



Vegetable Soup with Basil and Garlic

Soupe au Pistou

To serve 4 to 6

2	medium-sized leeks, white and tender green parts only, finely sliced crosswise	2
175 g	onion, finely sliced	6 oz
175 g	carrots, quartered lengthwise, woody cores removed if necessary, thinly sliced	6 oz
350 g	potatoes, quartered lengthwise and sliced	12 oz
300 g	pumpkin-type squash, seeded, peeled and coarsely diced	10 oz
500 g	fresh white beans, shelled, or 175 g (6 oz) dried white beans, soaked and cooked	1 lb
1	bouquet garni, including stick celery salt	1
2.5 litres	boiling water	5 pints
175 g	fresh green beans, tips snapped, cut crosswise (a handful at a time) into 1 cm (½ inch) lengths	6 oz
2 or 3	small, firm courgettes, cut into 5 mm (¼ inch) slices	2 or 3
90 g	short macaroni	3 oz

Pistou

4	large garlic cloves	4
60 g	basil leaves and flowers	2 oz
	salt and freshly ground pepper	
About 90 g	freshly grated Parmesan cheese	About 3 oz
1	medium-sized firm ripe tomato, skinned, seeded and cut into pieces	1
About 30 cl	olive oil	About ½ pint

Add the leeks, onion, carrots, potatoes, squash, white beans and bouquet garni to the salted boiling water and cook, covered, over a medium heat for 30 minutes; test the beans for doneness and, if necessary, cook them a bit longer, or until they may be crushed with little resistance while still remain-

ing completely intact. Add the green beans, courgettes and macaroni and cook for about another 15 minutes, depending on the quality of the macaroni (it should be well cooked, but not falling apart) and on the tenderness of the green beans.

While the soup is cooking, prepare the *pistou*. Pound the garlic, basil, salt and pepper to a paste in a good-sized mortar—a 1 litre (2 pint) marble *aïoli* mortar is perfect, but use a wooden bowl if nothing else is available—using a wooden pestle and alternating between pounding and turning with a grinding motion. Work in some of the cheese until you have a very stiff paste, then add about one third of the tomato, pounding and grinding to a paste; more cheese and a bit of the olive oil; more tomato, and so forth, the final addition of cheese bringing the consistency to that of a barely fluid paste. Add the remainder of the olive oil slowly and continuously, turning the pestle all the while. The mixture will not become a genuine emulsion (and should not); *pistou* should be thoroughly mixed each time it is served out.

Serve the soup boiling hot, the mortar of *pistou* at the table. Each guest stirs a small ladleful (about 1 or 2 tablespoons, depending on taste) into his soup.

RICHARD OLNEY
SIMPLE FRENCH FOOD

Rich Country Broth

La Sobronade

To serve 6

750 g	dried white haricot beans, soaked overnight	1½ lb
250 g	ham, diced	8 oz
500 g	streaky pork, diced	1 lb
1	turnip, sliced	1
125 g	pork fat, chopped	4 oz
2 or 3	potatoes, sliced	2 or 3
3 or 4	carrots, sliced	3 or 4
1	stick celery, diced	1
1	large bouquet garni	1
1	onion, stuck with 2 cloves	1
2	garlic cloves, finely chopped	2
2 tbsp	chopped parsley	2 tbsp
	salt and pepper	
1.5 litres	hot water	3 pints
	thinly sliced bread	

Put the beans into a soup pot and cover with water. Add the ham and pork and bring to the boil. Sauté half the turnip in the pork fat until golden. Add to the beans with the remaining turnip, potatoes, carrots, celery, bouquet garni, onion, garlic