



COOKING WITH SAFTA

CATEGORY

Soup

RUSTIC VEGETABLE SOUP

INGREDIENTS

1 leek (only the white part)
2-3 potatoes
2-3 carrots
50 gr. green beans
50 gr. peas
1/2 celery root
1 celery stalk
1/4 Savoy cabbage
80 gr. bacon or pancetta (for vegetarians 2 tbs of chicken flavor powder)
30 gr. butter or oil
salt and pepper, hot pepper flakes, thyme
2 litres (8 glasses) of water
Parsley and dill
Grated cheese and slices of Baguettes

SAFTA'S SECRETS

You can add, delete, or change any of the vegetables to your liking as long as you have a good variety of vegetables.

PREPARATION

Wash clean slice and cube all the vegetables (ahead of the class if you have the time)

Cut the Savoy Cabbage into thin strips. Slice and cut the bacon, brown in the butter or oil, add the leek and continue cooking until leek is soften, (now is the time if you like to add hot pepper or pepper flakes) add the rest of the vegetables except the peas and the beans. Add the water, (add chicken powder if you use it) salt and pepper and thyme. Cook for 1/2 hour, add the beans and the peas, add the dill and parsley, check for seasoning, continue cooking for another 1/2 hour. When it is done - optional - add grated cheese to the soup or grill baguette with grated cheese and serve with the soup

