

# Macadamia Soup

Recipe by  
Annelle Whyte

Simple, hearty and incredibly popular the world around, soup has fed haughty and humble souls since the advent of clay pots more than 20 000 years ago.

*There are a few theories on where the name soup is derived from: the first, from ancient Rome, based on the Latin word “suppa” (bread in broth). Another is from the Germanic word “sop” (the bread used to soak up stew). Finally, many believe the modern English word comes from the French word “soupe” (soup or broth).*



Punching way above its modest ingredient list and simplicity to create, tuck into this winter warmer macadamia superfood soup!

## Ingredients

- 450g unsalted macadamia nuts, roughly chopped
- 3 medium potatoes, peeled, chopped
- 1 large leek, white part only, washed, sliced
- 1 brown onion, peeled, chopped
- 1L (4 cups) vegetable stock
- 300ml thick cream

## Method

- Preheat oven to 180 degrees C.
- Place 2 tablespoons of the nuts on a tray and roast until golden and set aside.
- Place potatoes, leek, onion and stock in a large saucepan and bring to the boil. Reduce heat to low and simmer for 20 minutes or until potato is soft.
- Remove from the heat and set aside to cool slightly. Add the remaining macadamia nuts and blend in batches until smooth.
- Stir in cream and season with salt and pepper to taste. Serve chilled or hot, garnished with the roasted nuts and slices of toasted baguette.



Annelle Whyte

Annelle Whyte is the founder of Mpumalanga-based communications company Koko & Tree.

With a background in domestic agriculture and a BComm degree in communications from the University of Stellenbosch, Whyte honed her communications skills in London where she worked for the likes of T-Mobile, Everything Everywhere and UBM.

Describing her firm as a “truly boutique” communications offering with a deep specialisation in agriculture, Whyte says her aim is to link South African businesses – and particularly agri-businesses – to the outside world.

“At Koko & Tree we firmly believe that agriculture is emerging as one of the world’s most strategically important industries and one that is critical to bringing about a more sustainable future,” she says. “We have a passion for agriculture born of our love for both people and our planet.”

Look out for this talented young woman’s recipes in all upcoming editions of *The Macadamia* magazine.