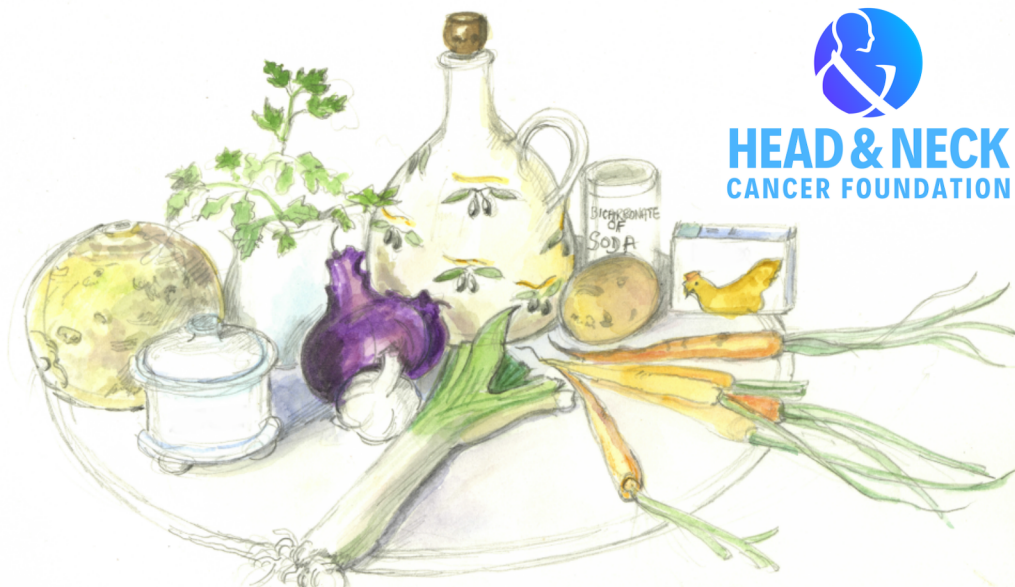


Dr. Katz's Creamy Vegetable Soup



**HEAD & NECK
CANCER FOUNDATION**



UTENSILS: Large saucepan (4 litres), I suggest a 2nd saucepan to make extra for the freezer, wooden spoon, kitchen knife, chopping block and blender.

INGREDIENTS: Salt, bicarbonate of soda, cumin and cinnamon (powder form), chicken stock cube, 2 onions, 5 cloves of garlic, olive oil, carrots, celeriac, leeks, potatoes. In terms of quantities it is no more work to make enough for 10 people (or a good lot for the freezer) than it is to produce enough for a single serving for say 5 people.

TIME TO MAKE: Allow 30 minutes 'being busy' and a further 25 reading the newspaper and stirring every 5 minutes and 5 minutes washing-up.

METHOD:

Olive oil: put a generous 10 table spoons of oil in the bottom of the pan.

Onions: remove skin and chop up and put in the pan.

Garlic: remove skin and slice up and put in the pan.

Heat pan so onions and garlic cook away for 5 mins, stir occasionally.

If still preparing vegetable at end of 5 minutes turn off the heat.

Whilst the above is taking place peel the celeriac and chop into cubes about the size of a sugar lump or larger.

Same for carrots and potatoes, peel and cut into cubes of sugar lump size.

Leeks: ensure clean, slice.

Then, if you have not been greedy and you think it will all fit in the saucepan tip the whole lot in, if on the other hand you have more vegetables than will fit in the saucepan put roughly $\frac{1}{2}$ of the onion/olive oil/garlic mix in another saucepan and then add all these vegetables. I suggest you also add, not shown on the video and certainly not essential, $\frac{1}{2}$ glass of water to each saucepan, put the lids on and turn up the heat.

Now add the chicken stock cube, if 2 saucepans then one for each saucepan, add 2 large pinches of salt to each pan, add $\frac{1}{2}$ a teaspoon of cumin and cinnamon to each pan and a small amount (amount you can get on the end of a knife) of bicarbonate of soda to each pan.

Stir it all up to ensure, if using 2 saucepans, all flavours mixed.

Put in blender and blend until a silky texture.

Every 5 minutes, stir the saucepans. (Keep the lids on so does not go dry, I sometimes add 2-3 more tablespoons of olive oil to help the texture).

After 25 minutes take off the heat and blend it. If you have used 2 saucepans here is the chance to mix them up.

That's it! Enjoy!