

Soup Base Vegetable RECIPE

Pot-au-feu



{Serves 4} **Soup Base Vegetable** --- 50ml
 Water . . . 1200ml Potato 2pieces
 Cabbage . . 200g Broccoli 40g
 Onion . . . 1piece Tomato 4pieces
 Carrot . . . 60g Snap pea 8pieces
 Lotus root . 100g Salt 1g
 A pinch of pepper

<How to make>

- 1) Cut cabbage into large pieces. Cut onion and carrot into bite-size pieces. Cut lotus root and potato into random pieces.
- 2) Separate broccoli into small clusters, and remove the stringy parts of snap peas. Cut tomatoes into cross-shaped slices with the stems removed.
- 3) Put "Soup Base Vegetable" and water in a pot, add the vegetables in 1) and bring to a boil.
- 4) When the vegetables are cooked, add the vegetables from 2) and simmer for about 5 minutes, season with salt.
- 5) Serve in bowls and sprinkle with pepper.

Vegetable sauce jelly



{Serves 4} **Soup Base Vegetable** -- 15ml
 Hot water 200ml
 Lemon juice 15ml
 Salt Appropriate amount
 Powdered gelatin 5g
 Sushi As you like

<How to make>

- 1) Add "Soup Base Vegetable" and hot water to a container and mix.
- 2) Add powdered gelatin and mix thoroughly, then add lemon juice, season with salt and mix.
- 3) Remove the heat and place it in the refrigerator to chill and solidify.
- 4) Once it has solidified, remove it from the refrigerator and shred it with a fork, then place it on your favorite sushi.

Pumpkin Soup



{Serves 4} **Soup Base Vegetable** - 20ml
 Water . . . 300ml Onion . . . 40g
 Milk . . . 200ml Butter . . . 10g
 Pumpkin . . 150g Salt . . . 1g

<How to make>

- 1) Peel and thinly slice the pumpkin. Coarsely chop the onion.
- 2) Heat butter in a pot, saute 1), and when all the ingredients become soft, add "Soup Base Vegetable" and water. Bring to a boil, then reduce heat to low and simmer for about 10 minutes.
- 3) Blend 2) with a mixer to make a paste.
- 4) Transfer 3) to a saucepan, add milk to warm and season with salt.

Chilled Avocado Soup



{Serves 4} **Soup Base Vegetable** - 20ml
 Avocado 2pieces
 Milk 400ml
 Salt Appropriate amount

<How to make>

- 1) Peel and seed the avocado and cut into dice.
- 2) Put 1), "Soup Base Vegetable" and milk to a blender and mix.
- 3) Add salt to taste, pour into a bowl, and refrigerate.



Carrot



Cabbage



Onion