



BRITISH ARMY CATERING CORPS



SOUP SECTION

★ ——— NOURISHING THE NATION • FUELING THE FORCE ——— ★

SOUPS

TRIED • TESTED • TRUSTED

A COLLECTION OF TIMELESS SOUP RECIPES
SERVED TO GENERATIONS OF SOLDIERS
IN THE BRITISH ARMY.



HEARTY



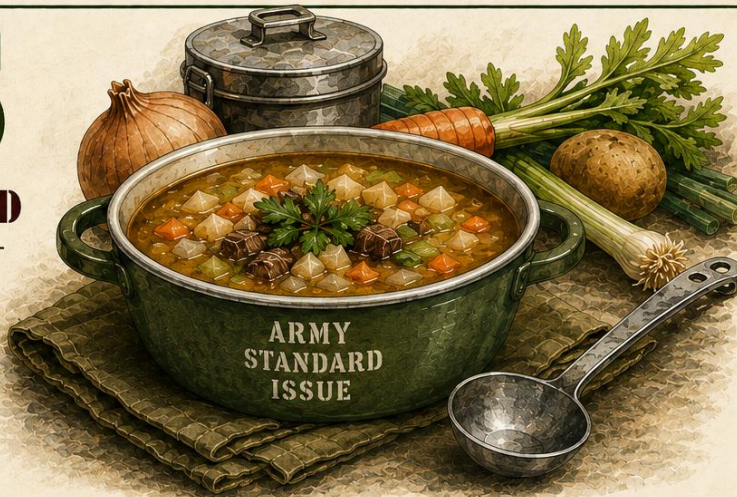
NUTRITIOUS



SUSTAINING



TRIED &
TRUSTED



★ 12 CLASSIC SOUP RECIPES ★ FOR THE FIELD, THE KITCHEN & THE MESS ★

RECIPE RANGE:

001-012

FROM THE ARMY KITCHEN

Simple ingredients. Hearty results.
Made to nourish. Built to sustain.

Created By

Paul Baldry

★ MASTER CHEF ACC ★

MANUAL REFERENCE:

A.C. Manual 1945
Chapter 5 – Soups

BUILT ON TRADITION

Used in British Army Catering
Manuals throughout the
20th century and beyond.

GOOD SOUP • STRONG SOLDIERS • READY FOR ANYTHING

BRITISH ARMY CATERING CORPS

RECIPE CARD 001



CREAM OF TOMATO SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
4 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Tomatoes (fresh or tinned)	15.0 kg	Tomatoes (fresh or tinned)	1 kg
Stock (meat or vegetable)	30.0 litres	Stock (meat or vegetable)	600 ml
Flour	1.50 kg	Flour	1 tbsp
Butter or Margarine	1.25 kg	Butter	30 g
Milk (evaporated or dried)	2.50 litres	Milk	150 ml
Sugar	250 g	Sugar	1 tsp
Salt	150 g	Salt	to taste
White Pepper	25 g	White Pepper	to taste

HOME KITCHEN (4 PORTIONS)

METHOD

- 1 Prepare all ingredients.
- 2 Melt butter in the pan.
- 3 Add flour and cook gently to make a roux.
- 4 Add tomatoes and stir well.
- 5 Add stock gradually, stirring to avoid lumps.
- 6 Simmer gently for 30 minutes.
- 7 Pass through a fine sieve or blend until smooth.
- 8 Add milk and stir well.
- 9 Season with sugar, salt and white pepper.
- 10 Heat through and serve piping hot.



PREPARATION TIME
20 mins



COOKING TIME
35 mins



DIFFICULTY
EASY

ACC TIP

"Good stock
makes
good soup."

CHEF'S NOTES

- Traditionally passed through a fine sieve for a smooth finish.
- The quality of the tomatoes will affect the amount of sugar required.
- Excellent served with fresh Army bread.
- Can be prepared a day in advance. Reheat gently.



FIELD KITCHEN NOTES

- Ideal for preparation in the 3-gallon cooking kettles.
- Suitable for the No.1 Burner and folding range.
- Stir frequently to prevent sticking.
- If milk is not available, use dried milk or omit.
- Keep covered when not serving.



HISTORICAL NOTES

Cream of Tomato Soup first appeared in British Army Catering Manuals in the early 1940s and has remained a firm favourite throughout the post-war period.

It is economical, nutritious and easy to prepare in large quantities. A popular first course, particularly during the winter months.

DATE INTRODUCED: 1945

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 002



SCOTCH BROTH

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)

INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Lamb neck or shoulder	12.0 kg	Lamb neck or shoulder	600 g
Pearl barley	1.50 kg	Pearl barley	75 g
Onions	1.50 kg	Onion	1 large
Carrots	1.50 kg	Carrots	2 medium
Turnips	1.50 kg	Turnip	1 medium
Leeks	1.50 kg	Leek	1
Celery	750 g	Celery stick	1
Stock (or water)	30.0 litres	Stock	1.5 litres
Salt	150 g	Salt	to taste
Black Pepper	25 g	Black Pepper	to taste
Parsley (chopped)	150 g	Parsley (chopped)	2 tbsp

HOME KITCHEN (6 PORTIONS)

METHOD

- 1 Place the lamb in a large pan and cover with water.
- 2 Bring to the boil, skim off any scum.
- 3 Add onions, leeks and celery.
- 4 Simmer gently for 1 to 1½ hours until the lamb is tender.
- 5 Remove the lamb, allow to cool slightly, then cut into small pieces. Discard any fat and bone.
- 6 Strain and return the stock to the pan.
- 7 Add the barley, carrots and turnips.
- 8 Simmer gently for about 1 hour until the barley and vegetables are tender.
- 9 Return the lamb to the pan.
- 10 Season with salt and pepper.
- 11 Sprinkle with chopped parsley and serve hot.



PREPARATION TIME

25 mins



COOKING TIME

2 – 2½ hrs



DIFFICULTY

EASY

ACC TIP

"Prepare the day before if possible – it improves in flavour."

CHEF'S NOTES

- Use good quality lamb for the best flavour.
- Skim the stock well to keep the soup clear.
- The broth will thicken on standing – add a little boiling water when reheating if required.
- Always cook barley gently; a rolling boil will cause it to break down.



FIELD KITCHEN NOTES

- Perfect for the 3-gallon cooking kettles.
- Brown the meat first if fuel is plentiful – it adds extra depth of flavour.
- In cold weather this soup is excellent for maintaining strength and warmth.
- Can be served as a meal in itself.



HISTORICAL NOTES

Scotch Broth has been a popular Army soup for well over a century. Appearing in Army catering manuals from the early 1900s, it remained a firm favourite throughout both World Wars and into modern times.

It is hearty, nutritious and economical – ideal for feeding large numbers in all conditions.

DATE INTRODUCED: Pre-1900

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 003

OXTAIL SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
4 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (4 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Oxtail	15.0 kg	Oxtail	800 g
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrots	2
Celery	1.00 kg	Celery Stick	1
Leeks	1.00 kg	Leek	1 small
Stock	30.0 litres	Beef Stock	1.5 litres
Tomato Purée	200 g	Tomato Purée	1 tbsp
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Bay Leaves	10	Bay Leaf	1
Thyme	10 g	Thyme	1/2 tsp
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Cut the oxtail into portions and wash.
- 2 Place in a large pan, cover with cold water and bring to the boil.
- 3 Boil for 5 minutes, skim off any scum and rinse the meat.
- 4 Return oxtail to the pan and add the stock.
- 5 Bring to the boil, then simmer gently for 1½ – 2 hours until the meat is tender.
- 6 Add chopped onions, carrots, celery and leek.
- 7 Simmer gently for 45 minutes until vegetables are tender.
- 8 Stir in tomato purée, bay leaf and thyme.
- 9 Season with salt and pepper.
- 10 Remove meat from bones, cut into small pieces and return to the soup.
- 11 Sprinkle with chopped parsley and serve hot.



PREPARATION TIME
20 mins



COOKING TIME
2 – 2½ hrs



DIFFICULTY
MEDIUM

ACC TIP

"A long slow simmer produces the best flavour. Do not rush the stock."

CHEF'S NOTES

- Oxtail gives a rich flavour and excellent body.
- Skim well to keep the soup clear.
- The meat should be very tender and almost falling from the bone.
- This soup improves if made a day ahead.



FIELD KITCHEN NOTES

- Ideal for preparation in 3-gallon kettles.
- Simmer gently to prevent the meat from toughening.
- Can be prepared the evening before and reheated.
- A hearty and filling soup – ideal for cold weather and hard physical work.



HISTORICAL NOTES

Oxtail Soup has been a feature of Army menus for well over a century. It was valued for its nourishment and warming qualities, particularly in winter.

It appeared in Army Catering Manuals from the early 1900s and remains a traditional favourite.

DATE INTRODUCED: Pre-1900

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 004



VEGETABLE SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (6 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrots	2
Turnips	1.50 kg	Turnip	1
Leeks	1.50 kg	Leek	1
Celery	1.00 kg	Celery Stick	1
Potatoes	3.00 kg	Potatoes	450 g
Cabbage	1.50 kg	Cabbage (white)	200 g
Stock	30.0 litres	Stock (vegetable or chicken)	1.5 litres
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Peel and chop all vegetables.
- 2 Place into a large pan.
- 3 Add the stock and bring to the boil.
- 4 Reduce heat and simmer gently for 45 minutes. Stir occasionally.
- 5 Add the potatoes and cabbage.
- 6 Simmer gently for a further 30 minutes until vegetables are tender.
- 7 Season with salt and pepper.
- 8 Stir in chopped parsley.
- 9 Serve hot.



PREPARATION TIME

20 mins



COOKING TIME

1 hr 15 mins



DIFFICULTY

EASY

ACC TIP

"Use a variety of fresh vegetables for best flavour and colour."

CHEF'S NOTES

- Chop vegetables evenly for consistent cooking.
- Do not overcook – vegetables should be tender but not mushy.
- This soup can be thickened by mashing some potatoes before serving.
- Ideal when fresh vegetables are plentiful.



FIELD KITCHEN NOTES

- Ideal for preparation in 3-gallon kettles.
- Use whatever vegetables are available.
- Can be prepared the evening before and reheated.
- A wholesome soup that provides vitamins and energy.



HISTORICAL NOTES

Vegetable Soup has been served in the British Army for many decades. It makes excellent use of seasonal produce and is a valuable source of vitamins and minerals.

It has appeared in Army Catering Manuals throughout the 20th century.

DATE INTRODUCED: Early 1900s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 005



MULLIGATAWNY SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
4 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (4 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Chicken (or Lamb)	10.0 kg	Chicken (breast)	500 g
Rice	1.50 kg	Rice	75 g
Onions	1.50 kg	Onion	1 large
Carrots	1.00 kg	Carrot	1
Flour	1.00 kg	Flour	2 tbsp
Stock	25.0 litres	Stock	1.2 litres
Curry Powder	250 g	Curry Powder	1 tbsp
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Milk (evaporated)	1.50 litres	Milk	150 ml

METHOD (HOME VERSION)

- 1 Cut the chicken into small pieces.
- 2 Place in a pan with the stock and bring to the boil.
- 3 Add the rice and simmer gently for 20 minutes.
- 4 Add chopped onion and carrot.
- 5 Melt butter in a pan and add the flour to make a roux.
- 6 Stir in a little stock, then add to the soup.
- 7 Add curry powder and stir well.
- 8 Simmer gently for 20 minutes.
- 9 Stir in the milk and heat gently.
- 10 Season with salt and pepper and serve hot.



PREPARATION TIME
25 mins



COOKING TIME
1 hr



DIFFICULTY
MEDIUM

ACC TIP

"Stir in the milk
off the heat to
prevent curdling."

CHEF'S NOTES

- A mild curry flavour with a creamy texture.
- Can be made with either chicken or lamb.
- Adjust the amount of curry powder to suit taste and strength.
- Excellent served with bread.



FIELD KITCHEN NOTES

- Ideal for use in 3-gallon cooking kettles.
- Rice cooks in the soup saving time and fuel.
- Stir well to prevent rice sticking to the bottom.
- Can be prepared the evening before and reheated.



HISTORICAL NOTES

Mulligatawny Soup was introduced to British Army menus in the late 19th century, influenced by Indian cuisine.

It became very popular in Army messes throughout the 20th century and remains a well-loved traditional soup.

DATE INTRODUCED: Late 1800s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 006



LENTIL SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (6 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Red Lentils	2.50 kg	Red Lentils	250 g
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrots	2
Celery	1.00 kg	Celery Stick	1
Tomatoes (tinned)	2.50 kg	Tomatoes (tinned)	400 g
Stock	30.0 litres	Stock (vegetable or chicken)	1.5 litres
Flour	500 g	Flour	2 tbsp
Butter	500 g	Butter	30 g
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Bay Leaves	10	Bay Leaf	1
Thyme	10 g	Thyme	½ tsp
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Rinse the lentils and drain well.
- 2 Peel and chop the vegetables.
- 3 Melt the butter in a large pan.
- 4 Add onions, carrots and celery and sweat gently.
- 5 Add the flour and stir well to make a roux.
- 6 Add the stock gradually, stirring all the time.
- 7 Add the lentils, tomatoes, bay leaf and thyme.
- 8 Bring to the boil.
- 9 Reduce heat and simmer gently for 45 – 50 minutes until the lentils are soft.
- 10 Remove the bay leaf.
- 11 Season with salt and pepper and stir in parsley. Serve hot.



PREPARATION TIME
15 mins



COOKING TIME
50 mins



DIFFICULTY
EASY

ACC TIP

"Lentils thicken as they cook – add a little extra stock if needed."

CHEF'S NOTES

- Lentils are an excellent source of protein and fibre.
- This soup thickens on standing – ideal for cold days.
- Can be made even heartier by adding diced potatoes.
- Best made in advance – the flavour improves the next day.



FIELD KITCHEN NOTES

- Ideal for bulk preparation in 3-gallon kettles.
- Use red lentils – they cook quickly and break down to thicken the soup.
- Economical, nutritious and filling.
- Can be prepared the evening before and reheated.



HISTORICAL NOTES

Lentil Soup has been served in the British Army for many decades. Dried lentils store well and provide high nutritional value at low cost.

It appears in Army Catering Manuals throughout the 20th century and remains a popular and wholesome soup.

DATE INTRODUCED: Early 1900s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 007



ONION SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
4 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (4 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Onions	5.00 kg	Onions	4 large
Butter/Dripping	750 g	Butter	50 g
Flour	750 g	Flour	2 tbsp
Stock (beef)	30.0 litres	Beef Stock	1.25 litres
Bay Leaves	10	Bay Leaf	1
Thyme	20 g	Thyme	½ tsp
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Sugar	100 g	Sugar	1 tsp
Grated Cheese	1.00 kg	Grated Cheese	50 g
Bread (sliced)	100 slices	Bread (sliced)	4 slices

METHOD (HOME VERSION)

- 1 Peel and thinly slice the onions.
- 2 Melt the butter in a large pan.
- 3 Add the onions and cook slowly until soft and golden.
- 4 Sprinkle in the flour and stir well to make a roux.
- 5 Add a little stock and stir to a smooth paste.
- 6 Add the remaining stock, bay leaf and thyme.
- 7 Bring to the boil, then reduce heat and simmer gently for 30–40 minutes.
- 8 Season with salt, pepper and a little sugar.
- 9 Toast the bread and place in soup bowls.
- 10 Ladle the soup over the bread.
- 11 Sprinkle with grated cheese and serve hot.



PREPARATION TIME
20 mins



COOKING TIME
45 mins



DIFFICULTY
MEDIUM

ACC TIP

“Slowly cooked onions give the best flavour – take your time.”

CHEF'S NOTES

- Cook the onions slowly – do not brown.
- A little sugar enhances the natural sweetness of the onions.
- For extra richness, add a splash of dry white wine before the stock.
- Use good quality stock for the best results.



FIELD KITCHEN NOTES

- Ideal for 3-gallon kettles or steam-jacketed pans.
- Onions can be prepared in advance.
- Keep the soup moving to prevent sticking.
- Can be held hot for service without loss of flavour.



HISTORICAL NOTES

Onion Soup has been served in the British Army for over a century and was a popular and economical way to provide a hearty meal.

It appears in Army Catering Manuals throughout the 20th century.

DATE INTRODUCED: Early 1900s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 008



SPLIT PEA SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (6 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Split Peas (dried)	8.00 kg	Split Peas (dried)	250 g
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrot	1
Celery	1.00 kg	Celery Stick	1
Leeks	1.00 kg	Leek	1 small
Butter/Dripping	750 g	Butter	25 g
Flour	750 g	Flour	1½ tbsp
Stock (vegetable or ham)	30.0 litres	Stock (vegetable or ham)	1.5 litres
Ham (diced)	2.00 kg	Ham (diced)	150 g
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Bay Leaves	10	Bay Leaf	1
Thyme	20 g	Thyme	½ tsp
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Rinse the split peas and pick over.
- 2 Place in a pan, cover with cold water and bring to the boil.
- 3 Simmer gently for 10 minutes, then drain and rinse.
- 4 Melt the butter in a large pan.
- 5 Add the onion, leek, carrot and celery and cook gently until soft.
- 6 Stir in the flour and cook for 1 minute to make a roux.
- 7 Gradually add the stock, stirring until smooth.
- 8 Add the split peas, bay leaf and thyme.
- 9 Bring to the boil, then reduce heat and simmer gently for 1 – 1¼ hours or until the peas are soft.
- 10 Add the diced ham and cook for a further 10 minutes.
- 11 Season with salt and pepper, stir in the parsley and serve hot.



PREPARATION TIME
20 mins



COOKING TIME
1 hr 15 mins



DIFFICULTY
EASY

ACC TIP

"Rinsing the peas after the first boil removes impurities and gives a smoother soup."

CHEF'S NOTES

- Split peas are an excellent source of protein and fibre.
- For a thicker soup, blend or mash some of the peas.
- Can be enriched with extra ham or a little cream.
- A hearty, warming soup – ideal for cold days.



FIELD KITCHEN NOTES

- Ideal for 3-gallon kettles.
- Soak not required – cooks well in bulk.
- Prepare the stock first, then add the peas and vegetables.
- Stir well to prevent sticking.
- Can be prepared the evening before and reheated.



HISTORICAL NOTES

Split Pea Soup has been a staple in the British Army for centuries due to the long keeping qualities of dried peas.

It appears in Army Catering Manuals throughout the 20th century and remains a popular, economical and nutritious soup in military rations.

DATE INTRODUCED: Late 1800s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 009



POTATO SOUP

CATEGORY: SOUPS**ARMY YIELD:**
100 PORTIONS**HOME YIELD:**
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (6 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Potatoes	6.00 kg	Potatoes	900 g
Onions	2.00 kg	Onions	1 large
Leeks	1.00 kg	Leek	1
Celery	800 g	Celery Stick	1
Butter/Dripping	750 g	Butter	50 g
Flour	750 g	Flour	2 tbsps
Stock (vegetable or chicken)	30.0 litres	Stock (vegetable or chicken)	1.25 litres
Milk (evaporated)	2.00 litres	Milk	250 ml
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Bay Leaves	10	Bay Leaf	1
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsps

METHOD (HOME VERSION)

- 1 Peel and chop the potatoes into small pieces.
- 2 Slice the onion, leek and celery.
- 3 Melt the butter in a large pan.
- 4 Add the onion, leek and celery and cook gently until soft.
- 5 Stir in the flour and cook for 1 minute to make a roux.
- 6 Gradually add the stock, stirring all the time.
- 7 Add the potatoes and bay leaf.
- 8 Bring to the boil, then reduce heat and simmer for 25–30 minutes until the potatoes are tender.
- 9 Remove the bay leaf.
- 10 Blend or mash slightly for a creamy soup.
- 11 Stir in the milk, season with salt and pepper, sprinkle with parsley and serve hot.

**PREPARATION TIME**
20 mins**COOKING TIME**
30 mins**DIFFICULTY**
EASY

ACC TIP

"For extra creaminess, mash some of the potatoes against the side of the pan."

CHEF'S NOTES

- Use floury potatoes for the best texture.
- Do not overcook the potatoes or they may break down too much.
- Can be enriched with a little extra milk or cream if available.
- Excellent served with bread or rolls.



FIELD KITCHEN NOTES

- Ideal for preparation in 3-gallon kettles.
- Stir well to prevent sticking and burning.
- Can be made the evening before and reheated.
- A filling, warming soup – ideal for cold weather or heavy work.



HISTORICAL NOTES

Potato Soup has been a staple in the British Army for many years due to the availability and low cost of potatoes.

It appears in Army Catering Manuals throughout the 20th century and remains a popular and comforting soup.

DATE INTRODUCED: Early 1900s**MANUAL REFERENCE:** A.C. Manual 1945, Ch. 5 (Soups)**LAST REVISION:** 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 010



CHICKEN SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
4 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (4 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Chicken (with bones)	12.0 kg	Chicken (with bones)	1.00 kg
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrots	2
Celery	1.50 kg	Celery Stick	2
Leeks	1.00 kg	Leek	1 small
Stock (chicken)	35.0 litres	Stock (chicken)	1.5 litres
Rice or Noodles	1.50 kg	Rice or Noodles	75 g
Butter/Dripping	500 g	Butter	25 g
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Bay Leaves	10	Bay Leaf	1
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Place the chicken in a large pan and cover with cold water.
- 2 Bring to the boil, then skim off any scum.
- 3 Add onion, carrot, celery, leek and bay leaf.
- 4 Reduce heat and simmer gently for 45 minutes.
- 5 Remove the chicken, allow to cool and then remove the meat from the bones. Cut the meat into small pieces.
- 6 Strain the stock and return it to the pan.
- 7 Add the chopped vegetables and cook for 10 minutes.
- 8 Add rice or noodles and cook until tender.
- 9 Return the chicken to the soup.
- 10 Season with salt and pepper.
- 11 Stir in the parsley and serve hot.



PREPARATION TIME
20 mins



COOKING TIME
1 hr



DIFFICULTY
EASY

ACC TIP

"Skimming the stock gives a clear, flavourful broth – don't skip this step."

CHEF'S NOTES

- Use chicken with bones for the best flavour.
- Skim the stock well for a clear soup.
- Rice makes the soup heartier; noodles are quicker.
- Can be enriched with a little extra chicken meat or vegetables.
- Always serve piping hot.



FIELD KITCHEN NOTES

- Ideal for 3-gallon kettles.
- Rice is economical and keeps well.
- Prepare the stock first, then add vegetables and rice.
- Stir occasionally to prevent sticking.
- Can be prepared the evening before and reheated.



HISTORICAL NOTES

Chicken Soup has long been valued in the British Army for its nourishing and restorative qualities.

It appears in Army Catering Manuals throughout the 20th century and is a favourite with troops when unwell or in cold conditions.

DATE INTRODUCED: Early 1900s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 011



MINESTRONE SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (6 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrot	1
Celery	1.50 kg	Celery Stick	1
Leeks	1.00 kg	Leek	1 small
Cabbage (green)	1.00 kg	Cabbage (green)	100 g
Green Beans	1.50 kg	Green Beans	100 g
Potatoes	2.00 kg	Potato	1 large
Tinned Tomatoes	6.00 kg	Tinned Tomatoes	400 g
Red Kidney Beans	2.00 kg	Red Kidney Beans (tinned)	200 g
Pasta (small shapes)	2.00 kg	Pasta (small shapes)	75 g
Stock (vegetable or beef)	30.0 litres	Stock (vegetable or beef)	1.5 litres
Butter/Dripping	500 g	Butter	25 g
Salt	150 g	Salt	to taste
Pepper	25 g	Pepper	to taste
Bay Leaves	10	Bay Leaf	1
Mixed Herbs	40 g	Mixed Herbs	½ tsp
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Peel and chop the onion, carrot, celery, leek and potato.
- 2 Shred the cabbage and trim the green beans.
- 3 Melt the butter in a large pan.
- 4 Add the onion, leek and celery and cook gently until soft.
- 5 Add the carrot, cabbage and potato and cook for 5 minutes.
- 6 Add the tomatoes with their juice and the stock.
- 7 Add the bay leaf and mixed herbs.
- 8 Bring to the boil, then reduce heat and simmer for 20 minutes.
- 9 Add the green beans and kidney beans and cook for 10 minutes.
- 10 Add the pasta and cook until tender.
- 11 Season with salt and pepper.
- 12 Stir in the parsley and serve hot.



PREPARATION TIME

20 mins



COOKING TIME

45 mins



DIFFICULTY

EASY

ACC TIP

"Add the pasta towards the end of cooking to prevent it from becoming soft and mushy."

CHEF'S NOTES

- Minestrone is a hearty Italian style vegetable soup.
- The vegetables can be varied according to availability and season.
- A good source of vitamins, fibre and energy.
- Serve with crusty bread for a complete meal.



FIELD KITCHEN NOTES

- Ideal for large-scale cooking in field kitchens.
- Prepare vegetables in advance to save time.
- Use dried pasta suitable for bulk cooking.
- Stir well to prevent pasta sticking to the bottom.
- Can be prepared the evening before and reheated.



HISTORICAL NOTES

Minestrone Soup became popular in British Army rations during the 20th century, especially in Mediterranean theatres of operation and in winter months.

It appears in Army Catering Manuals throughout the 20th century and remains a nutritious and wholesome soup.

DATE INTRODUCED: Early 1900s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS

RECIPE CARD 012



CLEAR BEEF SOUP

CATEGORY: SOUPS

ARMY YIELD:
100 PORTIONS

HOME YIELD:
6 PORTIONS

INGREDIENTS

ARMY QUANTITIES (100 PORTIONS)		HOME KITCHEN (6 PORTIONS)	
INGREDIENT	QUANTITY	INGREDIENT	QUANTITY
Beef (lean, on the bone)	15.0 kg	Beef (lean, on the bone)	1.00 kg
Onions	2.00 kg	Onion	1 large
Carrots	2.00 kg	Carrot	1
Leeks	1.00 kg	Leek	1 small
Celery	1.50 kg	Celery Stick	1
Turnip	1.00 kg	Turnip	½ medium
Stock (beef)	40.0 litres	Stock (beef)	1.5 litres
Water	20.0 litres	Water	1 litre
Bay Leaves	10	Bay Leaf	1
Thyme	20 g	Thyme	½ tsp
Peppercorns	25 g	Peppercorns	½ tsp
Salt	200 g	Salt	to taste
Parsley (chopped)	200 g	Parsley (chopped)	2 tbsp

METHOD (HOME VERSION)

- 1 Place the beef in a pan, cover with cold water and bring to the boil.
- 2 Skim off any scum that rises to the surface.
- 3 Add the onion (whole), carrot, leek, celery and turnip.
- 4 Add the bay leaf, thyme and peppercorns.
- 5 Simmer gently for 2 hours.
- 6 Strain the stock through a fine sieve or muslin cloth.
- 7 Return the clear stock to a clean pan.
- 8 Season with salt and bring just to the boil.
- 9 Remove from the heat and skim off any fat.
- 10 Serve in hot bowls, sprinkled with chopped parsley.

Note: Do not stir the soup while cooking to keep it clear.



PREPARATION TIME
20 mins



COOKING TIME
2 hrs



DIFFICULTY
EASY

ACC TIP

"Skimming well and simmering gently are the secrets to a clear, flavourful soup."

CHEF'S NOTES

- Clear Beef Soup is light, nutritious and easy to digest.
- Use lean beef and simmer gently for the clearest stock.
- Perfect as a starter or when troops are unwell.
- The vegetables add flavour but are not served.
- Always skim the soup well during cooking.



FIELD KITCHEN NOTES

- Ideal for large-scale preparation.
- Use beef bones and trimmings for economy.
- Do not stir while simmering.
- Strain through muslin in the field for clarity.
- Can be prepared the evening before and reheated.



HISTORICAL NOTES

Clear Beef Soup has been a regular feature in British Army rations for its sustaining and restorative qualities.

It appears in Army Catering Manuals throughout the 20th century and was especially valued in hospitals and convalescent depots.

DATE INTRODUCED: Late 1800s

MANUAL REFERENCE: A.C. Manual 1945, Ch. 5 (Soups)

LAST REVISION: 1980



BRITISH ARMY CATERING CORPS



SOUP SECTION

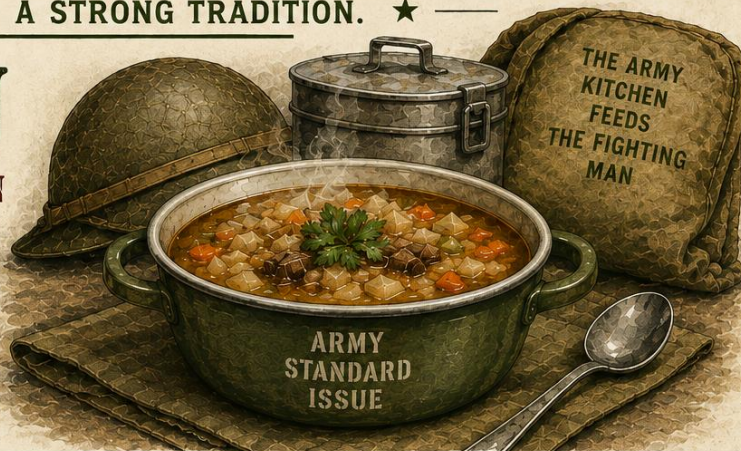
— ★ A SIMPLE BOWL. A STRONG TRADITION. ★ —

THANK YOU

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A STAPLE OF BRITISH ARMY RATIONS—
PROVIDING WARMTH, COMFORT AND
NOURISHMENT IN EVERY BOWL.

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SINCE THE 18TH
CENTURY**

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WARMTH &
COMFORT**

Soups provided vital hydration, calories, and essential nutrients. They were especially important in cold climates and during disease outbreaks.



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AND IN
PEACETIME**

From battlefields to barracks, soups were easy to prepare, transport and serve—making them ideal for field kitchens and peacetime messes alike.



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THAT
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Today, soup remains a firm favourite in Army catering—carrying forward a proud tradition of feeding and looking after those who serve.



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