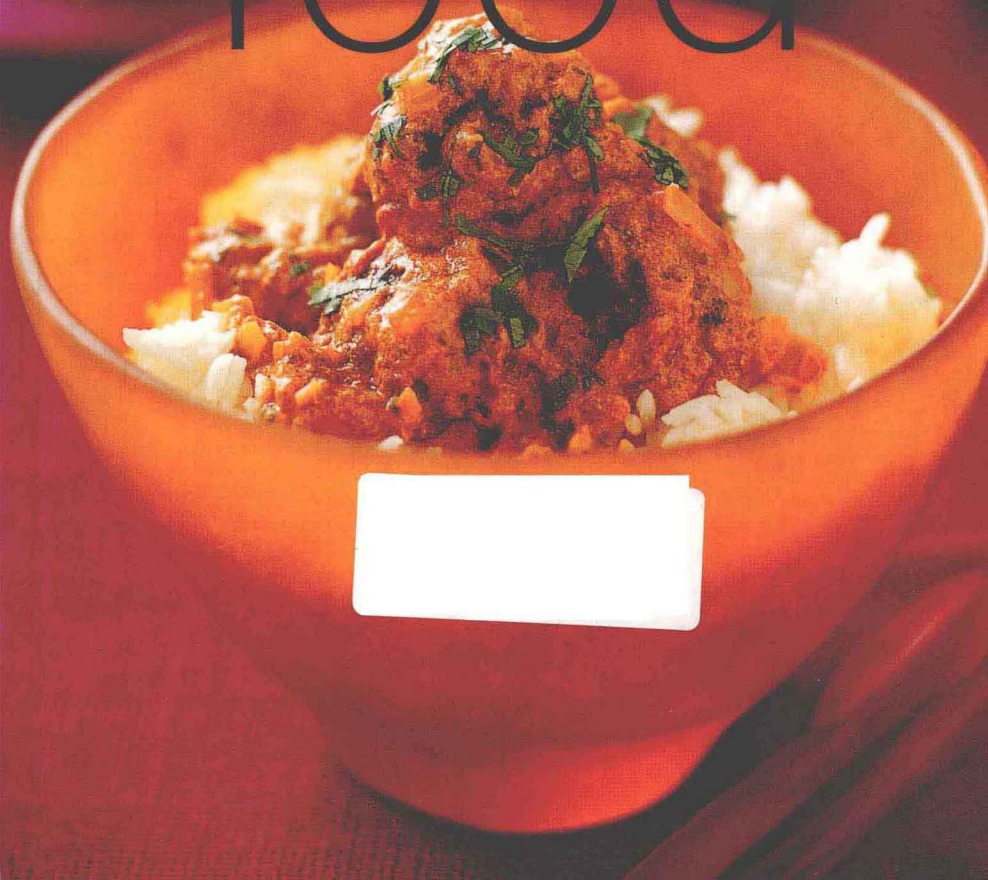


# hot

from fiery food to food you can eat by the fire

# food



江苏工业学院图书馆  
藏书章



# hot food

MURDOCH  
BOOKS





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# Soups







## Prawn gumbo

2 tablespoons olive oil  
1 large onion, finely chopped  
3 garlic cloves, crushed  
1 red capsicum (pepper), chopped  
4 rashers bacon, chopped  
1½ teaspoons dried thyme  
2 teaspoons dried oregano  
1 teaspoon paprika  
½ teaspoon cayenne pepper  
60 ml (¼ cup) sherry  
1 litre (4 cups) fish stock  
100 g (½ cup) long-grain rice  
2 bay leaves  
400 g (14 oz) can chopped tomatoes  
150 g (5½ oz) okra, thinly sliced  
850 g (1 lb 14 oz) medium raw  
prawns (shrimp), peeled and  
deveined  
3 tablespoons finely chopped flat-leaf  
(Italian) parsley

Heat the oil in a large saucepan over low heat. Cook the onion, garlic, capsicum and bacon for 5 minutes, or until soft. Stir in the herbs and spices. Season. Add the sherry and cook until evaporated, then add the stock and 500 ml (2 cups) water. Bring to the boil. Add the rice and bay leaves, reduce the heat and simmer, covered, for 20 minutes.

Add the tomato and okra. Simmer, covered, for 20–25 minutes. Stir in the prawns and parsley and simmer for 5 minutes, or until the prawns are cooked through.

Serves 4

## Pumpkin and carrot soup

40 g (1½ oz) butter  
1 large onion, chopped  
2 garlic cloves, crushed  
500 g (1 lb 2 oz) carrots, sliced  
125 ml (½ cup) orange juice  
750 g (1 lb 10 oz) butternut pumpkin  
(squash), peeled and roughly  
chopped  
1.5 litres (6 cups) chicken stock  
1 tablespoon snipped chives  
herb scones or herb bread, to serve

Melt the butter in a large saucepan over medium heat and cook the onion for 5 minutes, or until soft and starting to brown. Add the garlic and carrot and cook for another 5 minutes, or until starting to soften. Pour in the orange juice and bring to the boil over high heat. Add the pumpkin, stock and 500 ml (2 cups) water and return to the boil. Reduce the heat and simmer for 30 minutes, or until the carrot and pumpkin are soft.

Blend the soup in batches in a blender until smooth — add a little more stock if you prefer the soup to be a thinner consistency.

Return to the cleaned pan and reheat. Season to taste with salt and freshly ground pepper. Divide the soup among serving bowls and garnish with the chives. Serve with herb scones or bread.

Serves 4–6









## Grilled Italian sausage and vegetable soup

500 g (1 lb 2 oz) Italian pork sausages  
200 g (7 oz) piece speck (see Note)  
1 tablespoon olive oil  
1 large onion, chopped  
3 garlic cloves, crushed  
1 celery stalk, cut in half and sliced  
1 large carrot, cut into 1 cm (½ inch) cubes  
bouquet garni (1 parsley sprig,  
1 oregano sprig, 2 bay leaves)  
1 small red chilli, halved lengthways  
400 g (14 oz) can chopped tomatoes  
1.75 litres (7 cups) chicken stock  
300 g (10½ oz) Brussels sprouts, cut  
in half from top to base  
300 g (10½ oz) green beans, cut into  
3 cm (1¼ inch) lengths  
300 g (10½ oz) shelled broad beans,  
fresh or frozen  
2 tablespoons chopped flat-leaf  
(Italian) parsley

Grill (broil) the sausages under a hot grill (broiler) for 8–10 minutes, turning occasionally, or until brown. Remove and cut into 3 cm (1¼ inch) lengths. Trim and reserve the fat from the speck, then dice the speck.

Heat the oil in a large saucepan over medium heat. Add the speck and reserved speck fat and cook for 2–3 minutes, or until golden. Add the onion, garlic, celery and carrot, reduce the heat to low and cook for 6–8 minutes, or until softened. Discard the remains of the speck fat.

Stir in the sausages, bouquet garni, chilli and chopped tomato and cook for 5 minutes. Add the stock, bring to the boil, then reduce the heat and simmer for 1 hour. Add the Brussels sprouts, green beans and broad beans and simmer for 30 minutes. Discard the bouquet garni, then stir in the parsley. Season to taste. Divide among four bowls and serve.

Serves 4

Note: Speck is cured smoked ham or pork belly. It has a strong taste and is usually cut into small pieces and used as a flavour base.

## Leek and potato soup

50 g (1<sup>3</sup>/<sub>4</sub> oz) butter  
1 onion, finely chopped  
3 leeks, white part only, sliced  
1 celery stalk, finely chopped  
1 garlic clove, finely chopped  
200 g (7 oz) potatoes, chopped  
750 ml (3 cups) chicken stock  
220 ml (7<sup>1</sup>/<sub>2</sub> fl oz) cream  
2 tablespoons chopped chives

Melt the butter in a large saucepan and add the onion, leek, celery and garlic. Cover the pan and cook, stirring occasionally, over low heat for 15 minutes, or until the vegetables are softened but not browned. Add the potato and stock and bring to the boil.

Reduce the heat and leave to simmer, covered, for 20 minutes. Allow the soup to cool a little before puréeing in a blender or food processor. Return to the cleaned saucepan.

Bring the soup gently back to the boil and stir in the cream. Season with salt and white pepper and reheat without boiling. Serve hot or well chilled, garnished with chives.

Serves 6





