

SOURD BREAD SOUP

Recipe by Tony Singh



Bread soup might sound a bit strange, but it's a classic peasant dish enjoyed in many countries. From 'Pappa al Pomodoro' in Italy, to the German 'Fränkische Brotsuppe' these are soups made with stale bread at the heart of the dish. They are also great for using up surplus vegetables.

Here is my own take on these wonderful soups, which will be great for the pocket and the palate!

 Serves 4

Ingredients

500g stale bread (keep collecting it and popping it in the freezer or drying it and keeping it in an air tight tub)

2 large onions

4 cloves of garlic or a good teaspoon of puree

½ tsp of chilli powder

Oil to fry the onions in, about 2 tbsp

Stock powder or cube

1.5 litre water

Vinegar, or whatever you have, to taste

Salt to taste

Pepper to taste

Sugar to taste

- 1 Chop the onions as finely as possible.
- 2 Put oil in to a heavy based pan and heat.
- 3 Sauté the onions until golden brown, add garlic and cook for a few minutes.
- 4 Add chilli and pour in water. Bring to the boil and add the bread.
- 5 Bring to a simmer and cook until the bread has broken down. Add stock powder or stock cube and season with salt and pepper.
- 6 Blend and pop back into a pan. Add vinegar and adjust with sugar to taste. Serve.

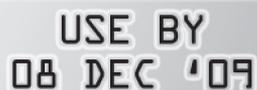
Every year in Scotland we throw away around £1 billion worth of food, costing the average household £38 a month.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away 'in date'.

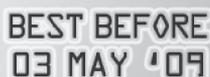
Date Labels

Use-By

Food can be eaten or frozen right up to the end of this date. Follow storage instructions on packs. 'Use by' dates are usually found on chilled products such as meat, soft cheeses and dairy-based desserts.



USE BY
08 DEC '09



BEST BEFORE
03 MAY '09

Best Before

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best. One exception is eggs – never eat eggs after the 'best before' date. 'Best before' dates are usually found on items with long shelf lives such as frozen, tinned or dried foods, and pre-packed fruit and vegetables.

Display Until and Sell By

You can ignore these dates as they are for shop staff not for shoppers.

For handy tips and recipes to help reduce food waste, visit lovefoodhatewaste.com or find us at facebook.com/lovefoodhatewastescotland

