

Soup Maker



The two types of soup maker

Soup makers fall into two categories: basic and advanced. Basic models resemble kettles and are fairly lightweight while the more advanced ones, often made of glass, look like blenders and are a little heavier. You might assume that the best soup maker will be the most expensive one but it depends on what you're looking for. If you want a machine that requires nothing but filling and switching on with no other functions to worry about, then the simplest could be the best soup maker for you.

Is it worth having a soup maker?

Most people consider a fridge, a cooker and a kettle to be kitchen essentials and although a soup maker machine doesn't have the same status, it can be a very useful time-saver. Soups are easier to make than many dishes but they still require several stages of preparation. This all takes time and occupies valuable workspace. Preparing everything in one go and then leaving it to one side until the soup is ready is the great advantage of an electric soup maker.

How does a soup maker work?

The emphasis is on convenience. To make vegetable soup in a soup maker, for example, you simply put your chopped ingredients, stock or liquid and any seasonings into the machine and it will cook them just as it would in a saucepan. Where it differs is in having a blending function which you can usually set for as coarse or smooth a result as you wish. The whole process should take no more than 30 minutes.



Do you put raw or frozen vegetables in a soup maker?

The quality and diversity of frozen vegetables is exceptionally high. Manufacturers boast that their frozen products are better than fresh ones because they are frozen within hours of harvesting. You certainly can use frozen vegetables. However, if you are making vegetable soup in a soup maker, you will need to treat them differently from fresh ones. You need to thaw frozen vegetables thoroughly, partly because if still frozen they might be hard enough to damage the blade and partly because they will release extra water into the soup and affect its consistency. Otherwise fresh, frozen or a combination are all fine.

Can you put raw meat into the soup maker?

Although most people tend to concentrate on vegetable soups, there is no reason not to include meat, although it will need different preparation. If you're making chicken soup in a soup maker, treat the chicken with the same caution you would in any other recipe and make sure it is thoroughly cooked before you add it because the cooking time and temperature may not be sufficient. Some makers have a function that allows you to pre-fry small amounts of raw meat but be careful not to overload the machine. This applies to all meat but is particularly relevant when making chicken soup in a soup maker because of well-known food hygiene concerns.

Do soup makers chop veg?

Generally speaking, no. You need to chop them yourself into small enough pieces to cook to your taste. The blending function is there not to chop but to thicken the soup to the desired consistency.

Reasons why getting a soup maker is a good and healthy idea

They are quick and convenient, they save you money compared to shop-bought soup, you can make it in advance and freeze it in batches, it saves on washing up and cuts down on waste. It's a health alternative because you know what goes in it, you can go easy on the salt and saturated fats and it can help you get your five a day.

