

# Nita Mehta Soup

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this french soup has a bright colour due to the addition of spinach. the walnut paste gives it a nutty flavour

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### **FRENCH ONION SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. to prepare the stock, pressure cook all ingredients of the stock with 4 cups water to give 3-4 whistles. pass through a sieve. keep stock aside. 2. heat the butter ...

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### **CAPSICUM SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. microwave capsicums and tomatoes with 1 cup water in a microproof bowl for 3 minutes. 2

### **SPRING ONION POTATO SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. boil spring onion, potato, peppercorns, ginger, salt and water together in a pan. after the boil keep on low heat and cook covered, for about 15 minutes, till ...

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vegetable minestrone soup. ... minestrone is a thick soup of italian origin made with vegetables, often with the addition of pasta or ... recipe adapted from nita mehta.

### **TOMATO AND CELERY SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. heat a pressure cooker, add peppercorns, cloves (laung) and cinnamon (dalchini). dry roast on low flame for 2-3

minutes. add celery or ginger. stir for a minute ...

### **GREEN PEA SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. heat butter in a pressure cooker. add garlic & onions. cook till onions turn transparent. 2. add peas. saute for 2-3 minutes on low flame. 3. add 4 cups of water ...

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### **WALNUT AND BROCCOLI SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. heat 1 tsp oil in a deep pan. add cinnamon. wait for a few seconds. add broccoli and spinach. cook without covering on low heat for 3-4 minutes. 2. add water and ...

### **GOURD AND TOMATO SOUP BY NITA MEHTA | KITCHEN PLATTER**

1. in a pressure cooker, put tomatoes, gourd, ginger, black pepper corns, fenugreek seeds, salt and 4 cups of water. after the first whistle, keep on low heat for 5 ...

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1. for the stock, boil all ingredients of the stock together. cover and simmer for 10 minutes to get about 4 cups of stock. strain and discard vegetables and spices ...

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