

Janet's Cookery Corner



Janet would be happy to answer any cookery queries you may have.

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When life gives you lemons, make lemonade or - in this case - why not make a refreshing pea and lemon soup, which is perfect for summer eating? It's what I call a 'store cupboard recipe'. Incredibly quick to make and low calorie too. My second one is a delicious vegan curry, which is great for busy lives as it can be made in advance. It's a very tasty meal in one pot. You could serve it with rice, quinoa or couscous if you like.

Pea and Lemon Soup

Ingredients:

- Enough frozen peas to fill about half a medium saucepan
- 2 tsp Marigold bouillon vegetable stock
- Just enough boiling water to barely cover peas
- 2 chopped onions
- Zest of 1 lemon
- Small knob of butter or 2 tsp olive oil

Method:

1. Sweat onion in either the butter or oil for around 5 minutes
2. Add lemon zest of one lemon and just enough stock to barely cover the peas
3. Bring to boil and simmer for 2 minutes maximum – too much boiling will destroy the lovely green colour
4. Liquidise in blender until smooth (or if you prefer, leave some of the peas whole for added texture)
5. For added luxury, add a swirl of extra virgin olive oil or a little single cream and a sprinkle of chopped chives.

