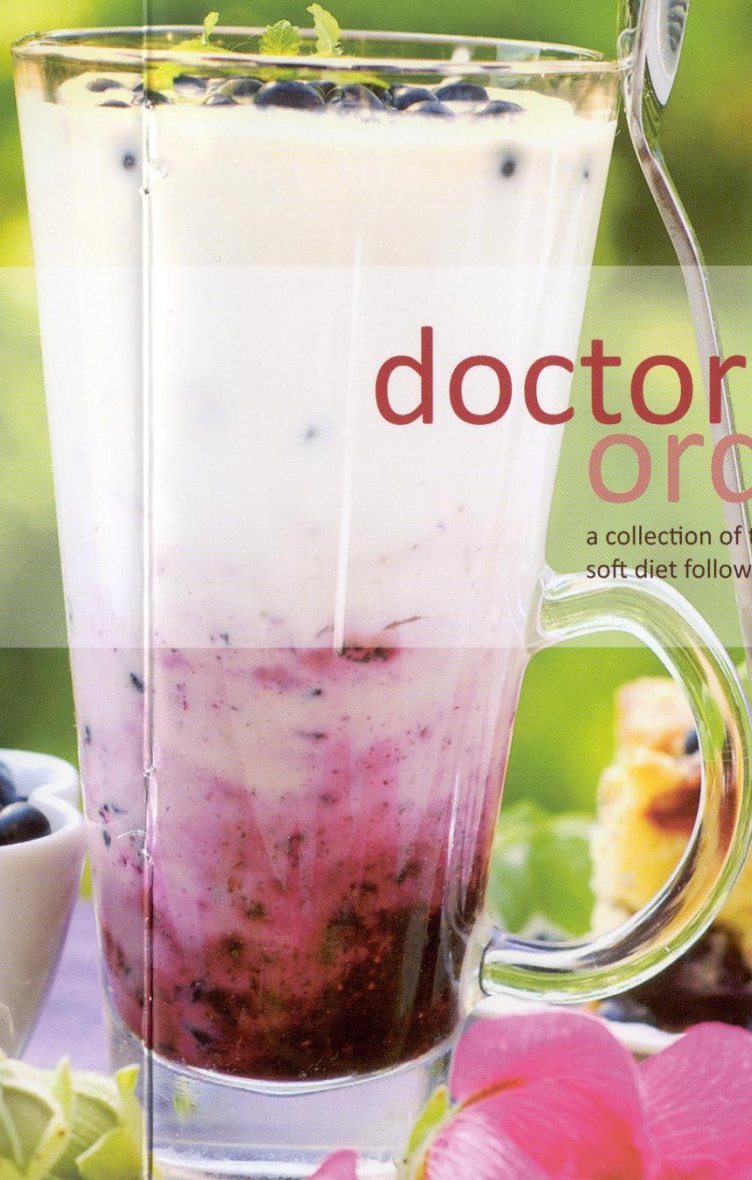




The South African Society of
Maxillo-Facial & Oral Surgeons

doctor's orders

a collection of tasty recipes for a
soft diet following oral surgery



notes

foreword

DOCTOR'S ORDERS, 12 years on

There is some irony in the fact that the idea for a recipe book was first conceived while I was running on a treadmill in a never ending struggle to compensate for my enjoyment of good food. Perhaps it was the recognition that our patients in their immediate post-operative phases of recovery were in a less fortunate position than I in their inability to enjoy a good meal, and therefore more likely to lose some kilograms without the effort associated with a treadmill session! Nevertheless, the idea was born, and with the help of some competent professionals and the support of my staff and family, the idea became a reality.

It is now 12 years since the first publication of this booklet was introduced to our members and colleagues. I had little idea then that it would prove to be so popular and that there would be numerous occasions in the following years where reprints of the original would be required to meet the demand.

A new sponsor for the production of "Doctor's Orders" is gratefully acknowledged. The company's commitment to sponsorship of further printing costs for this project will allow us to keep the costs for our colleagues to a minimum, and therefore make it possible for a larger number of patients to receive some help and inspiration to encourage them through the healing phases following Oral Surgery. All proceeds from the sale of this recipe book will continue to enhance education and training programs for the practitioners of Oral Surgery, thereby increasing their ability to improve the quality of life for all patients in their care.

John Fisher
PRESIDENT

The South African Society of Maxillo-Facial & Oral Surgeons
August, 2013

introduction

This collection of simple recipes is dedicated to the wives, mothers, fathers, partners and other family members or friends who make up the support team for our patients when they have undergone oral surgery. Your help and encouragement are invaluable to the success of our procedures.

The booklet is aimed at the patients of Maxillofacial and Oral Surgeons, Periodontists, General Dental Practitioners and all other colleagues in the medical and dental professions whose procedures necessitate a temporary change to a liquid or soft food diet.

Proceeds from the sale of this booklet will be used by the South African Society of Maxillofacial and Oral Surgeons to enhance their education and training programmes, thereby ultimately contributing to the benefit of all future oral surgery patients.

The support of our sponsors is gratefully acknowledged. Their commitment to the financial assistance associated with printing costs has allowed us to keep the costs for our colleagues to a minimum, and therefore makes it possible for a larger number of patients to receive some help and inspiration to encourage them through the healing phases following oral surgery.

For Alexandra, my wife, a special thank you for your encouragement, help and advice in all things.

John Fisher
PAST-PRESIDENT

The South African Society of Maxillo-Facial & Oral Surgeons
2013

baked custard

Beat together:

1 egg

1 tblsp. sugar

1 cup milk

Stir into above

half a tsp. vanilla essence

Pour into ovenproof dish & bake in a Bain-Marie at 180°C for 30 mins until set.

coffee ice cream

2 eggs separated

1 tin condensed milk

500ml cream - whipped

2 heaped tsp. coffee (instant)

1 tblsp. brandy

1 tsp. vanilla essence

Beat egg yolks & condensed milk.

Fold in whipped cream & then stiffly beaten egg whites.

Dissolve coffee in brandy & vanilla essence.

Stir into mixture.

Pour into mould and freeze.

chocolate liqueur ice cream

- 50ml Ashanti Gold liqueur
- 10ml coffee (dissolved in a little hot water)
- 1 and a half tsp. vanilla essence
- 250ml cream
- 4 egg whites
- half tsp. salt
- 1 large can chilled Ideal milk
- 1 tsp. lemon juice
- 1 tin condensed milk

Stir together liqueur, coffee and vanilla essence. Whip egg whites until stiff. Whip cream. Whip Ideal milk, adding lemon juice. Stir liqueur mixture into condensed milk. Fold in whipped Ideal milk, cream and egg whites. Freeze in 2-litre container with a lid.

milky peach jelly

- 1 packet peach jelly
- 125ml Ideal milk, chilled
- 125ml peaches, puréed (or any other puréed fruit)

Make the jelly & allow to cool, not set. Beat in the Ideal milk until the mixture is stiff. Fold in the fruit and pour into moulds. Allow to set in the fridge.

yoghurt & cottage cheese jelly

- 1 pkt strawberry jelly
- half a cup smooth cottage cheese
- half a cup natural yoghurt

Make jelly, cool, but not set. Mix yoghurt & cottage cheese and beat for 30 seconds. Add jelly. Beat with an eggbeater for 1 min. Pour into moulds & refrigerate until set.

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soft drinks

a different trifle

125g pkt Boudoir biscuits
125ml sherry

Custard

750ml milk
60ml custard powder
30ml sugar
10ml vanilla essence

or

1 litre ready-made custard

Lemon layer

1 tin condensed milk
125ml lemon juice

Top

250ml whipped cream

In large flat dish lay half biscuits side by side and soak with half the sherry.

Make custard: heat most of the milk.

To the rest of the milk stir in custard powder and sugar. Pour custard mixture into hot milk and stir until thickened, adding vanilla essence. Allow to cool.

Beat lemon juice into condensed milk.

Layer biscuits, custard, biscuits, condensed milk mixture and top with whipped cream.

Refrigerate for a few hours.

chocolate ice cream

200g chocolate (half dark chocolate and half milk chocolate)
250ml cream
3 eggs, separated
2 tblsp. castor sugar
4 tblsp. water

Beat egg whites until stiff. Beat cream. Melt chocolate.

Melt sugar in water. Add the melted chocolate to the sugar water.

Beat egg yolks and add to the chocolate mixture.

Fold in cream, then egg whites.

Freeze in a closed container.

horlicks ice cream

The easiest no-fuss ice cream you will ever make. Serves 6 (± 1 litre).
(Plain or chocolate Horlicks can be used).

3 eggs separated
250ml cream, whipped
75g icing sugar
60ml Horlicks

Beat egg whites until stiff.
Beat yolks, Horlicks and icing sugar together until fluffy.
Fold in whipped cream and egg whites.
Freeze overnight in old ice cream container with lid.

bar-one chocolate sauce

(for vanilla ice cream)
1 large bar-one
100g dark chocolate
250ml cream

Melt chocolate together over a double boiler and
add cream when melted.
Mix together thoroughly and heat through.

chocolate sauce

A quick and easy sauce for the family.
Per person:
1 tblsp. cocoa
1 tblsp. water
1 tblsp. butter
1 tblsp. golden syrup
1 tblsp. sugar

Heat all together.
Keeps very well for weeks in the fridge.

Note: Acid fruits like bananas and strawberries
may produce discomfort in open wounds
for 2-3 days after oral surgery.

nutritious health drink

liquidise:
1 glass of milk
1 raw egg
1 tsp. vanilla essence
1 tsp. sugar

A banana or scoop of ice cream is optional.
(do not worry about the raw egg - you do not taste it)

apricot & orange nectar

50g dried apricots
200ml pure orange juice
1-2 tsp. clear honey
1 tsp. brewers' yeast powder

Soak the apricots in boiling water for a few hours until soft.
Liquidise with the rest of the ingredients.

banana milkshake

1 banana, peeled
200ml milk
2 heaped tblsp. natural yoghurt
2 tsp. brewers' yeast powder

Liquidise and serve at once.

yoghurt & orange flip

1 orange, peeled
150ml natural yoghurt
a little clear honey

Break the orange into segments and liquidise,
then add the rest of the ingredients
and liquidise some more.

apple pie shake

1 cup pie apples
1 cup vanilla ice cream
half cup milk
dash of cinnamon

Put all ingredients in a blender. Blend until smooth.

chocolate mint shake

1 and a half cups chocolate ice cream
half a cup milk
1 drop peppermint extract

Blend until smooth.

tropical shake

1 and a half cups vanilla ice cream
three quarter cup pineapple juice
1 medium banana

Blend until smooth.

tiramisu

500g smooth cottage cheese or mascarpone cheese
250ml whipped cream
3 egg yolks
1 tsp. strong instant coffee (dissolved in the sherry)
200g sugar
half a cup sherry
2 packets of Boudoir biscuits

Place biscuits in flat glass bowl and sprinkle
with half the sherry and coffee mixture.
Mix balance of ingredients together.

Make 2 layers:

i.e. (biscuits/cheese mixture) x 2
Refrigerate for at least six hours
(can be made day before).
Before serving, sprinkle lightly
with cocoa or flake chocolate.

lemon cake

1 cup sugar
125g butter
2 eggs
2 cups flour
1 heaped tsp. baking powder
rind of one lemon
1 cup milk with 1 tsp. white vinegar

Icing:

Juice of half a lemon mixed with half a cup icing sugar

Cream butter and sugar. Beat in eggs and rind.
Add sifted dry ingredients and milk and mix gently.
Bake in square tin for 30 mins at 180°C.
Pour over the icing when the cake
is hot and cut into squares when cool.

chocolate mousse

This one is fairly firm and really dreamy.

Melt 100g dark chocolate with 1 - 2 tblsp. butter.

Separate two eggs and beat whites until stiff.

Beat in 1 tblsp. castor sugar in two stages. Beat egg yolks with 1 tblsp. brandy. Add chocolate mixture to yolks.

Beat 125ml cream and fold everything together.

Refrigerate in separate bowls.

brandy bananas

2 - 3 tblsp. butter

4 bananas

juice of half a lemon

2 tblsp. brandy

2 tblsp. brown sugar

1 tsp. ground cinnamon

Melt butter in pan. Slice bananas lengthwise and place in pan.

Squeeze lemon over bananas.

Add brandy, sugar and cinnamon and sauté for 5 - 7 minutes until firm but soft. Serve with sauce spooned over bananas and whipped cream.

crème brûlée

4 egg yolks (beat together, and then add cream and 3 tblsp. castor sugar)

500ml cream

half a tsp. vanilla essence

Bake in Bain-Marie at 150°C for 45 minutes.

Chill overnight in ramekins.

(Bain-Marie - stand ramekins in boiling water in roaster, about half-way up ramekins).

banana & honey yoghurt

1 banana

1 tblsp. honey

half a cup of natural yoghurt

Mash the banana & stir in the honey & yoghurt.
(Papino makes a good substitute for banana)

cocoa eggnog

1 tsp. cocoa powder

1 tsp. sugar

1 tblsp. boiling water

1 egg

1 cup milk

Add boiling water to cocoa & sugar and mix into a paste.

Beat the egg and add to the milk.

Heat & stir in the cocoa.

Beat to make the drink frothy.

paw-paw & pineapple drink

1 paw-paw

1 pineapple

2 cups pineapple juice

Peel and dice the fruit.

Add the juice and blend.

prune juice

(excellent for constipation)

500g dried prunes
1 litre water
1 cup sugar

Soak prunes in boiling water overnight. Remove pips.
Boil water, add sugar & stir until sugar is dissolved.
Blend prunes, gradually adding sugar water.

peaches & cream shake

1 tin peaches in syrup
1 cup vanilla ice cream
pinch of salt
half a tsp. vanilla essence

Blend until smooth.

vanilla milkshake

3 cups vanilla ice cream
1 and a half cups milk
1 banana
1 egg
half tsp. vanilla essence

Blend until smooth.

strawberry yoghurt shake

a cup milk
half cup strawberry yoghurt
1 tblsp. cream
(blend in some fresh strawberries when in season)

Blend all above together.

chocolate mousse cake

Too rich and divine for words!

Base

three quarters of a packet digestive biscuits crushed
100g melted butter

Mousse

2 x 200g dark chocolate
500ml cream, whipped
5 tblsp. rum or amaretto
5 tblsp. liquid glucose

Melt chocolate, rum and glucose.
Add whipped cream and mix together.
Pour over base (use tin with movable sides).
Refrigerate a few hours. Sprinkle with cocoa.

chocolate mousse

1 x 100g bar alban chocolate
3 eggs, separated
2 tblsp. brandy
250ml cream, whipped

Melt chocolate over double boiler. Beat egg whites until stiff.
Beat yolks and brandy. Add melted chocolate to eggs.
Fold chocolate mixture into whipped cream and fold egg whites into this.
Pour into glass dishes or ramekins and refrigerate for a day.

gone with the wind

1 large tin Ideal milk
1 sachet gelatine, dissolved in 1 cup of water
2 cups orange juice
1 cup sugar

Beat the Ideal milk until thick,
then add the other ingredients and beat.
Either put into individual bowls or one large bowl and refrigerate until set.

Note: Some of the desserts have biscuit bases but these can be left out for the patient.

fridge cheese cake

Base

1 packet tennis biscuits
- crushed and mixed with 125g melted butter,
in a medium to large pie dish.

Filling

250ml cream - whipped
250ml cream cheese
1 tin condensed milk

Mix cream, cream cheese and condensed milk together.
Squeeze ± 5 lemons and mix juice into mixture.
(Mixture must be fairly thick to set, and as "lemony" as you like it).

Pour over biscuit base and refrigerate.
Can be made the morning of or the day before.

ice cream

1 can condensed milk
500ml cream - whipped
250ml plain yoghurt
1 tsp. vanilla essence
2 eggs - separated - beat whites

Slowly add condensed milk, yoghurt and vanilla essence
and beaten yolk to whipped cream (beating continuously).
Fold in stiffly beaten egg whites. Freeze in a sealed container.

As a reward for perseverance at the end of the healing phase,
turn this into a cassata by adding:

150g cake mix soaked in favourite liqueur for a few hours.



appetisers,
soups
& starters

mushroom soup

Serves 6

250g fresh button mushrooms
50g butter
2 tbsp. flour
425ml (approx.) chicken stock (1 stock cube in boiling water)
150ml milk
2 tbsp. chopped parsley
juice of a half a lemon
150ml cream, if desired
salt & pepper to taste (small amount of salt as stock cube is very salty)

Chop mushrooms and blend to purée.

Melt butter in a pot and add flour and mix into a paste.

Stir in chicken stock, a little at a time to blend in smoothly.

Add remaining ingredients except cream.

Cook for 5 to 10 minutes. Stir in cream before serving.

celery soup

2 bunches table celery, thinly sliced
250g bacon - chopped
2-3 medium potatoes - cubed
4 medium onions - chopped

Sauté the above ingredients on a low heat to avoid browning.

Add 250ml water and simmer for fifteen minutes.

Add 750ml milk and simmer for a further fifteen minutes.

Puree in a blender or food processor. Add seasoning as desired, but taste before adding salt. Before serving add 250ml sour cream.

Do not boil once the cream has been added.

Note: It is important to slice the celery very thinly as large chunks of celery will leave strings in the soup, even after liquidising.



desserts
& cakes

sole in red wine & cream

Serves 2

4 medium soles
lemon juice
paprika
cayenne pepper
125ml cream
2 tblsp. red wine
salt & pepper to taste

Lay soles in a large flat dish.
Squeeze lemon juice over soles.
Sprinkle with salt, pepper, paprika
& cayenne pepper.
Mix together wine and cream.
Pour around fish, not over fish.
Leave uncovered and bake at 180°C
for 40 minutes in a pre-heated oven.

mock lobster bisque

1 tin tomato soup
1 tin pea soup
1 tin tuna in oil
2 stalks celery, chopped
1 onion, chopped
1 tsp. garlic
1 tot sherry
half a cup cream or yoghurt
±1 cup milk

Sauté onion, celery and garlic in tuna oil.
Soak tuna in sherry.
Cook soup as directed but dilute half milk and half water.
Add the rest of the ingredients and liquidise.
Heat through.
Lastly, add cream/ yoghurt and garnish with parsley.

pea & kassler rib soup

Much nicer than plain pea soup
- the smoked Kassler rib gives a delicious flavour.

Serves 6

2 Kassler rib chops
1 and a half beef stock cubes
half a packet dried peas
1 large onion - chopped
600ml water
1 dessertspoon oil

Fry the onion in oil until golden.
Add the rest of the ingredients and simmer
for approx. 1 hour.

oyster soup

This is definitely a case of mutton dressed as lamb, except a lot less work!

1 tin smoked oysters (in oil)
1 pkt cream of chicken soup
sherry to taste (half to 1 tot per person)
200ml cream

Make soup according to packet instructions.
Add oysters (plus oil), cream & sherry.
Heat through but do not boil.
Serves 4 to 6.

tomato & orange soup

1kg tomatoes or 1 extra-large can tomatoes
1 onion - chopped
1 carrot - sliced
1 strip lemon rind
1 bay leaf
6 peppercorns
1 litre chicken stock
pinch of salt
a quarter cup of cream (optional)
juice of 1 orange and pared rind of half an orange
pinch of sugar
(thicken with maizena)

Boil together until soft the onion, carrot, tomatoes, lemon rind, bay leaf, pepper, stock & sugar.
(Use juice of tinned tomatoes to make up one litre with stock).

Remove bay leaf and rind.
Liquidise.

Push through sieve to remove pips.
Return to pot and simmer.
Add orange juice.
Thicken with maizena.

Before serving add cream to each dish
and sprinkle top with rind.

soufflé

This is a foolproof soufflé and very versatile.
You can add the fillings of your choice.

250g mushrooms or asparagus tips
2 tblsp. butter or margarine
2 tblsp. flour
2 - 3 eggs, separated
1 - 1 and a half cups milk
1 cup grated cheddar cheese
half a tsp. pepper

Make a thick cheese sauce.
Beat in egg yolks.

Fold in cooked mushrooms or asparagus tips.
Whip egg whites until stiff and fold in.
Pour into medium soufflé or round casserole dish
and bake at 180°C for approx. half an hour
(until golden).

curried corn chowder

1 large dessertspoon butter
2 med. onions - diced
2 tins creamed sweet corn
2 tblsp. flour
2 chicken stock cubes dissolved
in 3 cups hot water
half a tsp. curry powder

Mix all ingredients together
& simmer for 20 mins.
Liquidise.

salmon paté

212g pink salmon (or tuna) drained
125g smooth cottage cheese or cream cheese
100ml mayonnaise
2 spring onions – finely chopped
salt & pepper to taste
25ml lemon juice
125g melted butter
100ml whipped cream

Blend salmon, cheese, mayonnaise, onions, salt, pepper and juice.
Pour in butter and mix. Fold in cream and pour into serving dish.
Cover and refrigerate until set.

tuna spread

1 tin tuna, drained
1 carton cream cheese or smooth cottage cheese
100g melted butter
3 tblsp. lemon juice

Mix all the ingredients together and sprinkle with paprika.
Serve on very soft bread.

fish with creamy topping

6 frozen hake steaks
1 cup sour cream
1 cup mayonnaise
salt & pepper to taste

Mix cream and mayonnaise.
Pour over fish.

Top with grated cheddar cheese.

Bake in an uncovered baking dish at 180°C for 30 - 45 mins.

courgette soup

1 large onion - chopped
4 tblsp. butter
2 potatoes - cubed
200g courgettes - cubed
2 chicken stock cubes
1 litre boiling water
half a cup cream/yoghurt
8 rashers bacon - chopped and fried (optional)
chopped chives/ parsley

Sauté onion until soft.
Add courgettes and potatoes and toss in butter.
Add stock cubes and water. Simmer for 30 mins.
Liquidise. Add cream. Heat.
Crumble bacon over each separate bowl.
(not for the patient).

butternut soup

2 onions - chopped
little butter
1 diced butternut
1 tblsp. flour
1 tsp. curry powder
1 and a half chicken stock cubes (in 3 cups of water)
1 and a half cups milk
half a cup of orange juice
pinch of nutmeg
black pepper
125ml cream or yoghurt

Fry onions in butter until soft.
Add butternut and cook, stirring for ±3 mins.
Stir in flour and curry powder.
Add rest of the ingredients, except cream.
Simmer for ± 20 mins. Liquidise. Add cream before serving.
Freezes well.

Note: Use curry powder sparingly within first 2-3 days after surgery.

thick leek & potato soup

15g butter
1 dessertspoon oil
1 large onion - chopped
900g potatoes, peeled and diced
700g leeks, washed, trimmed and sliced
600ml water
1 chicken or vegetable stock cube
chopped parsley

Sauté the onion in the oil and melted butter, then add the leeks and potatoes and gently fry for 5 minutes. Add the stock and water and simmer until the vegetables are soft. Liquidise, check for seasoning and serve.

spinach soup

Filled with goodness and delicious even to non-spinach eaters!

Serves 6.

450 - 500g spinach (fresh or frozen - fresh is better)
40g butter
1 onion - chopped
25g flour
600ml chicken stock
150ml milk
grated rind of half a lemon
2 tsp. nutmeg
black pepper & salt (if needed)
125ml cream (optional)

Wash spinach, remove spines and cook until tender, (no water added). Drain & chop. Fry onions in butter without browning. Stir in flour and add stock and milk. Bring to the boil and stir continually until this thickens. Stir in chopped spinach and remaining ingredients except the cream. Simmer for 5 - 10 mins. Liquidise and return to the pot. Add cream before serving.

shrimp soufflés

A delicate little starter, delicious on its own.
Can be made the day before. Serves 6.

250g smooth cottage cheese
12ml anchovy paste
1ml dried dill
5ml finely chopped onion

Mix the above with a wooden spoon.

15ml gelatine (one sachet)
Dissolve this in 250ml hot water and half chicken stock cube.
Stir this into the cheese mixture and chill until set.

Add one tin (200g) drained and rinsed shrimps to the above mixture and fold in 125ml whipped cream and 2 stiffly beaten egg whites and pinch of sugar.

Spoon into ramekins and chill.
When serving, tip out onto small plate and garnish with shrimp and parsley.

tuna mousse

A fish mould or Tupperware mould is essential.
Serves 6. Can be served as a light meal or starter.
NB: Rinse the mould with cold water before use.

Liquidise:

1 tin drained tuna in oil
1 dessertspoon grated onion
half a cup chopped parsley
half a cup mayonnaise
1 tblsp. tomato sauce
half a cup milk
half a cup cool gelatine

(1 sachet gelatin dissolved in hot water - must be cool when added).

Pour this in mould when liquidised and refrigerate.
Can be made the day before.

Must be in fridge for at least 4 hours to allow for setting.
Tip out onto platter and decorate with thinly sliced cucumber, tomato and black olives.
(No olive stones for the patient!)

salmon & spinach roulade

60g butter
1/3 cup flour
1 cup milk
4 eggs separated
250g frozen chopped spinach

Cook spinach gently until water has boiled away.
Make a white sauce and stir in egg yolks and spinach.
Beat egg whites until stiff and fold into spinach mixture.
Pour this into greaseproof paper-lined swiss roll tin.
Bake at 180°C for 12-15 mins until golden.
Turn onto a clean towel.

filling

2 x 220g tins red salmon, drained
half a cup mayonnaise (Kraft/Hellmans)
1 tblsp. chopped chives

Mix all the above together and smooth onto base.
Hold tea towel in both hands
and gently roll roulade.
Serve on a platter and slice.
Can be served warm or at room temperature.

scotch broth

A really wholesome winter meal -
serve with a fresh loaf of bread of your choice.

1 pkt of pre-cut vegetables which include barley (from Woolworth's)
about 500g lamb neck or knuckles
2 chicken or beef stock cubes.

Simmer the lamb in water and stock cubes for 1-2 hours
until the meat falls off the bone. Remove the meat.

Sauté the vegetables and barley in a little oil,
add 2 extra stock cubes, the meat and about 1 and a half litres water.
Simmer for another hour, until really soft.

broccoli soup

Smooth and creamy with a fresh subtle taste.

1 large onion - chopped
1 dessertspoon oil
1 large packet fresh broccoli
1 large diced potato
2 chicken stock cubes
600ml water

Fry the onion in oil until golden.
Add the rest of the ingredients and simmer until tender (15 -20 mins).
Liquidise and return to the pot.

(Add a round of feta cheese before liquidising for added protein)

asparagus soup

1 tin cream of asparagus soup
1 cup milk
1 tblsp. mayonnaise
dash of Worcestershire sauce

Heat all the ingredients in a saucepan.
Pour into blender. Blend until smooth.

avocado chicken soup

1 tin cream of chicken soup
3 cups chicken stock (1 chicken stock cube & 3 cups water)
1 ripe avocado, peeled & diced
half a cup celery, finely chopped
1 tblsp. vegetable oil

Heat all the ingredients in a saucepan. Pour in blender.
Blend until smooth.
If too thick, thin with a little milk.

potato soup

1 cup milk
1 boiled potato, peeled & diced
a quarter cup grated cheddar cheese
1 tblsp. sour cream
salt & pepper to taste

Heat all the ingredients in a saucepan.
Pour into blender. Blend until smooth.

bean soup

three quarters cup of chicken stock
half a cup canned pinto beans, drained
half a cup canned carrots, drained
1 stalk celery, finely chopped
1 tblsp. ham
dash garlic salt or flakes
salt, pepper to taste.

Heat all the ingredients in a saucepan.
Pour into blender. Blend until smooth.

cauliflower soup

1 cauliflower
half a cup chicken stock & half a cup milk
(enough to cover the cauliflower - approx. 500ml each).
Add salt and pepper to taste.

Simmer until cauliflower is soft.
Pour in blender and blend until smooth.
Return to pot and heat through.
Add a cup of grated cheddar or feta cheese and stir well.

tuna fish soup

200g tin tuna in oil
410g tin tomatoes
1 onion - chopped
2 tblsp. butter
2 tblsp. flour
1 cup chicken stock
60ml sherry (optional)
1 and half cups milk

Fry onion in butter and oil from tuna. Add flour, stirring quickly.
Add juice from tomatoes, milk and stock. Bring to boil.
Stir in tuna and tomatoes. Simmer for 10 mins. Liquidise.

leek & potato soup

4 large leeks - washed & chopped
2 medium potatoes, peeled & diced
1 onion - chopped
4 tblsp. butter
1 litre boiling water
half tsp. black pepper
2 chicken stock cubes
125ml cream

Fry leeks, potato & onion in butter for about 10mins.
Add stock cubes and water. Simmer for about half an hour. Blend.
Before serving, stir in cream.