SUPIBASILIKA

NOV. 2024

COURGETTE - CURRY SOUP

3 courgettes
1 leek
2 onions (big)
1 head of garlic
3 potatoes
1 tin coconut milk

1,2 L water
1 leek greens

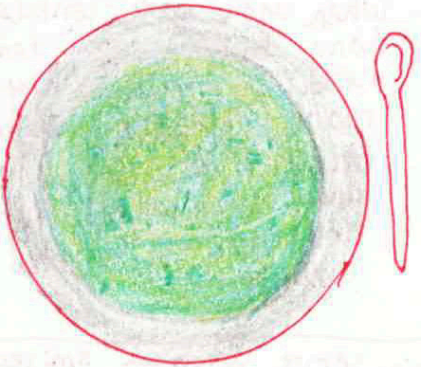
1 tbs kurkuma
1 tbs cumin (or cumin seeds)
2 tbs curry powder
1 cs corriander
2,5 cube mushroom bouillon

The greens of a leek you can eat for sure, especially in a soup. The maker of this soup is a strong believer of that you can never put too much garlic in anything.

tip: it's even better with a dressing of lemon, olive oil, Parsely and chilli flakes

Plate count: 13

liquid — X — thick	
not mixed — X — mixed	
completely dry - no tears — X — lots of tears	
easy — X — hard	
PREP TIME 15 min	COOK TIME 20 min



LenTIL GINGER SOUP

7.4 L water

1 onion
3 cloves garlic
2 potatoes (medium size)
1 thumb (big thumb) ginger
1 pack lentils (500g, yellow)
1 tin coconut milk

2 tbs kurkuma
0.5 cs pepper
1 cube veg bouillon

When you cook lentils long enough, you don't need to mix it anymore. Actually, maybe that is the case with many vegetables. But not everyone agrees with it.

tip: serve with a smiley of (dark) soy sauce

Plate count: 10

liquid	thick
not mixed	mixed
completely dry - no tears	lots of tears
easy	hard
PREP TIME 15 min	COOK TIME 30 min

PEAS SOUP ☮

3 onions
6 cloves garlic
2 potatoes
4 carrots
1 bag of peas (500g ?)
1 Leek

1.5L water

3 cs coffee
3 cs salt

"I didn't know that peas could be yellow."

This yellow soup was the first one made on the stove outside on the town's square of Valga. A lot of people walked by and looked, but no one joined us yet.

tip: very nice with sesame & croutons

Plate count: 16

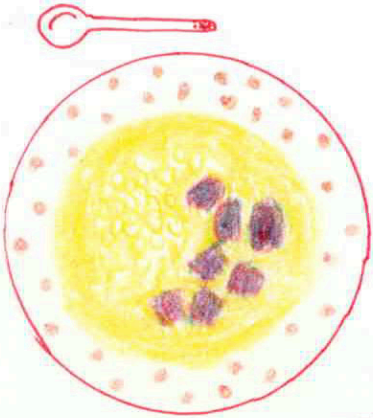
liquid — X — thick

not mixed — X — mixed

completely dry — no tears — X — lots of tears

easy — X — hard

PREP TIME 15 min	COOK TIME 25 min



GARLIC SOUP

9 heads of garlic (no, that's not too much ü)
4 big onions
4 big potatoes
100 g butter

3,5 L WATER

1 veg bouillon cube
2 cs pepper
2 cs cumin seeds
1 cs salt
thyme (measure with your ♥)

This soup was enjoyed together with 5-6 guests. One of them, a very nice Russian woman, came back an hour after eating to bring us gifts: wool and soup plates.

tip: cheese and croutons make everything better

PLATE COUNT: 16	
liquid —— X —— thick	
not mixed —— X —— mixed	
completely dry - no tears —— —— lots of tears	
easy —— X —— hard	
PREP time 25 min	COOK TIME 20 min

PUMPKIN SOUP

4 onions
2 potatoes
1 head garlic
2 thumbs ginger
1 BIG hokaido pumpkin

3 litres of water
2 cans coconut milk

2 cs cumin
2 cs salt
2 cs pepper
small bit of nutmeg

during this soup-moment we learnt from a local that for the best icecream and beers you should go to the Latvian side of Valka and not the Estonian side.

tip: fry the pumpkin seeds and put some dill & parsely in

Plate count: 25

Liquid — X — thick	
not mixed — X — mixed	
completely dry - no tears — X — lots of tears	
easy — X — hard	
PREP time 1 hour	COOK time 1.5 hour

SISUKORD

ONION SOUP

30 onions
10L water
1,5 head of garlic
400 ML of White wine
some potato or corn starch
Some spoons of sugar to caramellize the onions

3 tbs salt
3 tbs pepper
4 cubes mushroom bouillon

Today we learnt that onion soup is not a thing in Estonia nor Latvia, but nonetheless everyone liked it. It was Alex' favourite soup.

Tip: Toast bread and grate lots of cheese

Plate count: 38

liquid X	thick
not mixed X	mixed
completely dry - no tears X	lots of tears
easy X	hard
PREP TIME: 45 min	COOK TIME: 1,5 hour

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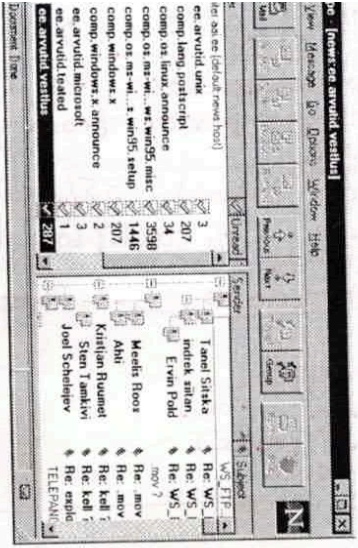

5. Internet Exploreri arvutiuudiste aken.

Notes on soup

when you're eating soup with a group of people and you eat and cook multiple days, everyone's soup-characters are revelled. Some like liquid soups, some go for thick and creamy. Some prefer to not mix their soups.

It is possible to convert a mixed-soup person to a non-mixed lover if you make a delicious onion soup.

some soups require though ingredients like 'onion soup' or 'cheese fondue from yesterday'. It might sound complicated but is in fact easier than you would think. Food from yesterday is often better today and makes a great soup base.

The trick is to make your soup creamy without using cream.

MINESTRONE SOUP

base of onion soup apr. 1L
and cheese fondue from yesterday
1,5 spagetti
cabbage (a lot) 3,5L water
4 onions ½ cauliflower.
6 carrots
500g mushrooms

3 tbs Salt
3 tbs pepper
2 bouillon cubes
Lemon (1 whole)
Red wine

Immortal soup was born. leftovers of all days of the week can be used and every soup can be built on top of the other one.

tip: lots of bread.

plate count: 17 – 27

liquid	X	thick
not mixed	X	mixed
completely dry - no tears	X	lots of tears
easy	X	hard

PREP TIME: 30 min	COOK TIME: 30 min

Eve Sass
Kaarin Truus
Edited by Ulle Türk

BORSCHT

6 potatoes
2kg beetroots
8 onions
1 head garlic
1kg cabbage
100g butter
8.666 L water

4 bouillon cubes (mushroom)

Many commented that 'this isn't a Borscht' some didn't even see it as a soup! Borscht is not supposed to be mixed but even though some were sceptical at first, many second and third plates were eaten.

HK Trükikoda 1995

Tip: serve with sour cream and fresh dill

Plate count: Probably 30

Liquid	thick
completely dry - no tears	lots of tears
easy	hard
not mixed	mixed
PREP TIME: 1hour	COOK TIME: 1hour

MEAT SOUP

lots ~~of meat~~ that you got as a gift.
garlic 1.5 head
6/7 onions
6 carrot
8 potatoes

9 Liters water?

3-4 5 tbs salt
2 tbs cumin / kummel seeds
2 tbs corriander

Even the vegetarians liked it Even though it was prepared by a vegetarian. Our most loyal (and sweet) visitor even waited 25 minutes until the potatoes got soft and she could eat.

Tip: don't forget to defrost the meat and serve with pickle-parsely salsa

Plate count: we lost count but ± 36

liquid	X	thick
not mixed	X	mixed
no tears - completely dry	X	lots of tears
easy	X	hard

PREP TIME: 30 min	COOK TIME: 2 hours

PUMPKIN SOUP #2

½ butternut pumpkin (or whole)
3,5L water
7 carrots
7 onions
1 head garlic

2 mushroom bouillon cubes

pumpkin soup #2 was a great success. Someone even told us she was very happy to eat it because no one of her family likes to eat pumpkin.

Tip: always eat with bread and feel creative by putting any toppings

Plate count : 20

liquid	thick
not mixed	mixed
completely dry - no tears	lots of tears
easy	hard

PREP TIME: 30 min | COOK TIME: 30 min

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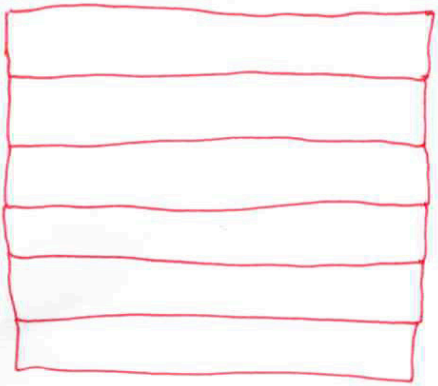

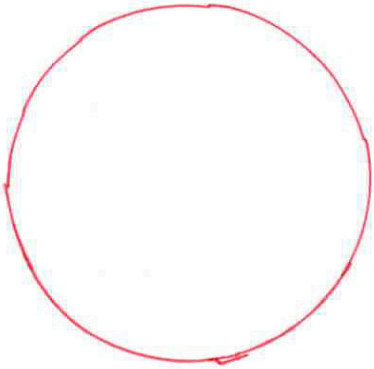

PANEME ARVUTI

Koha valik .

Arvuti töökorda

ALL SOUPS / kõik supid / visas zupas / Все супы

P. 3/4 courgette-curry soup
EE kurkitsakarrisupp
LV tumšzaļās kabačkarija zupa
RU Кабачковый суп с карри

P. 5-6 lentil-ginger soup
EE läätsede-ingveri supp
LV lēcu ingvera zupa
RU Чечевичный имбирный суп

P. 7/8 peas soup
EE hernesupp
LV zirņu zupa
RU Гороховый суп

P. 9/10 garlic soup
EE küüslaugusupp
LV ķiploku zupa
RU Чесночный суп

P. 11-12 & 25-26 pumpkin soup
EE kõrvitsasupp
LV ķirbju zupa
RU Тыквенный суп

P. 13/14 onion soup
EE sibulasupp
LV sīpolu zupa
RU Луковый суп

P. 19/20 Borscht