

Ania's Vegan Kitchen at The Dower House Recipe Book Series

*Ania's
Vegan
Kitchen*



*Vegan Soups
Book 1*



Ania's Vegan Kitchen

Vegan Soups

Book 1 Content



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NEW OCEANS
New Oceans House
39 Jennings Road
St Albans, Herts, AL1 4NX, UK
Tel: (44) (0)1727 869782
www.new-oceans.co.uk
info@new-oceans.co.uk

*Welcome to
Ania's
Vegan
Soup
kitchen*



I've always loved soup. As Winter takes hold, there is nothing quite like a hot bowl of soup and some crusty bread, especially if it is homemade. Over the last year at the Dower House I have made lots of different vegan soups. I love the simplicity of them, here I want to share them.

For me the beauty of soup is simplicity, using minimal ingredients for maximum taste.

*Beautiful soup, so rich and green
Waiting in a hot tureen!
Who for such dainties would not stoop?
Soup of the evening, beautiful soup!
Beautiful soup! Who cares for fish
Game, or any other dish?
Who would not give all else for two
Pennyworth of beautiful soup?"*

Lewis Carroll, **Alice in Wonderland**



What is a Vegan?



Being a vegan has many benefits, but first, what exactly does being vegan mean? A vegan is a person who only consumes plant products. Vegans do not eat meat of any kind, nor do they consume dairy or cheese products, or eggs, and some do not wear any clothing derived from an animal.

Some folks hear of this lifestyle and immediately think the world would stop turning, "what would I do without my meat and dairy?" The fact of the matter is you would probably be living a lot better than you have been.

Let's first look at the eating habits of a vegan. A vegan diet consists only of plant products. That means no beef, pork, poultry, fish, or any kind of meat whatsoever. It also means no dairy products of any kind, such as cheese, milk, or anything derived from an animal.

A vegan is different from a vegetarian from this concept of refusing dairy products. Most vegetarians still consume milk, butter, and the like. Vegans do not.

The basic diet of a vegan consists of fresh vegetables and fruit, and consuming soy supplements so that they still get the right amount of protein and other nutrients commonly found in the flesh of animals. Soy is a product from the soy bean, and you can get it in a variety of different forms. Soy milk, soy beans, tofu is made from soy, and there are a variety of other new up and coming brands of meat substitutes derived from soy for vegans. Soy has all the protein of meat, but none of the artery clogging fats and ridiculous amount of cholesterol.

Dee's

Diabetes Story



Behind everything that happens, everything we do, there is always a story.....

Sometimes we call it a reason - for instance, if someone says, "I started learning French because I wanted to go and live in France". And that sounds okay, but it's just the surface, not the deeper meaning. And if we then asked them "So what made you want to live in France?", we'd begin to hear the story behind the reason - for example, it might be something like "I've fallen in love with a French guy!"

And then we'd start to get the real driving motivation behind it, the story behind the decision behind the action!

So what's this got to do with what we're doing at New Oceans? What's the story behind our decision to take action in the world of health by creating the Vivaldi program, to turn around the whole area of how Diabetes is perceived and treated, both by the medical profession, and most importantly, by those who have it!

Well, the story behind it is about my own personal experience of Diabetes.....

I was diagnosed, some 20 years ago, as having Type 2 Diabetes. I was put straight on to medication - Glipizide, then Metformin, tablets, and told to 'watch my diet'. I have to admit that I probably didn't really take it seriously: I have always resented being told what to do, or what other people do! Most of all, I refused to let my body dictate my life! So I took the tablets, and just carried on as usual, writing lyrics and Musicals for the West End and Broadway, travelling round the world, being me, rather than a "Diabetic"

It eventually got to the stage where the tablets weren't enough, and I was put on to injecting insulin..... and still I carried on! And still I thought I was in control of my life, even though I very obviously was not in control of my diabetes!

Then they changed the insulin from just a slow-acting one, to a slow-acting basal insulin plus a rapid acting insulin to be injected every time I had a meal. And that's when I started to put on weight! I went from an English size 10/12 to an 18 in less than six months!

Dee's Diabetes Story....

And now I at last realised that it was no use insisting on being me, because I no longer was me..... I had become trapped in an alien body! And when I mentioned it to my doctors, and I said it seemed to coincide with the insulin, I was told, "Oh yes, that can happen" WHAT..!??

And that's where I was, when the universe - as classic author Paulo Coelho would have said - conspired to help me! A man booked on to one of our trainings, and as usual, when I sent him the joining instructions, I asked if he had any special dietary requirements, to which he replied "Vegan". Well our wonderful cook, Anna, was easily able to accommodate this, and one morning during the training weekend, I asked him what made him become a vegan. And he said,

"It wasn't anything to do with the ethics of eating meat – it's because I am Diabetic" And he told me his story.....

Two years earlier, weighing 22 stone, being insulin dependent Type 2, on tablets as well, with no energy, and always feeling unwell, he'd read a book called

"The Reverse Diabetes Diet" by Neal Barnard MD - and it had changed his life! It's based on a vegan diet, low fat, low GI, (Glycaemic Index), and in two years he was down to a normal weight for his height, felt great, his doctors were delighted with him - and he'd been taken off all injections!!

And best off all, as far as I was concerned, he'd started to notice a difference WITHIN SIX DAYS from starting the new way of living.! Paul had bought me that same book when it came out, and I'd thought, "No way.... it'll take too long!" (I'm very much a 'NOW' person!) However, hearing this man's story made me say to myself "Well I can do six days!!" And that's when I started changing my life, just before Christmas 2009.....

And on the 1st of January 2010, Paul joined me!

Dee's Diabetes Story....

I noticed the drop in my blood glucose levels in less than a week..... and so I cut down on my insulin to match. And still the levels kept going down, and still I lowered my insulin amounts. Now I was having to carry glucose tablets around with me to prevent my blood sugars getting too low!

I felt energised: when I got the first signs of a cold and thought that, as usual it would last 5 days, it was gone in 12 hours. My skin was clearer..... and best of all, it was actually like an adventure, an exploration into the world of reading labels, discovering what actually goes into what we put into our bodies; discovering how things really taste, in a way I had never been aware of or appreciated before!

And this is when Ania's brilliant versatility in the kitchen really comes to the fore! She started transposing all her classical recipes with vegan ones! And in the year that has now passed, Ania has become even more inventive: so that the recipes she has created have changed the perception of vegan food forever. It's no longer the realm of nut loaf and sandals! We can now generally talk of Vegan Cuisine.

And incidentally, my Diabetes consultant is very impressed too!

So all these events combine to make Paul and I decided to extend the ways we already work with various health challenges by creating our New Oceans Vivaldi program - because it's about having good health all Four Seasons of every year of our lives!

We have put together a Vegan low fat, low GI eating plan and menus, with New Oceans Inner Teams, NLP, and Metaphors, to create our unique Vivaldi Program

BODY AND MIND RECIPES FOR LIFE AND HEALTH

But that's just the story so far..... now it's your turn to help create the next chapters, by coming and being part of it! Help us to explore this and trial it further, help yourself, and those you care about, who have challenges like diabetes or arthritis at the moment, to become the healthy people you and they want to be!

And let's give all our stories happy endings.....!

Dee Shipman New Oceans 2010

Vegan Soup Tips

Here are a few ways to perk up a pot of homemade soup:

1. Bay Leaf.

Adds a unique, savoury, rustic flavour to your homemade soups. Simply add in a bay leaf as the ingredients simmer away. This may be obvious to you soup-experts out there - but I remember the very first time I used a bay leaf in my soup - I was amazed by the increase in flavour. **One bay leaf goes a long way..**

2. Add a dash.. of Cayenne.

Add a dash of cayenne to your soups. It gives a **warm buzzing flavour**. Cayenne is a dry, pure, warm spice. When added in small amounts, it isn't overbearing to delicate flavours. Add a dash to give your soup a kick!

3. Vegan Bouillon Cubes and Powder.

I love to have vegan bouillon cubes in my pantry because I can use them in place of veggie broth (just add water) - or I can use one to add extra flavour to virtually any broth recipe. The Vegan Powder is my favourite, and the one I prefer.

4. Fresh Herbs.

Dry spices and seasonings are fantastic. But fresh herbs will add an elegant dose of gourmet flavour to your soups. Whether you are herb-roasting root veggies to puree or adding fresh herbs as a garnish - the **aromatic layers of flavour** from fresh herbs are unique and prized. Try **sage, rosemary, oregano, thyme, marjoram, mint, parsley, cilantro or dill.**

5. Roast the Veggies.

If you want to bring out some seriously **intense, caramelized flavours** in your veggies **before** adding them to your soup: roast them! You can roast **yams, onions, carrots, potatoes, squash, broccoli, cauliflower** and more.

6. Soak the Beans.

Use **dry beans** and soak them overnight - instead of canned. Dry beans can be less mushy and more flavourful.

Vegan Soup Tips...

7. Slow and Low Wins the Race.

Simmer on low. Simmer on low. **Simmer on low.** Whenever I'm making soup, I think "**WWGD**" ...**What Would Grandma Do?** She'd simmer her soup low and long until the flavours were perfect. Give soup time to reduce - let the steam boil off and allow the flavours to mesh. Plus, a low boil is gentler on your ingredients than high heat. So if you have the time, simmer it long and low.

8. Instant Flavour Booster #1: Vegan Sausage.

I have a few instant flavour boosters I add to soup. One of my favourite tricks is to add one vegan **Field Roast** brand **vegan sausage** to my soup. It adds so much flavour and even a nice dose of protein. Linda McCartney vegetarian sausages can also be used.

9. Instant Flavour booster #2: Salsa!

If I am making a veggie tomato-base soup, I love adding in chunky **salsa**. This is a great way to use up those half-used bottles of salsa in your fridge.

10. Get Fancy: Use the Good Stuff.

High quality ingredients can make your soup sing. Sometimes one star ingredient is all you need to make a really fantastic soup. Whether it's a bunch of stunning carrots from the Farmer's Market, a hearty pinch of saffron, a dash of your mom's special curry blend or an exotic pink sea salt - give your soup something **fancy**.

11. Keep it Fresh!

Remember to make sure your dry spices are **fresh**. Seal spice jars/bags tightly to prevent oxidation.

12. Leafy Greens Can Go Last!

I like to add in chopped leafy greens like kale, spinach, chard - last -right before I serve my soup - so that the **veggies stay tender** instead of mushy and overcooked.

13. Get Creative with Grains and more.

Plain old pasta can be a bore. Make things interesting by adding **creative grain alternatives** like: **kamut pasta, Israeli couscous, whole wheat couscous, farro pasta, brown rice pasta, red lentils, quinoa, red quinoa, barley, millet** and more to your soups

Beans & Pasta Soup

Ingredients

2 onions, finely chopped
3 garlic cloves chopped
2x tin chopped tomatoes
3 fresh vine tomato, chopped
4tbs sunflower oil
2tbsp tomato puree
1tsp sugar
2tbs chopped basil, rosemary, parsley
200 g cannellini beans (soaked overnight)
200g red kidney beans (soaked overnight), or you can use tin beans
3L. Veg stock
200g soup pasta



Serves 6-8

Directions

1. Fry onion, garlic and fresh tomato for 10min in sauce pan, add chopped tomatoes, sugar, stock, herbs and beans. Bring to the boil, turn down and simmer for 1 hour.
2. Blend in a liquidiser, bring to the pan and add past and simmer for further 15min.
3. Season with salt and fresh ground black pepper and fresh basil

More die in the United States from too much food than from too little.
John Kenneth Galbraith

Borscht Soup

Ingredients

*1 celeriac
2 parsnip
2 carrots
1 leek
2 garlic cloves
1 onion
6 raw red beetroots
2 vegetable stock cubes
2 bay leaves
Few peppercorns
2tbsp red wine vinegar
2 cooking apples, peeled and core
Salt, black pepper*



Serves 6-8

Directions

1. Chop, the vegetable except the beetroots and apples, put them in a big saucepan and cover with 2litres boiling water with bay leaves, peppercorns and stock cubes. Simmer for 20 mins, then add chopped beetroots and apples, bring to the boil, cover and simmer for 30 mins.
2. Season with salt, pepper and red wine vinegar.
3. For clear beetroot consommé, carefully strain the liquid through a sieve, reheat before serving.
4. You can also add spoon of soya yoghurt before serving.
5. Another serving suggestion is to add the mushroom dumplings to the soup before serving

*Fish, to taste right, must swim three times – in water, in butter, and in wine.
Polish Proverb*