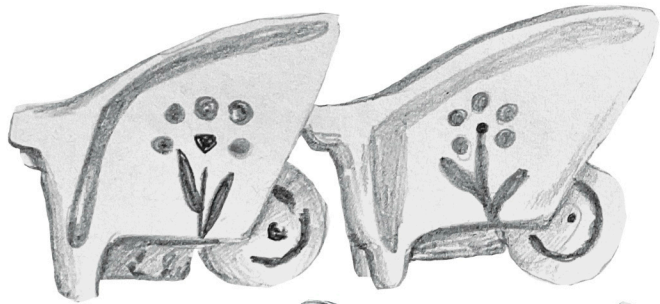
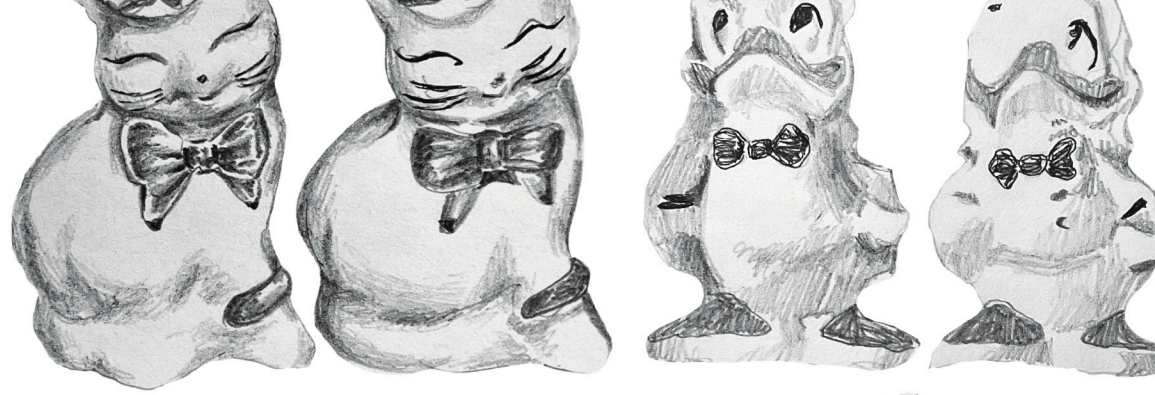


"HOW TO START FROM SCRATCH"
WORD SOUP, ISSUE 1, JAN 2025
INSTAGRAM @ scrape_your_knee
WEBSITE IN PROGRESS
PLEASE STAY TUNED



"HOW TO
START FROM
SCRATCH"

WORD SOUP
ISSUE 1
JAN 2025



Towards the end of 2024 I decided that I wanted to try and make a zine. I used to use all of my spare time to make things. Drawings and paintings and sewing projects and whatever else I wanted to try. I haven't done that for about 4 years. Like I don't know how to anymore. So I thought that a zine could force me back into that. Issues would come out every month and could include illustrations or writing or whatever. I was really excited about it. And then the inauguration happened and it suddenly felt pointless. To take up space during such a volatile and violent time seemed selfish and, dare I say, uncouth. But now I think it's fine. If my little zine is able to give anyone any sort of joy or respite or, in this case, even just an idea for dinner, then it's fine (if anyone even reads this). I want to focus on making things for the sake of making things, whether that be art or food or words. So put on a favorite album of yours, make some soup from scratch, and be warm. ♥

TOMATO SOUP

Serves 4
Takes ~45 min

4 tomatoes (blanched, seeded, diced)

4 cups tomato juice

~14 fresh basil leaves

1 cup heavy cream

1/2 cup butter

Salt + pepper

Prep: To blanch tomatoes, get a pot of water to boil.

Cut a large X into the skin of each tomato.

Drop the tomatoes in boiling water for 1-2 min.

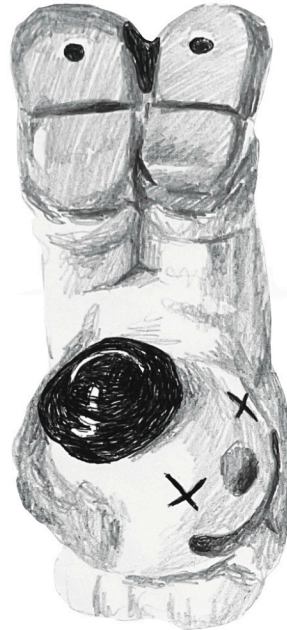
Then transfer the tomatoes to an ice bath. The

skin should peel off easily around the X.

Seed and dice.

- Place tomatoes + juice in pot over med heat. Simmer for 30 min. Add in basil leaves and take off of heat. Purée the soup in a blender, or with an immersion blender.

- Return to low heat. Stir in the butter until melted. Slowly add in heavy cream ~1/4 cup at a time according to taste. You may not need the whole cup. Season with salt + pepper as always.



A very light, rich soup with only five ingredients. This is not a chunky tomato soup, this is very light and so acidic and goes perfectly with a grilled cheese or perhaps a crusty bread.

Recipe from allrecipes.com (Rich and Creamy Tomato Basil soup)

Golden Lentil stew



Serves 4 Takes ~1 hour

2 tbsp olive oil
1 large yellow onion
diced
4 cloves garlic
minced
1 tsp salt
2 med carrots
diced
2 stalks celery
diced
2 tsp cumin
1 1/2 tsp dry thyme
1 tsp turmeric

1 (14.5oz) can diced
tomatoes
3/4 cup uncooked
lentils (French or green)
4 cups veg broth
3 cups kale
stemmed & chopped
1-2 tsp vinegar
(white or white
wine)
1 cup heavy cream

- In a large pot, heat oil over med heat. Stir in the onion and garlic. ~~Salt~~
Sauté for 5 minutes.
- Stir in the carrots + celery, cook for 3 min. Add in cumin, thyme, turmeric, salt, and stir until combined.
- Add in diced tomatoes, lentils, broth, and 1 1/2 cups water. Bring to a boil, then reduce heat & simmer uncovered for 30 minutes.
- Stir in cream and kale. Cook until kale is wilted. Add salt + pepper to taste. Add in vinegar 1/2 tsp at a time, tasting after each addition. (You might not need all of it). The soup shouldn't taste like vinegar, it should just taste bright.

I like this soup a lot. you can really use any type of lentil (except red). The cream can also be replaced with cashew or coconut cream 😊

original recipe by Sophia DeSantis on Veggies Don't Bite



Potato Curry

Serves 6
Takes 1 hour

- | | |
|------------------------|------------------------------------|
| 3 tbsp olive oil | 1/2 tsp coriander powder |
| 1 yellow onion chopped | 1 tsp turmeric |
| 1 tbsp garlic minced | 6 potatoes peeled, cut in 1" cubes |
| 1 tbsp ginger minced | 15 oz can chickpeas drained |
| 4 tsp garam Masala | 14 oz chopped tomatoes |
| 1 tsp paprika | 1 cup veg broth |
| 1/2 tsp cayenne pepper | 14 oz can coconut milk |
| 1 tsp cumin | 2 tbsp brown sugar |
| | Salt + pepper |

Original recipe by Alison Andrews on loving.itvegan.com



- Add olive oil to a large pot with onion, garlic, ginger, and spices. Sauté until onions are slightly softened.
- Add potatoes + chickpeas, toss until evenly coated with spices.
- Add tomatoes, veg broth, and coconut milk.
- Bring to a boil, then reduce heat. Cover and simmer until potatoes are cooked (test with a fork every 10 min). Potato should come apart easily.
- Add in brown sugar, salt, and pepper. Top with fresh cilantro, serve with rice and naan.

This curry is not spicy as written, but can be made spicier by adding more cayenne/cumin, and by adding 1-2 chopped chilis. Add in the chilis at the same time as the onions.

This is my favorite soup ☺



FISKESUPPE

Norwegian Fish + Root Soup

- 3 tbsp unsalted butter
- 2 cloves garlic
- 1 stalk celery
- 1 small onion
- 1 small leek
- 1 med carrot
- 1 small parsnip
- 1 small celery root*
- 2 med potatoes peeled + cut into 1" cubes
- 1 cup veg broth*
- 1 cup clam juice*
- 1 cup milk
- 1/2 c heavy cream
- 2 1/4 tsp Worcestershire
- 1/2 lb salmon, cut into 2" chunks
- 2 tbsp fresh dill
- 2 tbsp fresh parsley
- Juice of 1/2 lemon

* I can never find celery root at the store, so I just use extra celery and parsnip. Same with fish broth: the veg broth and clam juice in this recipe are both substitutions for fish broth

Heat the butter in a ~~sa~~ large pot over med-high heat. Add garlic, celery, onion, leek, and season with salt + pepper. Cook, stirring until soft, for ~8-10 minutes.

Add carrots, parsnip, celery root, potato, veg stock, clam juice, milk, cream, Worcestershire, and bring to a boil. Reduce heat to medium, and let simmer for 25 minutes.

Add salmon to the top of the soup, cover, cover, and cook for 6-8 min.

Stir in dill, parsley, lemon juice.

Adjust seasonings to taste, and serve with crusty bread.

You may be asking 'Will this make my house smell like fish' and the answer is literally don't even worry about it. Embrace the fish.

Serves 4-6, takes 1 hour

Original recipe from Savours.com

Not soup, but here are some bonus bread recipes to dip in your soup!

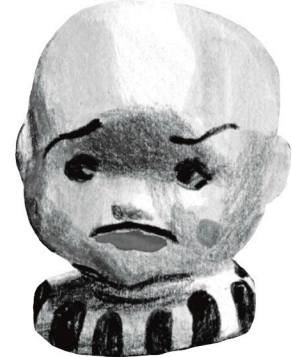
NAAN BREAD makes 8

- 1 tsp sugar
 - 2 1/4 tsp active dry yeast
 - 1/2 cup plain yogurt
 - 1 tbsp oil
 - 1/2 cup warm water
 - 2 1/4 cup AP flour
 - 1/2 tsp salt
 - 3 tbsp melted butter/ghee
- Combine sugar, water, and yeast. Let sit for ~5 minutes (it should be foamy). Skip if you're using instant yeast.
 - Put the flour in a bowl. Make a well in the flour, and pour in the yeast mixture, yogurt, salt, and oil. Combine to make a shaggy dough, then pour out onto a floured surface and knead until the dough is smooth + shiny. (~10 minutes). Cover with a damp cloth and let rise for ~1 hour. It should double in size.
 - Divide the dough into 8 pieces, and roll into 8" circles.
 - Lightly grease a pan over high heat. When the pan is very hot, place the rolled out dough in the pan and cook. Flip once the first side is puffed up and has burnt spots, and cook the other side. Repeat with remaining dough.

Recipe from Rusa Malaysia

Takes 2 hours

SODA BREAD makes 1 loaf, takes 1 hour
A relatively quick bread recipe without yeast!



- 420 ml buttermilk (1 3/4 cup)
 - 531 g AP flour (4 1/4 cup)
 - 3 tbsp sugar
 - 1 tsp baking soda
 - 1 tsp salt
 - 5 tbsp unsalted butter cold + cubed
- Preheat oven to 400°F, line a baking sheet with parchment paper.
 - Combine the flour, sugar, baking soda, and salt in a large bowl. Whisk well. Cut in the butter until it is the size of peas. Pour in the buttermilk and fold the dough together. Once combined, pour the dough onto a floured surface. Knead the dough into a ball until all of the flour is moistened.
 - Place the dough on your baking sheet. Slice an X onto the dough that is ~1/2" deep.
 - Bake for 45-55 min. The bread should be golden brown, cooked through, and 195°F in the center. Let cool for 10 minutes.

Substitute regular milk for buttermilk by adding 1 tbsp vinegar or lemon juice to your milk, then let it sit for 5 minutes.

Recipe from Sally's Baking Addiction (all hail Sally)

Butternut Squash Soup

Serves 6
Takes ~2 1/2 hr

- | | |
|------------------------------------|--------------------|
| 2 butternut squash halved + seeded | 1 tsp thyme |
| 2 yellow onion | 1 tsp ground clove |
| 2 carrots | 1 tsp allspice |
| 2 celery stalks | 1 tsp cinnamon |
| 1 leek | 1 tsp pepper |
| 2 tbsp butter | 1/2 tsp cardamom |
| 3 cloves garlic sliced | Juice of 1 lemon |
| 6 cups veg broth | Nutmeg to taste |
| 4 cups heavy cream | Salt + pepper |

} diced

- Drizzle olive oil on squash, and roast on a baking sheet at 375°F for 1 hour, flipping halfway through.
- Sweat the vegetables in the butter, then cook for 10-15 min in a large pot. Scoop the roasted squash out of its skin, then add to the vegetables. Add in veg broth.
- Grind spices if necessary, then add to the soup and stir well. Let simmer for ~40 min.
- Blend soup. Use a strainer to separate out any chunky pieces.
- Add in cream, and bring back to a simmer for 5 min.
- Add in lemon juice, nutmeg, and salt + pepper. Drizzle with olive oil. Serve with ~ good bread.

This is a very warm soup. You can sub in pumpkin or other winter squashes for the butternut, you just need ~5 cups roasted squash. This recipe came from a very beautiful woman on twitter but I deleted my account years ago and I do not remember her name :)

