

21 Tips for Soups, Salads & Sandwiches

1. With soup, it is easy to “Cook Once, Eat Twice” (or three times!). Soup is the perfect freezer food, which means leftovers won’t go to waste. Soup will keep in the freezer for a couple months, so don’t hesitate to whip up extra large batches to enjoy now – and later.



2. Freeze leftover soup in muffin tins for easy-to-transport single-serve lunch portions.

3. Allow soup to cool overnight in the refrigerator before freezing. Putting hot soup into your freezer can briefly increase the internal temperature of your freezer, which could negatively impact your already frozen items.

4. Don’t add cold milk or cream straight from the refrigerator to your soups while cooking. To prevent curdling, warm the milk and cream up before adding to the simmering soup.

5. Mirepoix is a combination of diced carrots, celery and onion used to add flavour to soups, stocks and broths. The smaller the pieces are cut, the faster they will release their flavour.

6. When making soup, “sweat” aromatics, like onions or garlic, first. Simply sauté these ingredients in a little olive oil or

butter until they are soft. This will release their flavours and enhance the final taste of your recipe.

7. Give your soup a chance to cool a bit before adding final seasoning. When soup is boiling hot, it is difficult to tell whether or not it actually needs more salt or other seasonings.

8. Add a squeeze of fresh lemon or lime to broth-based soups before serving to “brighten” up the flavours. Citrus has a natural fresh taste to it that will liven up the other flavours in your soup.

9. Save time cleaning up by making your salad dressing in the same bowl you plan to serve your salad in. Mix up your dressing ingredients and let them sit for a while to give the flavours a chance to meld. Then add the rest of your salad ingredients to the bowl and toss to coat right before serving. If you make more dressing than you need for one salad, simply pour off the excess into another storage container before adding your salad ingredients.

10. When making homemade vinaigrette’s, add a little Dijon mustard or mayonnaise to emulsify the mixture. This will help hold together the oil and vinegar (or other acidic components) longer.

11. No one likes a soggy salad. Don’t add dressing until right

before you serve it to keep your lettuce crisp.



12. It's important to thoroughly wash lettuce before eating it, but it can be challenging to get it dry enough to hold your dressing. If you eat a lot of salad, a [salad spinner](#) is definitely worth the investment.

13. If you need to take your salad on the go, but dread soggy, wilted lettuce – try layering your ingredients. A good rule of thumb is to always put dressing on the bottom (or in another container), followed by “tougher” ingredients like carrots and celery. Next up, add proteins like chicken breast or sliced eggs and then top with delicate lettuce or spinach leaves.

14. Have extra tomatoes from your summer garden? Wash, chop and freeze them! Previously frozen tomatoes are too mealy to enjoy raw, but they are perfect for soups, chilli and stews.

15. Don't buy previously grated Parmesan cheese in a can. A nice wedge of Parmigiano-Reggiano isn't overly expensive and will last you a long time. Plus, it won't have a bunch of preservatives and anti-caking ingredients added to it. An inexpensive [microplane*](#) is perfect for grating over soups or salads and makes for a nice presentation when serving guests.

16. There are many reasons to buy wedges of hard cheeses, such as Parmigiano-Reggiano or Asiago cheese, instead of the pre-grated stuff. For example, hard cheese looks beautiful – and tastes amazing – when cut with a vegetable peeler into ribbons

and placed on top of soups and salads. An added bonus is the larger chunks impart a more recognisable flavour to your dish.

17. Always save the rind from hard cheeses like Parmigiano-Reggiano to add to the pot or slow cooker when making soups. That delicious salty cheesy goodness will soften and infuse your creation with a wonderful new layer of flavour.

18. Plain, old sandwiches can get boring really fast. Introducing an unexpected flavour to your favourite combinations is an easy way to liven things up a bit. Instead of mayo or mustard, try a creamy avocado spread, spicy jalapeno jelly or sweet fig jam. The options are nearly endless.



19. Grilled Panini sandwiches are a great cure for the common cold sandwich. You can pick up a highly rated [Panini press](#) sandwich maker for around £30 on Amazon – or you can use a grill pan and place a [cast iron skillet](#) on top of your sandwich for even heating (and those gorgeous grill marks).

Tip If using a skillet on top of your grill pan use the heaviest available to add an even pressure while grilling the panini

20. Summer is the perfect time to enjoy sandwiches, because who wants to be stuck in the kitchen making complicated meals on a hot summer day? Plus, it's tough to beat the taste of in-season veggies, like tomatoes warm off the vine and crispy lettuce straight from the garden. They create the perfect foundation for whatever meat, cheese, veggie, and condiment

combination you put together.

21. One trick to instantly up the ante on your sandwich creation? Heat the protein before assembling your ingredients. Heating up your chicken, ham, sliced beef or even tofu will add another delicious dimension to your sandwich.