# Chickpea soup with mint & lemon

**Fresh from the garden:** carrot, celery, garlic, lemon, mint, onion, parsley  
**Recipe Source:** Stephanie Alexander's *The Cooks Companion* (Penguin Lantern 2004)

If left overnight, this soup will thicken. Add water when reheating, to correct the consistency. Note: the chickpeas will need to be soaked overnight.

## Equipment:
- metric measuring cups and spoons  
- chopping board  
- clean tea towel  
- kitchen knife  
- large, heavy-based pot with lid  
- wooden spoon  
- colander  
- ladle  
- medium bowl  
- food mill  
- food processor  
- citrus juicer

## Ingredients:
- 500 g chick peas, soaked overnight  
- extra virgin olive oil  
- 1 large carrot  
- 1 brown onion  
- 1 stick celery  
- 6 cloves garlic  
- 1 teaspoon cumin seeds  
- 2 teaspoon coriander seeds  
- 4 L water  
- 4 lemons  
- salt  
- black pepper  
- 4 tablespoons mint leaves  
- 4 tablespoons parsley leaves

## What to do:
- Place a damp tea towel under the chopping board to prevent it from slipping.  
- Dice the carrot, onion and celery.  
- Peel the garlic and chop finely.  
- Heat 2 tablespoons of olive oil in the pot and sauté carrot, onion and celery with garlic, cumin seeds and coriander seeds, stirring with the wooden spoon to prevent anything catching.  
- Drain the chickpeas using the colander and add to the pot with the water when the vegetables start to colour.  
- When the water starts to boil, lower the heat, cover and simmer for 1–1½ hours until the chickpeas are very tender.  
- Ladle out 1 cup of the liquid into the bowl.  
- Pass the contents of the pot through the coarse disc of the food mill, then blend in the food processor.
If the soup is too thick add the reserved liquid – the finished consistency should be like cream, not porridge.

Juice the lemons and add most of the juice for seasoning, with salt, pepper and more lemon juice as required for taste.

Place the soup back into the pot and reheat to a boil.

Finely chop the parsley and mint leaves.

To serve, scatter the herbs generously over the soup and drizzle with olive oil.