



SOUP

RECIPE BOOK

Serving suggestion

WITH *Knorr* YOU CAN
PROFESSIONAL



Contents

We at Knorr® Professional have new and improved recipes in our Classic dry soup range.

We have created this recipe book to give you some ideas on how to make the most out of the new range.

Flavours in the range:

Cream of Tomato	Asparagus
Cream of Chicken	Minestrone
Cream of Vegetable	Carrot & Coriander
Cream of Mushroom	Broccoli & Stilton
Cream of Leek	Cauliflower & Broccoli



Department
of Health UK



Cream of Tomato

- Moroccan Chickpea & Preserved Lemon Soup
- Tomato, Fennel & Mascarpone Soup
- Tomato & Walnut Pesto Soup with Feta Cheese Croquettes

Cream of Chicken

- Chicken, Orzo & Sweetcorn Soup
- Malaysian Curried Chicken Soup
- Chicken, Kale and Salsify Soup

Cream of Vegetable

- Carrot, Ginger & Butternut Soup
- Celeriac, Roasted Garlic & Gruyere Soup
- Watercress Soup with Crispy Bacon and Poached Egg

Cream of Mushroom

- American Ale & Sharp Cheddar Soup
- Cep, Thyme & Jerusalem Artichoke Soup
- Shiitake, Soy & Ginger Soup

Cream of Leek

- Smoked Haddock Chowder Soup
- Ham Hock and Green Pea Soup
- Roasted Cauliflower & Spring Onion Soup

Cream of Asparagus

- Roast Chicken & Asparagus Soup
- Asparagus, Potato & Truffle Cream Soup
- Pea, Asparagus & Gran Padano Soup

Nutritional Information

Our Full range

WITH **Knorr** PROFESSIONAL YOU CAN

WITH **Knorr** PROFESSIONAL YOU CAN



CREAM OF TOMATO

Serving suggestion

Moroccan Chickpea & Preserved Lemon Soup

Ingredients

- 2.5L water
- 10g sumac
- 250g Knorr® Professional Classic Cream of Tomato Soup
- 120g preserved lemon
- 10g mint
- 10g coriander
- 500g chickpeas - tinned
- 5g pinenuts



Preparation

For the soup:

- Add the water into a saucepan and bring to the boil.
- Add the sumac then whisk in the Knorr® Professional Cream of Tomato soup then reduce the heat and simmer for 2 minutes.
- Drain and chop the preserved lemon and add to the soup along with the mint and coriander. Blend until smooth then add the chickpeas and reduce the heat and simmer for 3 minutes.

To serve:

- Remove the soup from the heat and serve garnished with mint, coriander, toasted chickpeas and sprinkle over the pinenuts.



Tomato, Fennel & Mascarpone Soup

Ingredients

- 2.5L water
- 350g fennel
- 250g Knorr® Professional Classic Cream of Tomato Soup
- 15g basil
- 100g mascarpone
- 50ml olive oil



Preparation

For the soup:

- Thinly slice the fennel.
- Add the water into a saucepan and add the fennel. Bring the water to the boil and cook the fennel for 5 minutes.
- Remove from the heat, add the basil then blend until smooth.
- Return to the heat and whisk in the Knorr® Professional Classic Cream of Tomato soup. Simmer for 2 minutes then stir through the mascarpone.

To serve:

- Remove the soup from the heat and pour into serving bowls. Garnish with fennel tops, olive oil and more mascarpone.



WITH **Knorr** PROFESSIONAL YOU CAN



Tomato & Walnut Pesto Soup with Feta Cheese Croquettes

Ingredients

- 250ml olive oil
- 160g walnuts
- 120g basil
- 20g Knorr® Professional Garlic Puree
- 30g parmesan
- 2.5L water
- 250g Knorr® Professional Classic Cream of Tomato Soup
- 100g feta cheese
- 120g gouda cheese
- 50g egg
- 30g egg white
- 40g self raising flour
- 50g plain flour
- 100g ciabatta loaf

Preparation

For the pesto:

- Place the olive oil, walnuts, basil and Knorr® Professional Garlic Puree into a blender and blitz until smooth.
- Remove and set aside until needed.

Continued >



WITH **Knorr** PROFESSIONAL YOU CAN

Tomato & Walnut Pesto Soup with Feta Cheese Croquettes

For the croquettes:

- Place the cheese, egg white and self-raising flour into a blender and blitz until smooth.
- Remove and chill for 30 minutes.
- Heat the deep fryer to 180c.
- Remove the mix from the fridge and roll into small balls.
- Dust with flour and fry for 2 minutes until golden.
- Remove and drain any excess oil then set aside until needed.

For the soup:

- Pour the water into a saucepan and bring to the boil.
- Whisk in the Knorr® Professional Classic Cream of Tomato soup. Reduce the heat and simmer for 2 minutes.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Garnish with the cheese croquettes, pesto and croutons.





CREAM OF CHICKEN

Serving suggestion

Chicken, Orzo & Sweetcorn Soup



Ingredients

- 50g orzo pasta
- 250g Knorr® Professional Classic Cream of Chicken Soup
- 250g sweetcorn, canned in water
- 20g flat parsley
- 150g whole roasted chicken



Preparation

For the soup:

- Pour the water into a saucepan and bring to the boil.
- Add the orzo and cook for 8 minutes then remove and set aside until needed.
- Bring the water back to the boil then whisk in the Knorr® Professional Classic Cream of Chicken soup.
- Reduce the heat and simmer for 3 minutes.

To serve:

- Shred the chicken and add to the soup along with the sweetcorn.
- Chop the parsley and add to the soup then remove from the heat and pour into serving bowls.
- Garnish with parsley and shredded chicken.

WITH **Knorr** PROFESSIONAL YOU CAN

Malaysian Curried Chicken Soup



Ingredients

- 1L light coconut milk
- 1.5L water
- 30g lemongrass
- 10g curry powder (medium)
- 80g peanut butter
- 2g lime leaves
- 250g Knorr® Professional Classic Cream of Chicken Soup
- 10g red chillies
- 100g baby corn
- 100g mange tout
- 5g ground coriander
- 30g spring onions

Preparation

For the soup:

- Pour the water and coconut milk into a saucepan then add the lime leaves and lemongrass.
- Bring to a simmer then add the curry powder and peanut butter then allow to infuse for 10 minutes.
- Remove the lemongrass and lime leaves then increase the heat to a boil.
- Whisk in the Knorr® Professional Classic Cream of Chicken soup then reduce the heat and simmer for 3 minutes.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Garnish with sliced chilli, coriander, sliced baby corn and mange tout.



WITH **Knorr** PROFESSIONAL YOU CAN



Chicken, Kale and Salsify Soup

Ingredients

- 2.5L water
- 200g salsify
- 100g kale
- 250g Knorr® Professional Classic Cream of Chicken Soup
- 50g butter
- 100ml double cream
- 150g grilled chicken breast
- 10g chives



Preparation

For the soup:

- Peel and cut the salsify into 1" pieces. Cook in boiling water until soft. In the same water add the kale and blanch for 1 minute then remove and set aside.
- Bring the water back to the boil and whisk in the Knorr® Professional Classic Cream of Chicken soup then reduce the heat and simmer for 2 minutes.

To serve:

- Add the kale and cream to the soup then remove from the heat.
- Melt the butter in a sauté pan then add the salsify and cook until golden brown.
- Pour the soup into serving bowls then garnish with the salsify, chopped chives, shredded chicken and crispy kale.

WITH **Knorr** PROFESSIONAL YOU CAN



CREAM OF VEGETABLE

Serving suggestion

Carrot, Ginger & Butternut Soup

Ingredients

- 2.5L water
- 700g butternut squash
- 750g carrots
- 50g ginger
- 250g Knorr® Professional Classic Cream of Vegetable Soup
- 5g micro parsley
- 100g crème fraîche (half fat)



Preparation

For the soup:

- Peel and dice the vegetables. Peel and thinly slice the ginger.
- Place the water into a saucepan then add the vegetables and bring to a boil.
- Reduce the heat and simmer for 10 minutes then blend until smooth.
- Pour the soup back into the saucepan and bring back to the boil, whisking in the Knorr® Classic Cream of Vegetable Soup.
- Simmer for 3 minutes then remove from the heat and serve with shaved carrots, parsley and crème fraîche.



WITH **Knorr** PROFESSIONAL YOU CAN



Celeriac, Roasted Garlic & Gruyere Soup

Ingredients

- 100g garlic
- 3L water
- 800g celeriac
- 150ml double cream
- 250g Knorr® Professional Classic Cream of Vegetable Soup
- 100g gruyere
- 10g chives



Preparation

For the soup:

- Wrap the garlic in foil and place into an oven then bake for 30 minutes at 170c.
- Peel and dice the celeriac.
- Pour the water into a saucepan and add the celeriac then cook until soft.
- Remove the garlic from the oven and squeeze the roasted cloves into the saucepan then remove from the heat and blend until smooth.
- Return the soup to the heat and whisk in the Knorr® Professional Classic Cream of Vegetable soup.
- Simmer for 2 minutes then pour in the cream.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Grate the gruyere cheese over the top and glaze with a blow torch.
- Thinly chop the chives and sprinkle over the top.

WITH **Knorr** PROFESSIONAL YOU CAN



Watercress Soup with Crispy Bacon and Poached Egg

Ingredients

- 2.5L water
- 350g watercress
- 500g egg
- 200g streaky bacon
- 50ml olive oil
- 100g pea shoots
- 250g Knorr® Professional Classic Cream of Vegetable Soup



Preparation

For the soup:

- Pour the water into a saucepan and bring to the boil.
- Whisk in the Knorr® Professional Classic Cream of Vegetable soup then reduce the heat and simmer for 3 minutes.
- Add in the watercress then blend until smooth.
- Return to the heat and simmer.

For the garnish:

- Lay the bacon out on to an oven tray, cover with parchment paper and place another tray on top.
- Place into the oven and bake for 20 minutes at 170c until crispy.
- Poach the eggs. then refresh in ice water.

To serve:

- Place the poached egg into boiling water for 30 seconds.
- Remove the soup from the heat and pour into serving bowls.
- Garnish with the warm poached egg, crispy bacon and the pea shoots.

WITH **Knorr** PROFESSIONAL YOU CAN



CREAM OF MUSHROOM

Serving suggestion



American Ale & Sharp Cheddar Soup

Ingredients

- 500ml ale
- 2L water
- 250ml Knorr® Professional Classic Cream of Mushroom Soup
- 150g cheddar cheese
- straw potatoes
- fried mushrooms
- crème fraîche



Preparation

For the soup:

- Pour the ale into a saucepan and bring to the boil. Reduce by half then pour in the water and bring back to the boil.
- Whisk in the Knorr® Professional Classic Cream of Mushroom soup then reduce the heat and simmer for 2 minutes.

To serve:

- Grate the cheese into the soup then remove from the heat.
- Pour into serving bowls and garnish with straw potatoes, chopped chives, fried mushroom slices and crème fraîche.

WITH **Knorr** PROFESSIONAL YOU CAN



Serving suggestion

Cep, Thyme & Jerusalem Artichoke Soup

Ingredients

- 300g jerusalem artichokes
- 2.5L water
- 250g wild mushrooms
- 50ml rapeseed oil
- 5g thyme
- 150ml crème fraîche
- 250g Knorr® Professional Classic Cream of Mushroom Soup



Preparation

For the soup:

- Peel and slice the artichokes then place into a saucepan and cover with water. Bring the saucepan to the boil add the thyme and cook for 20 minutes.
- Remove the saucepan from the heat and blend until smooth. Return to the heat and bring back to the boil.
- Whisk in the Knorr® Professional Classic Cream of Mushroom soup then reduce the heat and simmer for 3 minutes.

To serve:

- Heat the oil and fry the mushrooms until golden.
- Remove the soup from the heat and pour into serving bowls.
- Garnish with the mushrooms, a spoon of crème fraîche and some crispy artichokes.

WITH **Knorr** PROFESSIONAL YOU CAN



Shiitake, Soy & Ginger Soup

Ingredients

- 20ml rapeseed oil
- 250g shiitake mushrooms
- 50g ginger
- 2.5L water
- 250g Knorr® Professional Classic Cream of Mushroom Soup
- 50ml light soy sauce
- 30g spring onions
- 5g sesame seeds
- 20ml sesame oil



Preparation

For the soup:

- Peel and cut the ginger into matchsticks.
- Heat the oil then sauté the mushroom and $\frac{3}{4}$ the ginger for 2 minutes then remove from the heat and set aside until needed.
- Pour the water and soy sauce into a saucepan and bring to the boil.
- Whisk in the Knorr® Professional Classic Cream of Mushroom soup then reduce the heat and simmer for 3 minutes.

To serve:

- Add the mushroom and ginger to serving bowls.
- Remove the soup from the heat and pour over the mushrooms.
- Garnish with sesame seeds, spring onions, any remaining ginger and sesame oil.

WITH **Knorr** PROFESSIONAL YOU CAN



CREAM OF LEEK

Serving suggestion

Smoked Haddock Chowder Soup



Ingredients

- 2.5L water
- 300g smoked haddock
- 250g Knorr® Professional Classic Cream of Leek Soup
- 500g potatoes
- 100g frozen peas
- 100g sweetcorn, canned in water
- 150ml double cream
- 100g watercress
- 1g cracked black pepper

Preparation

For the soup:

- Pour the water into a saucepan and bring to a simmer.
- Add the smoked haddock and poach for 2 minutes then remove the fish and allow to cool.
- Peel and dice the potatoes then add to the saucepan and cook for 10 minutes.
- Remove the potatoes from the saucepan then increase the heat to a boil and whisk in the Knorr® Professional Classic Cream of Leek soup then add the smoked haddock.
- Add the peas and sweetcorn then reduce the heat and simmer for 3 minutes.

To serve:

- Stir the cream through the soup then pour into serving bowls.
- Garnish with watercress and black pepper.



WITH **Knorr** PROFESSIONAL YOU CAN

Ham Hock and Green Pea Soup



Ingredients

- 700g ham hock
- 4L water
- 400g frozen peas
- 250g Knorr® Professional Classic Cream of Leek Soup
- 50g pea shoots

Preparation

For the soup:

- Place the ham hock into a saucepan and pour over the water. Bring to a boil then reduce the heat and simmer for 2 hours, skimming occasionally.
- Once cooked remove the hock from the water and allow to cool slightly before shredding the meat. Set aside until needed.
- Strain 2.5ltr of the cooking water into a new saucepan and bring back to the boil.
- Whisk in the Knorr® Professional Classic Cream of Leek soup. Add the peas and simmer for 3 minutes then remove from the heat and blend until smooth.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Garnish with flaked ham hock and pea shoots.



WITH **Knorr** PROFESSIONAL YOU CAN



Roasted Cauliflower & Spring Onion Soup

Ingredients

- 150g butter
- 900g cauliflower
- 2.5L water
- 200g spring onions
- 250g Knorr® Professional Classic Cream of Leek Soup
- chive oil
- whipped cream



Preparation

For the soup:

- Cut the cauliflower into even size pieces.
- Heat the butter in a sauté pan then add the cauliflower and cook for 10 minutes or until golden brown.
- Pour the water into a sauce pan and bring to the boil.
- Add the roasted cauliflower and spring onions then reduce the heat and simmer for 5 minutes.
- Remove the soup from the heat then blend until smooth.
- Return the soup to the saucepan and bring to the boil then whisk in the Knorr® Professional Classic Cream of Leek soup.
- Reduce the heat and simmer for 2 minutes.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Garnish with spring onions, chive oil, roasted and shaved cauliflower and whipped cream.

WITH **Knorr** PROFESSIONAL YOU CAN



ASPARAGUS

Serving suggestion



Roast Chicken & Asparagus Soup

Ingredients

- 2.5L water
- 250g asparagus
- 250g Knorr® Professional Classic Asparagus Soup
- 250g whole roasted chicken
- 100ml double cream
- 10g micro parsley



Preparation

For the soup:

- Pour the water into a saucepan and bring to the boil.
- Trim the asparagus and cut into 1" pieces then blanch for 2 minutes in the water then remove.
- Whisk the Knorr® Professional Classic Cream of Chicken soup then add the cream then reduce the heat and simmer for 3 minutes.

To serve:

- Shred the chicken and add to the soup. Add the asparagus to the soup then remove from the heat.
- Pour into serving bowls and garnish with shaved asparagus, parsley, crispy chicken skin and cream.

WITH **Knorr** PROFESSIONAL YOU CAN



Asparagus, Potato & Truffle Cream Soup

Ingredients

- 2.5L water
- 350g potatoes
- 200ml whipping cream
- 50g white truffle oil
- 250g Knorr® Professional Classic Asparagus Soup



Preparation

For the soup:

- Peel the potatoes and dice half, then add to a saucepan along with the water.
- Bring to the boil and cook for 15 minutes or until the potatoes are soft.
- Whisk the Knorr® Professional Classic Asparagus soup into the pan then remove from the heat and blend until smooth.
- Heat a deep fryer to 160c then thinly peel the remaining potatoes directly into the oil and cook until crispy and golden.
- Remove and drain any excess oil then set aside until needed.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Lightly whip the cream then fold in half the truffle oil.
- Garnish the soup with a spoonful of the cream, crispy potatoes and drizzle the remaining truffle oil over the top.

WITH **Knorr** PROFESSIONAL YOU CAN

Pea, Asparagus & Gran Padano Soup

Ingredients

- 2.5L water
- 30g flat parsley
- 500g frozen peas
- 120g parmesan
- 250g Knorr® Professional Classic Asparagus Soup
- 50g pea shoots



Preparation

For the soup:

- Pour the water into a saucepan and bring to the boil.
- Add the parsley and peas and boil for 1 minute then blend until smooth.
- Return to the heat and add the parmesan. Bring back to the boil and whisk in the Knorr® Professional Classic Cream of Asparagus soup.
- Reduce the heat and simmer for 3 minutes.

To serve:

- Remove the soup from the heat and pour into serving bowls.
- Garnish with pea shoots, grated parmesan and micro parsley.



Nutritional Information



Moroccan Chickpea & Preserved Lemon Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
157kcal	3.7g	0.9g	6.7g	1.34g
8%*	5%*	4%*	7%*	22%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Tomato, Fennel & Mascarpone Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
140kcal	6.2g	3.6g	7.4g	1.31g
7%*	9%*	18%*	8%*	22%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Tomato & Walnut Pesto Soup with Feta Cheese Croquettes

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
345kcal	20.5g	6.5g	7.7g	1.88g
17%*	29%*	33%*	9%*	31%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Chicken, Orzo & Sweetcorn Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
186kcal	4.6g	0.7g	2.5g	1.63g
9%*	7%*	3%*	3%*	27%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Malaysian Curried Chicken Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
240kcal	15.8g	8g	3.8g	1.74g
12%*	23%*	40%*	4%*	29%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Chicken, Kale and Salsify Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
222kcal	13.9g	6.6g	2.3g	1.73g
11%*	20%*	33%*	3%*	29%*

*% of reference intake of an average adult (8400kJ/2000kcal)

Nutritional Information



Carrot, Ginger & Butternut Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
152kcal	5.3g	1.8g	10.1g	1.66g
8%*	8%*	9%*	11%*	28%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Celeriac, Roasted Garlic & Gruyere Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
222kcal	15.3g	7.8g	3.3g	1.95g
11%*	22%*	39%*	4%*	33%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Watercress Soup with Crispy Bacon & Poached Egg

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
222kcal	14.2g	4.0g	1.5g	2.45g
11%*	20%*	20%*	2%*	41%*

*% of reference intake of an average adult (8400kJ/2000kcal)



American Ale & Sharp Cheddar Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
76kcal	0.74g	3.26g	1.12g	0.28g
4%*	1%*	16%*	1%*	5%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Cep, Thyme & Jerusalem Artichoke Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
229kcal	16.2g	6.4g	1.9g	1.54g
11%*	23%*	32%*	2%*	26%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Shiitake, Soy & Ginger Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
159kcal	9.5g	2.5g	1.9g	2.27g
8%*	14%*	12%*	2%*	38%*

*% of reference intake of an average adult (8400kJ/2000kcal)

Nutritional Information



Smoked Haddock Chowder Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
282kcal	14.9g	7.3g	4.2g	2.18g
14%*	21%*	37%*	5%*	36%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Ham Hock and Green Pea Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
213kcal	7.1g	2g	5.5g	2.98g
11%*	10%*	10%*	6%*	50%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Roasted Cauliflower & Spring Onion Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
255kcal	17.7g	9.1g	5.4g	1.83g
13%*	25%*	46%*	6%*	30%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Roast Chicken & Asparagus Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
161kcal	9.3g	5.0g	2.1g	1.58g
8%*	13%*	25%*	2%*	26%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Asparagus, Potato & Truffle Cream Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
207kcal	11.9g	6.7g	2.2g	1.59g
10%*	17%*	34%*	2%*	27%*

*% of reference intake of an average adult (8400kJ/2000kcal)



Pea, Asparagus & Gran Padano Soup

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
190kcal	7.7g	4.1g	4.4g	1.81g
9%*	11%*	20%*	5%*	30%*

*% of reference intake of an average adult (8400kJ/2000kcal)

Notes

Our Full Knorr® Professional Classic Soup Range



Find out more about the range
and other Knorr® Professional Soups
at [ufs.com/ Knorrprofessional](https://ufs.com/Knorrprofessional)

Each box makes 25 portions of soup

Cream of Tomato
Cream of Chicken
Cream of Vegetable
Cream of Mushroom
Cream of Leek
Asparagus
Minestrone
Carrot & Coriander
Broccoli & Stilton
Cauliflower & Broccoli