



GLUTEN FREE & DAIRY FREE SOUPS



Adriana Gyetvaiová

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25 RECIPES

Adriana Gyetvaiová
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Foreword

I've been cooking even since I can remember. When I was only 8 years old, I used to make a special treat for my family every weekend, a pudding made out of 3 different types of custard and my dad nicknamed me "The Custard Queen". I cooked my first soup during one summer holiday when I was only 10 after I came back from spending time away with my grandma. My mum just looked on in surprise.

I started cooking regularly when I was at uni. All my friends lived on fast food but not me. I was preparing meals from scratch every single day. I had a very old 2 ring electric hob that became indispensable and there was also a small kitchen on the corridor of the dormitory where I was staying. The smell coming from that little kitchen was clearly irresistible because everyone who lived nearby wanted to taste my cooking. My room mates were delighted as they knew they would never be hungry. My love of cooking continued growing and soon I started growing my own herbs, learning about their properties and trying different combinations of them in recipes.

I always thought that the my biggest problem with getting old would be wrinkles. Well, forget about them. The real problems are all to do with our health. I was only 20 years old when I found out that I was gluten intolerant and that I also had an allergy to dairy products. I was forced to look for alternatives, so I started experimenting with lots of different products and came up with some tasty recipes.

This book is a collection of 25 gluten free and dairy free recipes with a special bonus of a recipe for a home-made mixed vegetable seasoning. I use it in all my cooking and it really adds a very specific flavour. Please have a go at making it and try adding a tea spoon to all the recipes.

All the soups in the book were prepared and photographed by myself and I really hope you will enjoy them.

P.S. This book is also available in a Slovakian, German and Hungarian translation.

author

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Beef Broth with Liver Dumplings



Ingredients:

500 g meaty beef bones
(beef shanks or beef ribs)
2 onions
3 carrots
1 parsnip
1 small celery
1 garlic clove
1/2 tsp dried thyme
pinch of ground turmeric
1 small leek
100 g duck liver
3 tbsp gluten free flour
1 bunch of flat parsley leaves
secured with a string
1 bunch of celery leaves secured
with a string
salt
1 red onion rings to garnish
3 litres water

Method:

Wash the beef and the bones and put them in a flameproof casserole dish or heavy-based saucepan. Wash the vegetables, cut them into large chunks and add to the pan. Pour in the water, add one whole onion, garlic, salt, thyme, turmeric, bunches of parsley and celery. Bring to boil then simmer for about 3 hours. Pour the soup through a fine sieve.

Wash the livers and put them into a food processor with a finely chopped onion. Transfer to a dish, add the flour, season with salt and mix thoroughly. Adjust the amount of flour to make sure the mixture is thick. Boil water in a large pot and add salt. Put the liver mixture on a grater and place it above the pan. Push the mixture through the grater, letting it drop into the water and cook until the dumplings come up. Rinse the dumplings under cold water and let the water drip off. Serve the broth with the dumplings and garnish with red onion rings.



Serves 6

3 hour

Beef Broth with Vegetable and Noodles



Ingredients:

500 g meaty beef bones
(beef shanks or beef ribs)
1 onion, peeled
3 carrots
1 parsnip
1 small celery
1 garlic clove
1/2 tsp dried thyme
pinch of dried turmeric
1 small leek
1 bunch of fresh parsley leaves
1 bunch of fresh celery leaves
dried parsley leaves to garnish
spring onion to garnish
gluten free soup pasta
salt
3 l water

Method:

Wash the meat and place into a large sauce pan. Wash the vegetables, cut them into large chunks, add them to the pan and pour in the water. Add the onion, garlic, salt, thyme, turmeric, bunches of parsley and celery. Bring to boil then simmer and cook for approximately 3 hours. Pour the finished soup through a sieve. Cook the soup pasta according to the instructions in salty water. Serve the soup with the pasta and garnish with spring onion rings and dried parsley.



Serves 6



3 hour