Carrot & Tahini Soup with Shelled Hemp

Ingredients

- 1–2 tablespoons water
- 6 medium sized carrots, diced
- 1 large onion diced
- 1 clove garlic, crushed
- ¼ teaspoon ground coriander
- ¼ teaspoon ground cumin
- ¼ teaspoon ground turmeric
- ¼ teaspoon sea salt
- 3 to 4 cups organic vegetable stock
- 1 heaped tablespoon tahini
- ½ teaspoon lemon juice
- black sesame seeds
- shelled hemp

How To

1. Heat the water in the pan on a low heat.
2. Sauté the carrots, onion, garlic, ground coriander, ground cumin, ground turmeric, and sea salt, stirring to mix well.
3. After 5 minutes add vegetable stock.
4. Bring to a boil and simmer on low heat for 15 minutes, or until vegetables are soft.
5. Transfer to a blender. Add tahini and lemon juice and blend until creamy, adding water to achieve the desired consistency.
6. Serve dusted with a little turmeric and garnish with some shelled hemp and black sesame seeds.

Chit Chat ♥

- ♦ Turmeric contains bio-active compounds with powerful medicinal properties. It is a natural anti-inflammatory and increases the antioxidant capacity of the body. It gives this soup its beautiful yellow colour and warm bitter taste. Despite its use in cooking for several thousand years, turmeric continues to surprise researchers in terms of its wide-ranging health benefits. The amount of turmeric that you need to receive health benefits is not a lot, so I adore adding a little to my soups and stews.

Distinctively
Nectarous

Creamy Mushroom Soup with Oat Cream

Ingredients

- 1 cup mixed dried maitake or shiitake mushrooms, soaked in lukewarm water for 1 hour
- fresh mushrooms, such as shiitakes and white button, chopped (2 cups)
- 1–2 tablespoons water
- ½ cup finely chopped spring onions
- ground black pepper (optional) to taste
- ½ teaspoon dried dill
- 1 teaspoon lemon juice
- 1 clove garlic, minced
- ¼ cup rice mirin
- 3 cups vegetable stock or miso bouillon stock
- 1 tablespoon all-purpose flour
- ½ cup oat cream plus a little more for garnish
- 1 tablespoon chives, minced

How To

1. Drain and chop the mushrooms. Reserve the soaking water for part of your stock.
2. Heat a splash or two of water in a pan over medium heat.
3. Add all the mushrooms, spring onions, pepper, dill, lemon juice. Cook for two minutes, stirring frequently.
4. Add garlic, and cook for 30 seconds. Increase heat slightly and add rice mirin.
5. Simmer for 3 minutes. Whisk flour in to broth mixture.
6. Add stock and bring to a boil. Reduce heat to medium low, and simmer for 30 minutes.
7. Transfer soup to a blender or food processor and purée until smooth.
8. Return soup to the pot and add the oat cream.
9. Add extra water to achieve your desired consistency.
10. Decorate with some extra oat cream and minced chives.

Chit Chat ♥

- ♦ Dried shiitake and maitake mushrooms are one of my *top-drawer* foods of excellence. They boost the immune system, while adding mouth-watering *umami* flavour to your dishes. Their earthy intensity means a few go a long way. I use them to lower my client's cholesterol and triglyceride levels, and to cleanse their blood.

Just Heavenly

Warm, Rich & Lush



Roasted Garlic & Beet Soup

Ingredients

- 3 organic beets
- 2 tablespoons water or vegetable stock
- 6 unpeeled garlic cloves
- 1 large leek, thinly sliced
- pinch sea salt
- 2 carrots, chopped
- 1 teaspoon fresh thyme leaves
- 1 teaspoon dried oregano
- 1 small piece kombu seaweed
- sachet miso bouillon stock
- 1 tablespoon umeboshi vinegar
- 1 tablespoon lemon zest
- 1 tablespoon lemon juice
- soy cream for topping

Instructions

1. Scrub and steam the beets until soft (or roast them for one hour at 200°C (400°F)).
2. Drizzle garlic cloves with a little olive oil, wrap loosely with foil and roast for 30 minutes.
3. Remove from the oven and cool. Squeeze garlic from skin. Set aside.
4. Heat the water or stock in a pot over low/medium heat.
5. Add the leek and the pinch of sea salt and allow to sweat for around 5 minutes, covered.
6. Meanwhile, dissolve miso bouillon in 4 cups of hot water.
7. Add the cooked beets, carrots and garlic, thyme, oregano, kombu and the miso bouillon stock.
8. Bring to a boil, then reduce heat and simmer 25 minutes.
9. Discard the kombu.
10. Purée the soup to a cream.
11. Stir in vinegar, lemon juice and zest.
12. Decorate with a little soy cream.

Chit Chat ♥

- ♦ This delicious earthy beet soup is like Russian borscht. I love to flavour my soups on occasion with umeboshi vinegar, a culinary delight in Macrobiotic cooking. The vinegar is the liquid left over from the pickling process of the umeboshi plums. These Japanese pickled plums have been used medicinally in Asia for centuries. In Oriental Medicine, it is reputed that the sour taste stimulates the liver.



Hearty
& +
Lip-Smacking
Good

Hearty Brown Lentil Soup

Ingredients

- 3 shallots, thinly sliced
- 1 large clove garlic, crushed
- 3 cups cooked brown lentils
- 1 tablespoon organic tomato paste
- 1 cup thinly sliced celery
- 1 cup thinly sliced carrots
- 1 teaspoon dried thyme
- ¼ cup dried porcini mushrooms, soaked in a little water for 30 minutes and then thinly sliced
- 1 cup fresh or frozen corn
- 4 cups miso bouillon stock or vegetable stock
- ¼ cup fresh parsley, minced
- 1 teaspoon fresh lemon juice
- 1 teaspoon fresh ginger juice
- shoyu to taste
- toasted flaked almonds for garnish

How To

1. Sauté shallots and garlic in a little stock or water.
2. Add the lentils and 1 tablespoon organic tomato paste, and cook for 5 minutes.
3. Add celery and carrots, thyme, rehydrated mushrooms (discard the soaking water), the corn and the stock.
4. Bring to a boil and simmer for 20 minutes until vegetables are soft.
5. Stir in the fresh parsley, lemon juice and ginger juice.
6. Add shoyu to taste, approximately one tablespoon is adequate.
7. Serve in warmed bowls and garnish with flaked almonds.
8. Enjoy with the perfect accompaniment, toasted sourdough bread.

Chit Chat ♥

- ♦ Lentils date back more than 9,000 years. They contain more protein than any other plant (up to 35%, which is comparable to red meat, poultry, fish, and dairy). They are a good source of dietary fibre and are low in calories. Sprouted lentils are delicious, and contain methionine and cysteine, two amino acids significant in muscle-building and strengthening. Invest in a small sprouter for an inexpensive way to boost your immunity!

Yummy & Comforting



Thick & Creamy Italian White Bean Soup

Ingredients

- 2 tablespoons stock or water
- 1 large sweet white onion, chopped
- 2 leeks, finely sliced
- 3 cloves garlic, chopped
- 2 carrots, grated
- 2 sticks celery, thinly sliced
- 8 to 10 fresh shiitake mushrooms, thinly sliced
- 1 tablespoon chopped fresh rosemary
- 1 jar organic cannellini beans
- 2 cups vegetable stock
- ¼ teaspoon dried thyme
- 1 tablespoon organic tomato paste
- ½ cup fresh coriander, chopped

How To

1. Warm the stock or water in a soup pot. Add the onion, leek and garlic and sauté for 5 minutes.
2. Stir in the carrots, celery, mushrooms and chopped rosemary. Cook for 5 minutes, covered, to allow the vegetables to soften slightly.
3. Add some water if the pot seems dry and the ingredients are *catching*.
4. Add the beans plus their juice, along with the vegetable stock, dried thyme and the tomato paste.
5. Cover and cook over low heat for 15–20 minutes. Stir in the fresh coriander and leave to sit for 5 minutes.
6. Ladle the soup in to warmed bowls and garnish each bowl with a little minced parsley.
7. You can also serve this thick soup on top of any grain of your choice.
8. I enjoy it with couscous and a serving of fresh salad greens and sprouts.

Chit Chat ♥

- ♦ Bean eaters have smaller waistlines, and are less likely to be overweight because beans release energy slowly into the body, making them a great weight loss food. The protein and fibre keep you satiated. If you have a long day, you will thrive with beans for lunch, since the soluble fibre energy burns slowly, leading to balanced blood sugar.

Majestic

I



Quick Miso Broth

Ingredients

- 1 small strip kombu seaweed (approximately 4 inches)
- ¼ cup dried shiitake or maitake mushrooms
- 3 spring onions, finely diced
- 1 teaspoon wakame seaweed flakes, or 1 x 5-inch piece wakame (pre-soaked) cut into small pieces)
- 4 or 5 rounded or heaped teaspoons miso paste or to taste (approximately 1 teaspoon miso per bowl of soup)
- freshly grated ginger juice approximately 1 tablespoon
- spring onion or chives, diced, and alfalfa sprouts for garnish

How To

1. In a soup pot, soak the kombu and shiitake or maitake mushrooms in two cups of water for 20 minutes. Remove the mushrooms and cut into small pieces. If using shiitake mushrooms, cut off and discard the stems, and thinly slice the caps.
2. Place the mushrooms back in the pot and add another 4 cups of filtered water. Bring to a boil and then cook on low simmer for 10 minutes.
3. Add the spring onions and wakame seaweed and cook 5 minutes.
4. Place the miso paste into a small mesh strainer and lower into the broth. Using a spoon, stir until the paste is dissolved and then scrape in the residue (grain) into the soup pot.
5. Add the ginger juice. The ginger juice aids in digestion and facilitates the cells' uptake of sugar.

Important Tip!

- ♦ **DO NOT BOIL THE MISO**—Miso is full of living microorganisms which make it a wonderful digestive tonic. You can make a larger batch of this broth and store in a glass container in the refrigerator. Take the required amount each morning and gently warm in a saucepan.

Chit Chat ♥

- ♦ Miso is a fermented soybean paste, most widely used as a stock to season soups with its wonderful umami taste. Miso's natural fermentation process creates a combination of enzymes that strengthen and nourish the intestinal tract. Thus, the blood that nourishes the balance of the body is much stronger.

Kidney Bean & Vegetable Soup

Ingredients

- ¼ cup dried maitake or shiitake mushrooms
- 1 x 3-inch piece of kombu seaweed
- 1 sachet miso bouillon stock or vegetable stock cube
- 2 tablespoons water or vegetable stock
- 2 cloves garlic, crushed
- 2 small leeks, very thinly sliced
- 1 teaspoon Italian seasoning
- ¼ cup tomato passata
- 1 large carrot
- 1 large stalk celery
- 2 cups cooked kidney beans

How To

1. Soak the mushrooms and kombu in a cup of water for 15 minutes.
2. Boil the kettle and add the ingredients for the miso bouillon or stock cube into a measuring jug with 3 cups of water and set aside.
3. In a pot, warm the 2 tablespoons water or stock and add the garlic and leeks and the Italian seasoning. Let sweat for five minutes. Add the tomato passata and cook for another 5 minutes.
4. Stir in the carrot, celery, kidney beans, reconstituted mushrooms and kombu seaweed with the soaking water and the 3 cups of stock.
5. Bring to a boil then reduce to low simmer for 25 minutes. Remove the kombu.
6. Take two cups of the soup and blend to a cream and then add back to the pot.

Chef's tip!

- ◆ If using shiitakes, after soaking, slice and discard the stem.
- ◆ Tomato Passata is puréed, strained tomatoes usually sold in bottles. It's 100% tomato, no additives or flavourings, but sometimes contains added salt. It's uniform and smooth unlike crushed or chopped tomatoes, and makes gorgeously thick tomato-based sauces. It's known as Tomato Purée in the US.

Chit Chat ♥

- ◆ Not only are these beans kidney-shaped, they are especially nourishing to our kidneys. They are super in simmered dishes where they absorb the flavours of the ingredients with which they are cooked. Soak dried beans overnight with a little kombu seaweed. Kombu, or kelp, is a sea vegetable that helps to soften beans, making them more digestible and less gassy. The kombu has a deep flavour that is often used as a basis for stocks and soups in Japanese cooking, and this rich depth will also season a pot of beans.

Delish & Divine

Simply Dandy & Delightful

Sweet Corn & Red Lentil Soup

Ingredients

- 2 tablespoons stock or water
- 1 onion, finely chopped
- 1 leek, very finely sliced
- 1 small squash, peeled and cut into small cubes
- 1 courgette, cut into small cubes
- 1 large sweet potato, peeled and cut into small cubes
- pinch sea salt
- 2 teaspoons dried basil
- 1 teaspoon ground cumin
- 1 tablespoon ground coriander
- ½ teaspoon chili powder (optional)
- 8 cups miso bouillon stock or vegetable stock
- 1½ cups red lentils, rinsed
- 1 can organic coconut milk
- 1 cup organic sweet corn
- shoyu
- ½ cup chopped parsley
- 1 tablespoon basil pesto
- balsamic glaze

How To

1. Heat the stock or water in a large pot and cook the onion and leek for 5–7 minutes on a low heat.
2. Add the squash, courgette, potato, salt, basil and spices, and cook for further 5 minutes more.
3. Pour in the stock and bring to the boil. Add the lentils to the boiling stock and cook for 20–25 minutes on a low heat, until the soup starts to thicken.
4. Stir in the coconut milk and cooked corn along with the parsley.
5. Adjust the seasoning with shoyu and cook for 5 minutes.
6. Top with the basil pesto and drizzle with balsamic glaze.

Chit Chat ♥

- ♦ Shoyu is a specific type of traditionally-made soy sauce, the distinguishing characteristic of which is the use of cracked wheat as the fermenting starter, along with soybeans. The best shoyu is aged for at least two years. It is high both in glutamic acid and a natural form of monosodium glutamate (MSG), which makes it an excellent flavour enhancer and great for marinating, pickling and sautéing.
- ♦ Please avoid chemically processed MSG products. MSG is not food like kombu sea vegetable, but rather a toxic concoction and excitotoxin.