

## Chefs share delicious and healthy soup recipes to savour during monsoon

Premium

Updated on: 19 July,2023 08:33 AM IST | Mumbai  
Aakanksha Ahire | aakanksha.ahire@mid-day.com

There is nothing more comforting than hot beverages like soup during monsoon. Further, the added health benefits make it an ideal drink for the rainy season. Here chefs share some easy and healthy soup recipes that are a good change from the usual ones



*These recipes shared by the culinary experts are a good change of taste for all those looking to enjoy unique soups. Photo Courtesy: iStock*

Steaming hot beverages and monsoons are a perfect match. The rainy season wouldn't be complete without a cup of kadak chai, a strong cup of coffee or a range of healthy soups. Soups especially should be consumed and relished during the wet season not just to give the body the warmth it requires from the cold weather, but also to protect the health from monsoon-induced illnesses.

Although healthy soups like tomato or palak soup can be prepared at home, slurping on some good Manchow or hot and sour soup requires us to head to restaurants. But what if we tell you that delectable soups can be prepared within the cosy comfort of your home? No, we aren't sharing the regular recipes. This monsoon, we have chefs sharing exotic yet easy-to-prepare **healthy soup recipes** that won't just satiate your soul but also provide you with a much-needed dose of health during monsoon.

### **Tom Kha Je - Coconut Soup flavoured with Thai herbs, by Chef Negi, Thai Naam**



Tom kha soup is a famous Thai soup known for its rich and complex flavours. It has a delicate balance of spicy, sour and creamy flavours, making it a favourite among Thai cuisine enthusiasts.

#### **Ingredients:**

Lemongrass 10 grams

Galangal thai ginger 10 grams

Kaffir lime leaves 5 grams

Roast curry paste 1 tbsp

Salt-as per taste

Coconut milk 180 ml

Lime juice 1 tsp

Water 100 ml

Carrot 5 grams

Pumpkin 5 grams

3 new articles notifications

Pumpkin 5 grams

Broccoli 5 grams

Button mushroom 5 grams

Cauliflower 5 grams

Babycorn 5 grams

Cabbage 5 grams

**Preparation:**

1. Make a vegetable stock using half of the herbs and water and reduce it by half.
2. Cut all the vegetables into small cubes.

---

**Method:**

1. In a pan, take vegetable stock, add all the remaining Thai herbs, add roast curry paste and cook it to extract maximum flavour.
2. Then, add all the vegetables along with coconut milk and stir continuously to avoid curdling of the soup.
3. Add salt, turn down the flame and add lime juice.
4. Serve hot.

While the soup's main purpose is to be delicious, it also offers several health benefits. The combination of ingredients in the soup, especially lemongrass and galangal have anti-inflammatory properties. This can help reduce inflammation in the body and promote overall health. Further, many of the ingredients used in Tom Kha soup, such as garlic, ginger and lime leaves, have immune-boosting properties too. They contain antioxidants and antimicrobial compounds that can support the immune system and help protect against illnesses.

## Mutton paya Soup by Chef Khokan Molla, Kokum Bar and Lounge



Paya is a traditional food from South Asia. It is served at various festivals and gatherings or prepared on other special occasions. Paya means leg in Hindi/Urdu. The main ingredients of the dish are the hooves of a goat cooked using various spices.

 | 3 new articles notifications

### Ingredients:

For tenderizing:

Mutton legs 6

Salt to taste

Peeled ginger one small piece

Black peppercorns 5-6

Glasses of water 3 (approximately)

Other Ingredients:

Oil one tbsp

Medium-sized sliced onions 2

Slit green chillies 2-3

Ginger paste 1 tbsp

Black pepper powder ½ tsp

Chopped mint leaves 2 tbsps

Chopped coriander leaves 2 tbsps

**Method:**

1. To make Mutton Paya Soup, start by washing the leg with water three to four times and keep it on a separate plate.
2. Now heat two spoons of oil in a pressure cooker. When the oil is hot, add green cardamom, bay leaf, black cardamom, cinnamon, cloves, black pepper and fry for 10-20 seconds. You can add green chillies too.
3. Now add onion paste and cook by mixing it with a spoon for 1 minute. After 1 minute, add ginger garlic paste and cook it by mixing it with a spoon for 1 minute.
4. Now that all the spices have been cooked well, mix it and add turmeric powder, cumin powder, coriander powder and salt as per taste and cook for 4-5 minutes while adding it.
5. Now add Paya and two glasses of water to it and close the pressure cooker. Cook till it comes to 9-10 whistles (cook on low heat, it will take 20-25 minutes).
6. After 10 whistles, the paya melts well.
7. Turn off the gas and pour the soup into the bowl and garnish with green coriander leaves.

Paya soup offers numerous health benefits, especially during monsoon. It is very helpful in relieving joint pain. It promotes healthy skin and is highly nutritious. The soup is also beneficial for the gut and helps in weight loss. Speaking of the health benefits it offers during monsoon, the chef shares that since it is seasoned with a range of whole spices, it is great for boosting immunity which is required the most during this season.

**Super Green Soup by Chef Bhushan Ganorkar, Courtyard By Marriott Navi Mumbai**



**Ingredients:**

Broccoli 100 gms

Edamame beans 30 grams

Ripe Avocado 30 grams

White onion 10 grams

Leeks 10 grams

Garlic 5 grams

Butter 15 grams

Olive oil 15 ml

Milk 100 ml

Salt 5 grams

White pepper 5 grams


Dried cranberries – for garnishing

Micro mustard for garnishing

Chia seeds for garnishing

**Method:**

1. Heat oil, sauté onion, leeks and garlic for two minutes.
2. Add Broccoli, edamame beans and mashed avocado.
3. Add 100 ml water. Boil it for 20 minutes.
4. Cool the mixture in an ice bath, making sure green vegetables does not lose their colour.
5. Make a puree once it is cooled down.
6. Strain the mixture.
7. Add milk and butter and bring it to the boil. Season well with salt and pepper.
8. Now, plate the soup with avocado chunks, edamame beans and cranberries and pour the soup into the bowl.

 | 3 new articles notifications

9. Garnish it with micro cress and chia seeds and serve.

Due to a mix of a variety of ingredients, this soup should be your go-to when looking for a tasty and healthy option. A combination of broccoli, avocado, chia seeds and cranberries makes this soup super nutritive and delicious.



**Kheru by Chef Arun Kumar, executive chef, Araiya Palampur**



A part of the [Himachal cuisine](#), Kheru is a natural drink that can be easily prepared at home. It is best to have during the rainy season along with steamed miniature millet Siddu with Himalayan ghee drizzle.

**Ingredients:**

Whole red chili 2

Cumin Seeds 1 gm

Asafoetida pinch-sized

Turmeric 1 gm

Butter milk 200 ml

Salt 1.5 gm

**Method:**

Heat mustard oil in a thick bottom skillet.

Add slit green chilli 1(optional), cumins along with a red chilli.

Now on medium flame and controlled temperature, add turmeric.

Add well-whisked buttermilk to the tadka keeping the flame low

Give it a continuous stir at all times to achieve the best texture.

Bring it to a boil, then enhanced its taste with seasoning of just salt and serve along with millet Siddus.

Siddu is a fermented dough of whole wheat and mix millet flour which may be stuffed with Himalayan walnuts or a savoury mixture. It is steamed at 110degree celsius for 10 minutes.

This soup ensures your body gets the necessary nutrients. It is extremely good for your [gut health](#) as it promotes digestion.

These recipes shared by the culinary experts are a good change of taste for all those looking to enjoy unique soups. This is not to say that you cannot enjoy the traditional soups that we have been slurping since childhood. You can and must enjoy various simple soups like tomato soup, palak soup, sprouts soup and clear vegetable soup.

**Also Read:** [Indulge in rich, creamy hot chocolate during monsoon at these Mumbai cafes in Dadar](#)