

【Recipe by Kohei Wakasugi】 (Plant-based)
Basque-style Soup with Vegetables and Soy Meat



This is a recipe for a Basque-style soup devised by Chef Wakasugi of the French restaurant “banquet” in Sapporo, Hokkaido, Japan. Basque soup is traditionally made with dry-cured ham and lard, but this recipe uses no animal ingredients. The deep flavor is imparted by botanov[®] -Lard Taste- and soy meat smoked with cherry wood chips.

Ingredients		
【Soup】		
A botanova [®] -Lard Taste-		9.4%
Chopped garlic		1.8%
B Turnip(0.4 in cubes)		7%
Celery(0.6 in cubes)		7%
Cabbage(0.6 in cubes)		5.9%
C Potato(0.4 in cubes)		11.7%
Leek(0.6 in cubes)		5.9%
White kidney beans		2.9%
Granular soy protein		1.2%
Piment d'Espelette*		0.1%
Salt		0.2%
Water		46.9%
Total		100%

* Chili pepper named for the Espelette in the Basque region of France

Method
《Preparation》
Soak the white kidney beans in water the day before. Pour boiling water over the granulated soy protein and leave for 1 minute. Then rinse with water, drain well, and smoke for 20 minutes. (We recommend smoking with cherry wood chips.)
《Method》
1) Put “A” in a pressure pot and cook over low heat to bring out the aroma. 2) Put “B” in the pressure pot and stir-fry for 3 to 5 minutes until the aroma of the vegetables comes out. 3) Add “C” in the pot and mix everything together. 4) Add water, lock the lid and cook for 45 minutes.



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