



## CHRISTMAS LEFTOVERS SOUP

Recipe by David James Merrill: Winner Starters Category 2013

*Merrill*

**Serves:** 4 People  
**Prep Time:** 20 minutes  
**Cook Time:** 40 minutes

### Ingredients:

30 grams butter  
1 medium onion, peeled and chopped  
500 grams celeriac, peeled and chopped  
700ml veg stock  
200g sprouts  
4-6 rashers of bacon  
100ml double cream  
1-2 tablespoons of olive oil  
Salt and pepper to season

### Step by step:

- 1 Heat the butter and oil in a large saucepan over a medium heat.
- 2 Add the onion and fry until soft.
- 3 Add celeriac and cook for about 10 minutes.
- 4 Add stock and bring to boil, and then simmer for 20mins until the celeriac is tender.
- 5 Add sprouts and cook for further 5mins, then blend.
- 6 Cook the bacon until crispy, then chop into small pieces.
- 7 Add the cream to the soup, season and add in the bacon.

Each portion based on 4 servings contains

Calories	Sugar	Fat	Saturates	Salt	Fibre
<b>307</b>	<b>5.2g</b>	<b>26.5g</b>	<b>12.5g</b>	<b>3.0g</b>	<b>8.9g</b>
15%	6%	38%	63%	50%	37%

of an adult's guideline daily amount



**MAKE 28  
TASTE GREAT!**



## CHRISTMAS LEFTOVERS SOUP

This recipe is a great way of disguising low-cost sprouts and celeriac in a delicious soup the judges thought gave an outstanding taste, rich and creamy overall, a real Winter treat for the whole family.

### Chef's tip *from David*

If you buy sprouts to make this recipe try the remainder as an accompaniment to meat. After lightly boiling peeled sprouts, cover in honey and a few chopped nuts. Great with mashed potato, Summer or Winter!

### Use up

Sprouts are a low-cost vegetable grown locally, packed with nutrients. They can be quite bitter unless you combine them with other ingredients, as this soup does well.

### Variations

This soup could use parsnips for a more tangy flavour.

### Extra flavour

Try Chilli powder or black papper.

### Freezer advice

For best results, cool down quickly (ideally within an hour), divide into portions, place in an airtight container, label and then pop in the freezer. Defrost in the fridge, ideally overnight, and use within 24 hours after defrosting. Reheat in a saucepan on the hob, heating thoroughly until piping hot. Care not to heat too quickly to separate the cream.

### Vegetarian & vegan options

Use veg/olive oil instead of butter and nuts instead of bacon.

### Allergy advice

Easily adaptable to avoid allergens and be suitable for most diets.

Make 28 Taste Great is organised by Merseyside Recycling and Waste Authority to help reduce food waste, which makes up 28% of waste sent to landfill in Merseyside and Halton. The competition for residents, looks for winning ways to use leftovers and ingredients to create imaginative, healthy meals with a regional flavour.



For lots more recipes and advice on making the most of your food, visit [recycleformerseysideandhalton.com](http://recycleformerseysideandhalton.com)

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