

A Medley of Vegetables with Pasta



1 Starting the slow-cooking vegetables. Shell the fresh haricot beans; cut up the trimmed carrots, potatoes, leeks, onions and squash. Bring salted water to the boil in a large pan and add the vegetables and a bouquet garni. Spoon off any scum that forms on the surface of the liquid as it returns to the boil, then lower the heat, cover the pan and simmer for 30 minutes.



2 Adding quick-cooking vegetables. Add sliced courgettes (above, left), French beans cut into 1 cm (½ inch) lengths and elbow macaroni (above, right). Stir well and simmer, uncovered, for a further 15 minutes or until the macaroni is soft but still slightly chewy and the vegetables are tender.

Making a Pistou



Pounding the sauce. In a mortar, pound some peeled garlic cloves and fresh basil leaves with salt and pepper. Add grated Parmesan and stir the mixture to make a stiff paste. Pound continuously, gradually adding skinned, seeded and chopped tomatoes, more cheese and olive oil, until the mixture reaches the consistency of a fluid paste. Slowly add more oil until the sauce is thick and creamy. Since *pistou* sauce separates if left to stand, stir it well before serving.



3 Serving and garnishing the soup. To serve, transfer the soup to a heated tureen or large earthenware vessel. Ladle the soup into warmed individual bowls and let the guests help themselves to garnishes, such as grated Parmesan cheese or, as demonstrated here, freshly made *pistou* sauce (box, left). □