SOUPS

Boosting Immunity
&
Supporting Digestion

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Soups

- CRAFTSMANSHIP -
Basics & usage of SOUPS ✓

Courses: Soups
Collections: PURPOSE & HISTORY
Source: OCTOPUS OCEAN - Germany

Ingredients

Fresh soups are true nutrient powerhouses and offer a variety of health benefits.

Vitamin A: Found in many fresh soups, especially those with carrots, pumpkin, or sweet potatoes. Vitamin A is important for healthy vision, the immune system, and cell regeneration.

Vitamin C: Abundant in soups with citrus fruits, bell peppers, tomatoes, or broccoli. It is a great anti-oxidant and supports the immune system.

Vitamin K: Found in green leafy vegetables like spinach or kale, which are often used in soups.

Vitamin K is important for blood clotting & bones.

Minerals:* Found in soups with green vegetables. Iron is essential for the body's oxygen supply & energy production.

Calcium: Abundant in soups with dairy products or calcium-rich vegetables like broccoli. Calcium is important for strong bones & teeth.

Potassium: Found in many vegetables used in soups, such as potatoes, tomatoes, or spinach. Potassium regulates blood pressure & supports muscle function.

Directions

Soups are a great choice for a balanced diet for several reasons:

Versatility:

There are countless types of soups, ranging from light vegetable soups to hearty stews. This variety makes it possible to incorporate soups into any diet, whether vegetarian, vegan, or meat-based.

Nutrient Density:

Many soups are rich in vitamins, minerals, fiber, and even protein, depending on the ingredients. These nutrients are essential for a healthy diet.

Satiety:

The high liquid content and fiber in soups can help you feel full for longer, which in turn helps prevent cravings.

Portion Control:

Soups can easily be served in exact portion sizes, which can be helpful for monitoring calorie intake.

Hydration:

Soups contribute to daily fluid intake and can help keep the body hydrated.

By incorporating soups into your diet, you can consume a variety of nutrients while also better controlling your portion sizes and calorie intake.

Soups as a Means for Weight Loss & Control

Feeling of fullness:

The high water content and fibre in soups can help you feel full for longer. This can help prevent cravings and overeating.

Low in calories:

Many soups, especially vegetable soups, are relatively low in calories but still nutritious. They can replace a full meal without consuming too many calories.

Portion control:

Soups can be easily served in appropriate portion sizes, which can be helpful for monitoring calorie intake.

Hydration:

Soups contribute to daily fluid intake, which is important for weight loss, as adequate hydration supports metabolism and can reduce cravings.

Nutrient Density:

Despite their relatively low calorie content, many soups are rich in nutrients such as vitamins, minerals, fiber, and protein, which are important for a balanced diet during a diet.

NOTES

The origins of soup can be traced back to the Stone Age, when porridge-like foods were prepared and consumed in waterproof cooking bags. The invention of clay pots between 9000 and 7000 BC promoted the development in such a way that from then on, water, grains, and various other ingredients could be cooked in a solid container. According to records, the first soups were cooked in Mesopotamia around 6000 years ago. From there, they spread to Egypt, then to Greece, and subsequently to the Roman Empire. Soup further spread in the territories conquered by the Romans.

Archaeological finds such as stone soup pots and wooden plates date the consumption of the first soups in Central Europe to 5,000 years ago. The first soups were often enriched with bread, flatbreads, or dumplings. These starch- and protein-rich dough products, together with the soup vegetables, which contain minerals and vitamins, made the liquid food a complete meal. These thick preparations were eaten with bare hands before shells or wooden spoons took over this function.

SERVING THE SOUPS

The soup spoon is placed on the far right in the cutlery arrangement. In the menu, the soup as the first course requires special attention, as it leaves the first impression. Among gourmets, it is considered the dish that sets the highest standard of finesse or delicate perfection within the dinner, as it determines the overall impression.

- CRAFTSMANSHIP -
Fresh & creamy Tomato soup ✓

Courses: Soups
Collections: Italian recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 4 tbsp. unsalted Butter
- ☐ 2 stalks Celery, thinly sliced
- ☐ 1/2 yellow Onion, thinly sliced
- ☐ 1/2 small Fennel, thinly sliced
- ☐ 2 Tsp. Salt, divided
- ☐ 2 Tbsp. Tomato paste
- ☐ 1/4 Tsp. red Pepper flakes
- ☐ 2 tins of 800 ml peeled Tomatoes
- ☐ 800 ml Tomato juice
- ☐ 1 Tbsp. Sugar, brown
- ☐ 125 ml Cream

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ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

Step 1

In a large pot over medium heat, melt butter. Add celery, onion, fennel, and 1/2 tsp. salt and cook, stirring occasionally, until softened and translucent, 7 to 8 minutes. Add tomato paste and cook, stirring frequently, until darkened, about 2 minutes. Add red pepper and cook, stirring, until fragrant, about 1 minute more.

Step 2

Add whole tomatoes with their juices, tomato juice, and brown sugar. Bring to a simmer, mashing down on tomatoes with a wooden spoon or rubber spatula to break into large pieces, and cook, stirring occasionally, until slightly reduced, about 10 min. Remove from heat 6 let cool slightly, about 5 min.

Step 3

Transfer half of tomato mixture to a standard blender 6 blend until smooth (or use an immersion blender and puree in pot).
Pour blended soup into a large bowl and repeat with remaining tomato mixture. Return soup to pot and stir in cream. Cook over medium heat, stirring frequently, just until warmed through (do not let it boil); season with remaining 1 1/2 tsp. salt.

Step 4

Divide soup among bowls. Drizzle with cream.

Enjoy!

NOTE

This tomato soup is great the day it's made, but it will keep in an airtight container in the refrigerator for up to 3 days. I recommend reheating it in a pot on the stove over medium-low heat, don´t use the microwave. Too much aggressive heat will change the soup's flavour - and this is one tomato soup that's too good to ruin on the reheat.

- CRAFTSMANSHIP -
Fresh & gratinated Onion soup ✓

Courses: Soups
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 6-7 Onions, thinly sliced
- ☐ 50 g Butter
- ☐ 1 large tbsp Flour
- ☐ 2 dashes Nutmeg
- ☐ 750 ml vegetable Stock
  (or enough to cover everything)
- ☐ White Pepper, ground
- ☐ 1 Clove & 1 Bay leaf
- ☐ 1 Baguette
- ☐ 1 clove of Garlic
- ☐ 30 g Butter
- ☐ grated Cheese
- ☐ dried Marjoram, for garnish

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ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

1. Peel the onions and cut them into rings. Melt the butter in a pan and sauté the onions until golden brown. When they are slightly translucent, sift the flour on top and stir it in.

2. Then add plenty of freshly white ground pepper and pour in the vegetable stock. Add a little nutmeg & simmer covered for 20 min. until the onions are cooked.
To give the onion soup the **typical flavour of bouquet garni**, add 1 clove & 1 small bay leaf "**pierced into each other**" to the soup.

3. Slice the baguette, spread with butter and rub with a halved garlic clove. Place in the oven with the grill function until the slices are golden brown & crispy.

4. Remove the bay leaf & the glove.
Divide the onion soup between small bowls, place the baguette slices on top and sprinkle with grated cheese. Bake briefly in the oven.

5. Finally, sprinkle some dried marjoram over the baguette slice.

Et voilà !

NOTE

French onion soup (Soupe à l'oignon) is very easy to prepare, extremely tasty and hearty – and with a slice of baguette topped with cheese and baked au gratin, it becomes something truly special!

- CRAFTSMANSHIP -
Fresh Broccoli cream soup ✓

Courses: Soups
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 6 tbsp unsalted Butter
- ☐ 4 Leeks, white & light green parts only, sliced & rinsed
- ☐ 250 gr Celery thinly sliced
- ☐ 2 clove Garlic, finely chopped
- ☐ 2,7 kg Broccoli florets
- ☐ 1,8 Liter vegetable broth
- ☐ 2 tsp Thyme, dried
- ☐ 1 tsp Salt
- ☐ 250 ml Milk
- ☐ 250 ml Cream
- ☐ 3 tsp dried Marjoram

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ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Melt butter in a large saucepan over medium-high heat. Add leeks & celery; cook, stirring occasionally, until softened, 6 to 8 min. Add garlic; cook, stirring constantly, until fragrant, about 1 min.

Add broccoli and broth. Bring to a boil.

Reduce heat to medium; cover and cook until the broccoli is tender, about 12 min. Stir in thyme and salt. Puree the soup with an immersion blender until smooth, about 2 min.

(Alternatively, transfer soup, in batches if necessary, to a blender. Remove center piece of blender lid to allow steam to escape; secure lid on blender. Place a clean kitchen towel over opening in lid. Process until smooth, about 2 min. Use caution when blending hot liquids.)

Add milk & cream and process until incorporated.

Serve immediately, topped with marjoram.

Enjoy!

NOTE

This healthy broccoli soup features aromatic vegetables like leeks & celery for rich flavour.

Broccoli provides essential nutrients like vitamin C and fiber. Blending creates a smooth, creamy texture that's delightful to eat.

- CRAFTSMANSHIP -
Fresh Cauliflower cream soup ✓

Courses: Soups
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 1/2 Cauliflower
- ☐ 1 Leek (only the white part)
- ☐ 40 g Butter
- ☐ 40 g Flour
- ☐ 200 ml Milk
- ☐ 750 ml vegetable Stock
- ☐ 1 Egg
- ☐ 100 ml sour Cream
- ☐ Salt
- ☐ freshly ground white Pepper

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https://www.youtube.com/watch?v=7Y2pOJpRWtw

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Wash all the vegetables thoroughly. Cut the leek so that only the white part remains. Peel the cauliflower by removing the large green leaves. Select the 3 or 4 most attractive florets of the cauliflower & set them aside. Cut the white part of the cauliflower into small pieces. Take a casserole dish and place it on the hob. Add butter & white part of the leek. It should only take on colour.
After about 3 min., sprinkle in the flour & stir for another 3 min. Pour in the milk. Add the cauliflower pieces. Add a small pinch of salt. Bring to the boil, stirring carefully. When it comes to the boil, add the vegetable stock. Leave everything to cook for 30 min. over a medium low heat. In the meantime, you will enhance your small cauliflower florets by making them just as crisp. Bring a pan of water and salt (a pinch) to the boil. Add the cauliflower florets. Drain them and plunge them into cold water to keep them nice and crisp. Take a bowl and add the crème fraîche.

Crack the egg and separate the white from the yolk. Add the yolk to the bowl with the crème fraîche and mix well. Purée the cauliflower that has been cooking in the pot for 30 min. Bring it to the boil again. When it comes to the boil, remove the pot from the heat and add the cream and egg yolk mixture. Add salt & pepper (not too much).

Serve in deep plates and top with the cooked cauliflower florets.

NOTE

Some add **a pinch** of curry powder, others add turmeric to add flavour and a little colour. You can also add a few roasted bread croutons (lightly rubbed with garlic, why not).

Creme Dubarry

A delicious soup created for the most beautiful woman in Versailles: the Countess du Barry.

- CRAFTSMANSHIP -
Fresh Minestrone soup ✓

Courses: Soups
Collections: Italian recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 1 tbsp Olive oil
- ▢ 1 Onion, chopped
- ▢ 2 Carrots, chopped
- ▢ 3 large Celery sticks, chopped
- ▢ 2 Garlic cloves, finely chopped
- ▢ ¼ head green Cabbage, thinly shredded
- ▢ 2 tbsp Tomato purée
- ▢ 400 g tin chopped Tomatoes
- ▢ 1.2 litres vegetable Stock
- ▢ 400 g tin Cannellini beans
- ▢ 100 g Spaghetti, broken
- ▢ Salt & ground black Pepper

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ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

In a large saucepan with a lid, heat the olive oil over medium heat. Add the cleaned and prepared onion, carrots, and celery, season with a little salt & pepper, and simmer, turning occasionally, until the veggies are tender, about 10 min.

Fry the garlic for 1 additional minute after adding it.

Add the tomato purée & simmer for further 3 min.

Pour in the stock and tomatoes. Place a lid on the saucepan and slowly bring to a boil. After lowering the heat to a simmer, cook for 15 min.

Cook for an additional 10 min., or until the pasta is cooked, after adding the cannellini beans (drained and rinsed).

Cook for a further 2 min. after adding the cabbage.

To get the right consistency, add a little boiling water if the soup is too thick.

Before serving, season with salt & pepper to taste.

Enjoy!

NOTE

Minestrone, is made with broken-up spaghetti and cannellini beans. Depending on what you have in the refrigerator, feel free to add more veggies like green or yellow courgette.

- CRAFTSMANSHIP -
Fresh Potato & Leek cream soup ✓

Courses: Soups
Collections: French recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 1 large Onion, peeked & sliced
- ▢ 680 - 900 g Leeks
  white & light green parts only
- ▢ 1,600 g baking Potatoes,
  peeled & cut into large chunks
- ▢ Salt & Pepper to taste
- ▢ 8 Garlic cloves
- ▢ 1800 ml vegetable Stock
- ▢ 350 ml Cream
- ▢ Sour cream, for garnish
- ▢ dried Marjoram, for garnish

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https://www.youtube.com/watch?v=VUQ6TRbCEVs

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Craftsmanship - a culinary voyage

Directions

Sweat the onion in a pot until translucent. Avoid caramelizing.

Add the leeks (after cutting and rinsing them thoroughly to remove any sand). Incorporate the potato chunks and season with salt & pepper. Add chopped garlic cloves, vegetable stock (enough to cover). Avoid overfilling to ensure the right consistency. Cook at a medium heat until the potatoes are tender and can be smashed with ease, about 45 min. to an hour. Using a blender to purée the mixture until smooth. Once blended, stir in 1 to 1 ½ cups of cream. Allow the soup to cool and refrigerate for at least 24 hours. Pour the chilled Vichyssoise into serving bowls.

Garnish with a dollop of sour cream in the centre.
Garnish with dried marjoram.

Enjoy!

NOTE

Vichyssoise is a classic French soup that captivates with its elegance and simplicity. It is made from tender leeks, creamy potatoes and fresh cream, and is perfect for hot summer days. The unique flavour is enhanced by chilling the soup after preparation, which brings out the aromas particularly well.

Although this soup is typically served cold, you can have it hot if you'd rather. To suit your taste, adjust the cream & salt.

Optional serve with fried bacon bits for a unique flavour and textural contrast as an added touch.

- CRAFTSMANSHIP -
Fresh Pumpkin cream soup ✓

Courses: Soups
Collections: USA recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 2,4 kg Hokkaido pumpkin
- ☐ 4 Onions
- ☐ 7 Garlic cloves
- ☐ 2250 ml vegetable Stock
- ☐ 625 ml Coconut milk
- ☐ 6 tablespoons Olive oil
- ☐ Salt & Pepper to taste
- ☐ 3 pinch of Nutmeg

- ☐ 12 tbsp Crème Fraîche for serving
- ☐ For garnish Marjoram, dried

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ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Wash the skin of all Hokkaido pumpkins under hot water to remove any dirt or debris.

- Quarter, deseed & cut into pieces the cleaned pumpkins.

- Peel and chop the onions & garlic.

1.

Heat the olive oil in a large saucepan and fry onion & garlic until translucent.

Add the pumpkin pieces and fry briefly so that they take on a slight roasted flavour.

2.

Add the vegetable stock & bring to the boil.

Simmer the pumpkin over medium heat for about 15-20 min. until soft.

Use a hand blender or stand mixer to purée the soup until smooth.

3.

Stir the coconut milk into the soup & season to taste with salt, pepper & nutmeg. Bring the soup to the boil again briefly.

4.

To serve, ladle the soup into bowls, add a dollop of crème fraîche to the center of each bowl.

If desired, you can garnish the soup with Majoram.

Enjoy!

NOTE

It's thick, creamy, and irresistible, a classic easy pumpkin soup.

- CRAFTSMANSHIP -
Pure savoury Vegetable soup ✓

Courses: Soups
Collections: German recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 4.5 litres strong Vegetable stock
  3 bunches soup Greens
  equivalent to
- ☐ 1,5 Celery roots,
- ☐ 3 Leeks,
- ☐ 6 big Carrots

- ☐ 6 Potatoes
- ☐ 3 Garlic cloves
- ☐ 3 Onions
- ☐ 3 Courgettes
- ☐ 3 Peppers
- ☐ 3 tbsp Marjoram, dried

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ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Craftsmanship - a culinary voyage

Directions

Bring the vegetable stock to the boil.

Meanwhile, clean the leek & cut into thin rings.

Peel & finely dice the celery.

Peel potatoes & carrots, cut into bite-sized pieces.

Peel & finely dice the garlic + onion.

Add all ingredients to the stock & simmer for 10 min. over a medium heat.

In the meantime, cut the courgette & peppers into bite-sized pieces.

After 10 min., add them to the stock along with the Majoram and simmer for another 5-10 min.

Season generously with salt and pepper.

Sprinkle some Majoram over the plated soup.

Enjoy!

NOTE

First things first:

What is love most about this vegetarian vegetable soup is that it is so incredibly versatile. You can simply throw in whatever you have in the fridge.

- CRAFTSMANSHIP -
Red Lentil & Coconut soup ✓

Courses: Soups
Collections: Levantine recipes
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 2.5 tins Tomato chunks
  approx. 400 g per tin
- ▢ 2.5 tins Coconut milk
  approx. 400 g per tin
- ▢ 2.5 Onions
- ▢ 450 gr red Lentils
- ▢ 7 tsp Chili powder
- ▢ 5 tsp Turmeric powder
- ▢ 1500 ml Vegetable stock
- ▢ Oil for frying
- ▢ Salt
  Optional
- ▢ Coriander powder for seasoning

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ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Directions

1 - Peel the onions & chop them into fine cubes. Sauté the cubes in oil until translucent. Add the red lentils, tomato chunks with juice & coconut milk and stir well. Pour in the vegetable stock and simmer the soup for approx. 20 minutes.
2 - Finally, season with salt, chilli powder & turmeric powder.
3 - The soup tastes twice as good the next day.
4 - Serve with baguette.
5 - Enjoy!

NOTE

Lentil soup is not only a tasty dish, but also a nutritious choice for health-conscious eating habits. Lentils are an excellent source of plant-based protein, making them an ideal ingredient for vegetarians and vegans. They contain important amino acids that are essential for the body and help to maintain and promote muscle mass.

Furthermore, lentils symbolise good fortune and prosperity in many traditions. In some cultures, it is believed that eating lentil soup in the New Year brings good luck, underscoring the deep-rooted cultural significance of this simple ingredient. Lentil soup is not only a tasty dish, but also a dish with cultural roots and rituals that connects people across generations.