



Circle of Soup

A Culinary Journey Towards Holistic Health

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THE
LISTENING
SPACE



My Learn To Cook Book



A Big Golden Book

Cheese Potatoes

YOU WILL NEED:

1 egg, butter, cheese, salt, baking sheet, sharp knife, spoon, bowl, clove garlic



<p>1 Turn on the oven and set at 350°</p>	<p>2 Wash and dry the potatoes. Pierce the skins with the fork.</p>	<p>3 Rub the skins all over with butter and put the potatoes on a baking sheet.</p>	<p>4 Put the baking sheet in the bottom half of the oven.</p>
<p>5 Bake for 25 minutes, at the end of this time turn the oven off.</p>	<p>6 Cut them in half lengthwise and arrange on the baking sheet in a row. Be careful not to pierce the potatoes with the fork.</p>	<p>7 Mix with the fork.</p>	<p>8 Grate the cheese finely and remove 1 cup of the grated potato. Add to the grated potato in the bowl, mix well.</p>
<p>9 Spoon the mixture in the potato skins.</p>	<p>10 Mark the tops with the fork.</p>	<p>11 Turn on the broiler. Bake 5-10 minutes, until golden brown.</p>	

Kebabs

YOU WILL NEED:

For each person: 2 brown strips, 2 small onions, 2 small tomatoes, 2 small mushrooms, 1 kidney, 1 sausage, vegetable oil



1 Soak skewer for each person, sharp knife, pastry brush

<p>1 Ask your mother to soak some skewer for you while you are making the kebabs. Soak up the bones nearby.</p>	<p>2 Peel the onion and cut it in 1/2 inch lengths. Peel the mushrooms, wash, leave the tomatoes whole.</p>	<p>3 Cut the sausage into 1 inch lengths. Cut the kidney in two pieces.</p>	<p>4 Carefully thread each skewer first with a onion slice, then a small mushroom, small sausage, piece of sausage, small onion, piece of kidney, and so on, leaving the tomatoes on end. All the ingredients can end all the ingredients can end.</p>
<p>5 Turn on the broiler.</p>	<p>6 Brush the food on the skewer with oil.</p>	<p>7 Arrange the skewers across the broiler, grill for 10 minutes.</p>	<p>8 Cook for 8 minutes. Turn skewers to cook the other side. Turn the kebabs on the skewer.</p>

Baked Alaska

YOU WILL NEED:

1 large egg, 1/2 cup sugar, 1/2 cup flour, 1/2 cup milk, 1/2 cup butter, 1/2 cup vanilla, 1/2 cup cream, 1/2 cup fruit, 1/2 cup nuts

<p>1 Turn on the oven and set at 350°</p>	<p>2 Mix the sugar and egg well.</p>	<p>3 Add the flour and mix well.</p>	<p>4 Add the milk and butter and mix well.</p>
<p>5 Pour the mixture into a 9x9 inch pan.</p>	<p>6 Bake for 25 minutes.</p>	<p>7 Let the cake cool for 10 minutes.</p>	<p>8 Decorate with fruit and nuts.</p>

Apple Snow

YOU WILL NEED:

1 large egg, 1/2 cup sugar, 1/2 cup flour, 1/2 cup milk, 1/2 cup butter, 1/2 cup vanilla, 1/2 cup cream, 1/2 cup fruit, 1/2 cup nuts

<p>1 Wash the apples and cut them in half.</p>	<p>2 Core the apples and cut them in 1/2 inch slices.</p>	<p>3 Mix the sugar and egg well.</p>	<p>4 Add the flour and mix well.</p>
<p>5 Add the milk and butter and mix well.</p>	<p>6 Pour the mixture into a 9x9 inch pan.</p>	<p>7 Bake for 25 minutes.</p>	<p>8 Let the cake cool for 10 minutes.</p>

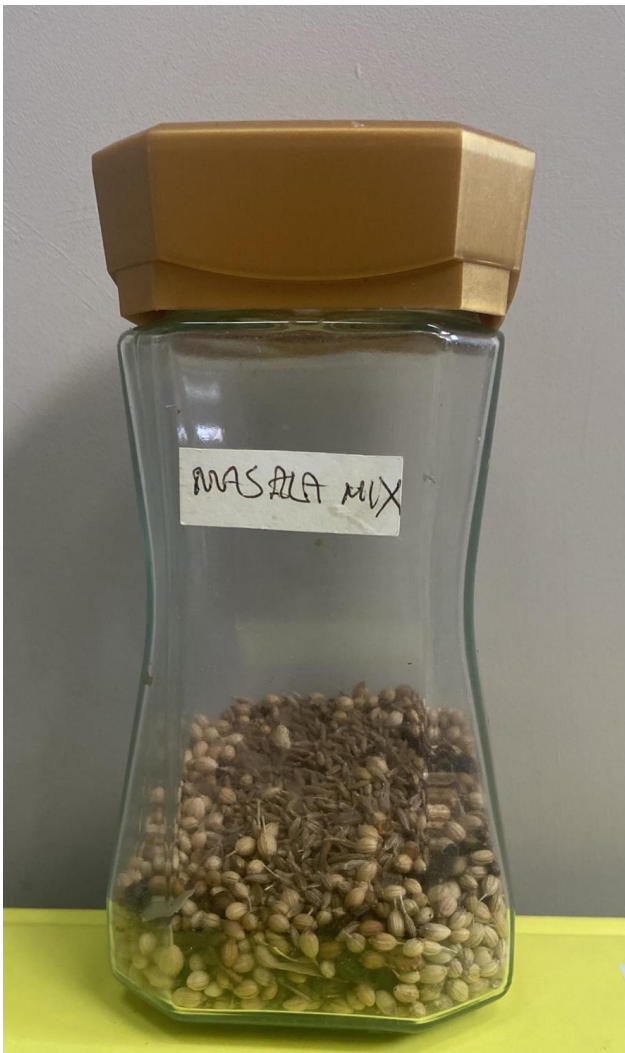
Baked Bananas

YOU WILL NEED:

2 large eggs, 1/2 cup sugar, 1/2 cup flour, 1/2 cup milk, 1/2 cup butter, 1/2 cup vanilla, 1/2 cup cream, 1/2 cup fruit, 1/2 cup nuts

<p>1 Turn on the oven and set at 350°</p>	<p>2 Wash the bananas.</p>	<p>3 Cut them in 1/2 inch slices.</p>	<p>4 Bake the sliced bananas.</p>
<p>5 Mix the sugar and egg well.</p>	<p>6 Add the flour and mix well.</p>	<p>7 Add the milk and butter and mix well.</p>	<p>8 Pour the mixture into a 9x9 inch pan.</p>





MASALA MIX



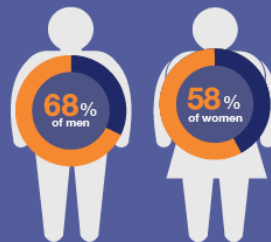
- Reforming rotational training p 308
- Nye and me: theatrical tales p 318
- Diagnosing asthma in children p 326
- The NHS is failing deaf people pp 305; 331
- 2 CPD hours in the education pages



ULTRA-PROCESSED

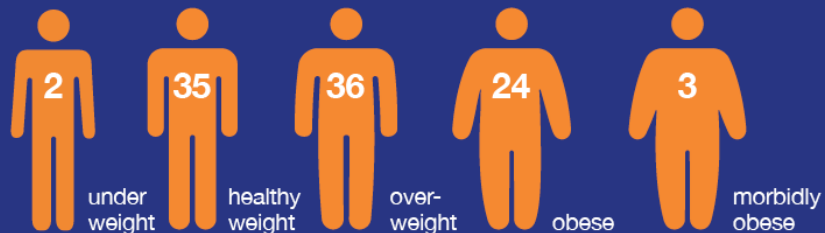
The foods that damage health and shorten life

In 2015
63%
of adults in England
were **overweight**
or **obese**



In England, the prevalence of obesity among adults rose from 14.9% to 26.9% between 1993 and 2015

Of every 100 adults in England there are...



Food and mood: how do diet and nutrition affect mental wellbeing?

Poor nutrition may be a causal factor in the experience of low mood, and improving diet may help to protect not only the physical health but also the mental health of the population, say **Joseph Firth and colleagues**

Depression and anxiety are the most common mental health conditions worldwide, making them a leading cause of disability.¹ Even beyond diagnosed conditions, subclinical symptoms of depression and anxiety affect the wellbeing and functioning of a large proportion of the population.² Therefore, new approaches to managing both clinically diagnosed and subclinical depression and anxiety are needed.

In recent years, the relationships between nutrition and mental health have gained considerable interest. Indeed, epidemiological research has observed that adherence to healthy or Mediterranean dietary patterns—high consumption of fruits, vegetables, nuts, and legumes; moderate consumption of poultry, eggs, and dairy products; and only occasional

experiences. In addition, relationships between nutrition and long-standing illness are compounded by maintaining a healthy diet. This disproportionality affects physical mental illness and include the and environmental determinants and even the appetite inducing psychiatric medications.⁴

While acknowledging the multidirectional nature of the relationship between diet and mental health, this article we focus on the way certain foods and dietary patterns affect mental health.

Mood and carbohydrates

Consumption of highly refined carbohydrates can increase the risk of diabetes.⁵ Glycaemic index is a ranking of carbohydrate in fo

BMJ: first published a

Key findings

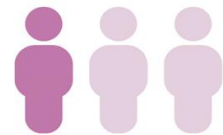
Life expectancy is relatively high but there are inequalities between most and least deprived

79.5

83.8

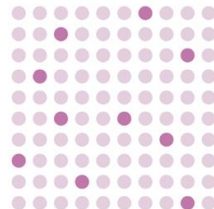
Male

Female



One in three children in Year 6 are overweight or obese

10% of the adult population has been diagnosed with depression



2015/16

2.6%

2021/22

3.8%

The percentage of children with social, emotional and mental health needs is increasing

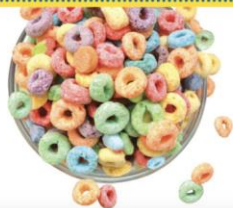


EAT THIS!

How Fast-Food Marketing Gets You to Buy Junk (and how to fight back)

ANDREA CURTIS

Illustration by PEGGY COLLINS



Planetary boundaries



Food system

Health boundaries



'A vital call for us to rediscover the way that food binds
us to each other and to the natural world'

Guardian

Sitopia

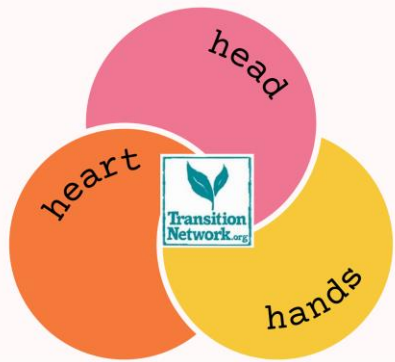
Σιτόπια *n.* foodplace [f. Gk *sitos* food + *topos* place]



How Food
Can Save
the World

Carolyn Steel

VINTAGE







circle of soup





Soup Map of The Mediterranean



Diversity Wheel

Taken from Soil Micro, Lyle Hill by Dr. Megan Rouse



FOR YOUR HEALTH, AND TO SUPPORT THE MICROBIOME, AIM TO EAT 30 DIFFERENT PLANTS A WEEK.

Human Microbiome

THE MICROBIOME WAS DISCOVERED IN THE 1990S

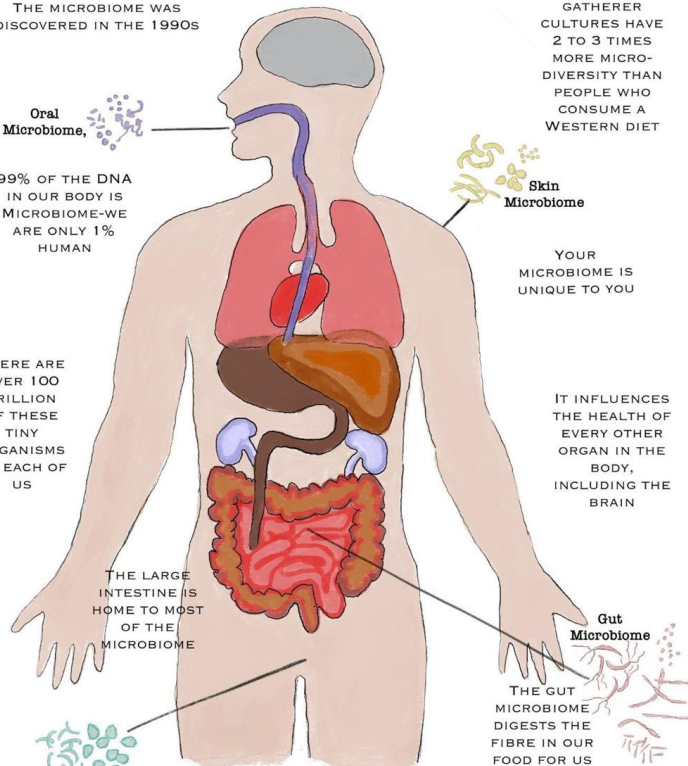
Oral Microbiome.

99% OF THE DNA IN OUR BODY IS MICROBIOME-WE ARE ONLY 1% HUMAN

THERE ARE OVER 100 TRILLION OF THESE TINY ORGANISMS ON EACH OF US

THE LARGE INTESTINE IS HOME TO MOST OF THE MICROBIOME

THE MICROBIOME IS MADE UP OF BACTERIA; VIRUSES; ARCHAEA AND PARASITES.



TRADITIONAL HUNTER-GATHERER CULTURES HAVE 2 TO 3 TIMES MORE MICRO-DIVERSITY THAN PEOPLE WHO CONSUME A WESTERN DIET

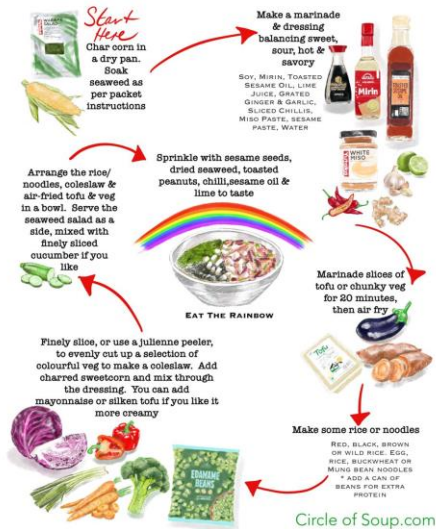
YOUR MICROBIOME IS UNIQUE TO YOU

IT INFLUENCES THE HEALTH OF EVERY OTHER ORGAN IN THE BODY, INCLUDING THE BRAIN

THE GUT MICROBIOME DIGESTS THE FIBRE IN OUR FOOD FOR US

CircleofSoup.com

Salad Map of E & SE Asia





















“I think it was the best event at the community centre I have attended. There was real ❤️ at play. I cried too. Remarkable atmosphere. The need for community is real. It doesn't often get embodied.”







HOW YOUR COMMUNITY PANTRY WORKS

PLEASE CHOOSE 10 DIFFERENT ITEMS

COOKS A MIXED BASKET OF

- FRESH FOOD FROM THE WOODS & FIELDS
- FRUIT & VEG FROM THE WOODS & FIELDS
- LOCAL CUISINARY TIPS FROM THE WOODS & FIELDS

ONLY TAKE ONE OF EACH PER THIS WEEK. PLEASE HELP US TO HELP YOU. £0.20 FOR 1

Struggling with diabetes? Not sure how to tackle it?



Our new Cook for Health course, run by GP and nutritionist Myat, has the answers

Did you know that making changes to your diet can have a massive effect on diabetes?

Our free five-session course will teach you how to eat better, live better, and connect you with other diabetes sufferers for friendship and support.

To find out more and book your place...

5 ways to feel better & live more



1 EAT BETTER- NOURISH

Feed your gut: more plants
Protect your liver: reduce sugar
Support the brain: good fats
EAT REAL FOOD
EAT AT THE RIGHT TIME

BE ACTIVE

Move More
Have Fun
Make it regular
Join a group



3 SLEEP BETTER

Regular routine
Morning light
Reduce screen time pre bed

SOOTHE- CALM

Use your breath
Use your senses
Ground yourself
Connect to nature
Allow the difficult



5 LOVE - CONNECTION

What matters?

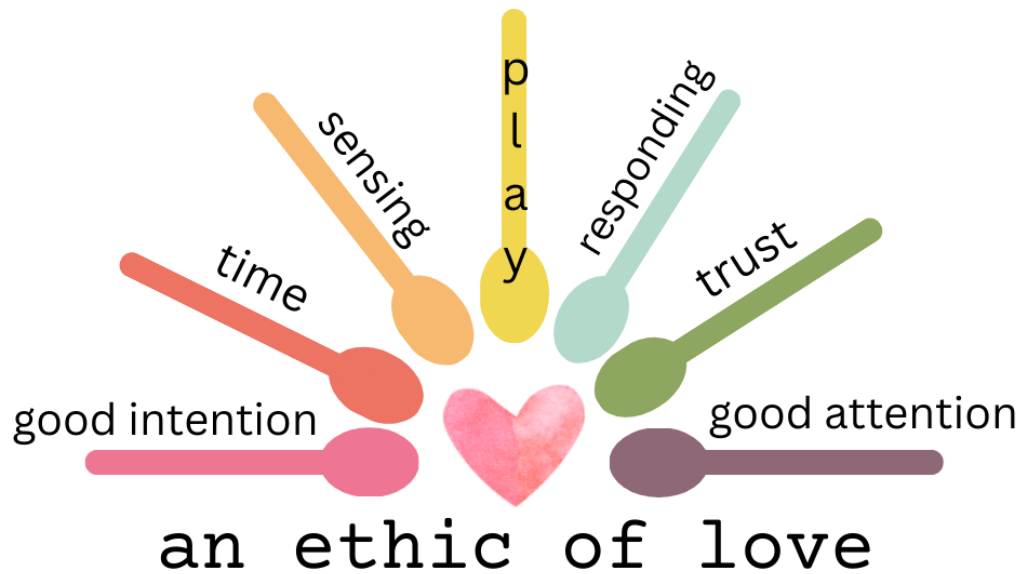


“I have made a lot of friends here. The social aspect of sitting down together to eat is really important. It’s done a lot for my mental health as well. I am more sociable now than before. This course has really made me a better person.”

“To truly love we must learn to mix various ingredients – care, affection, recognition, respect, commitment, and trust, as well as honest and open communication.”

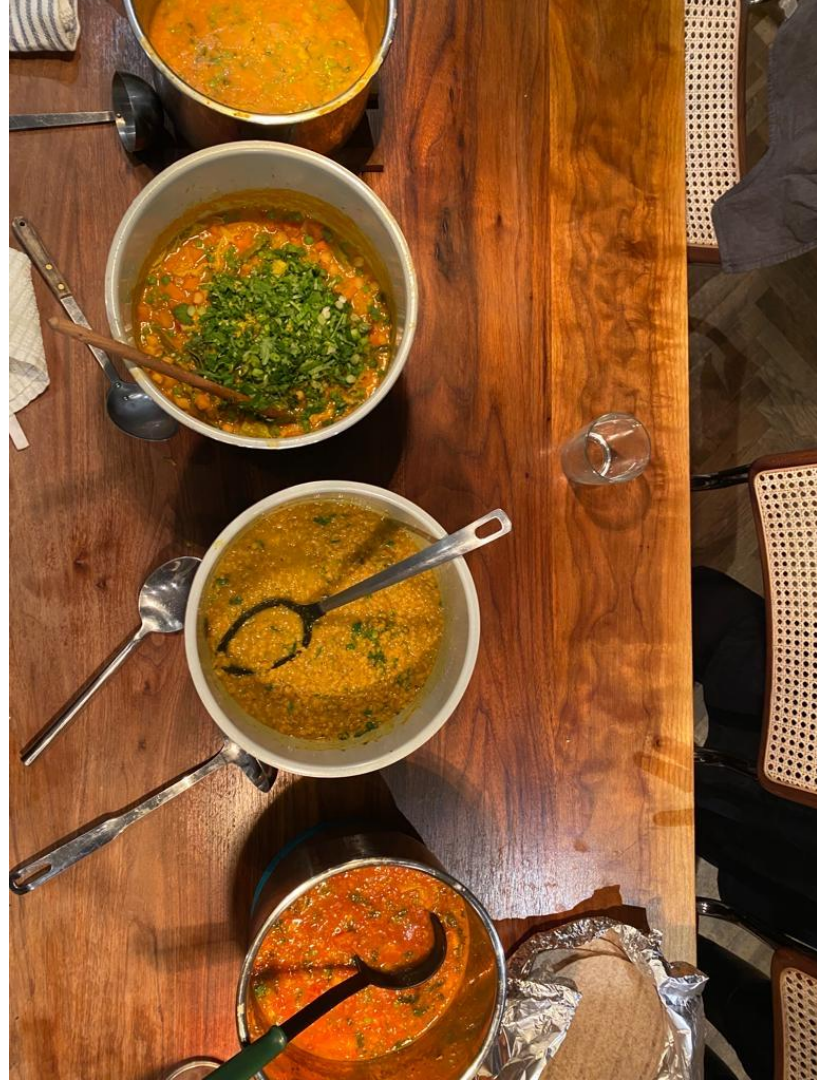
bell hooks (Gloria Jean Watkins) *All About Love*






“I have been feeling much healthier and fitter since coming to this class. My friends have mentioned that I am looking much better these days, and I feel better inside. I have more energy now.”

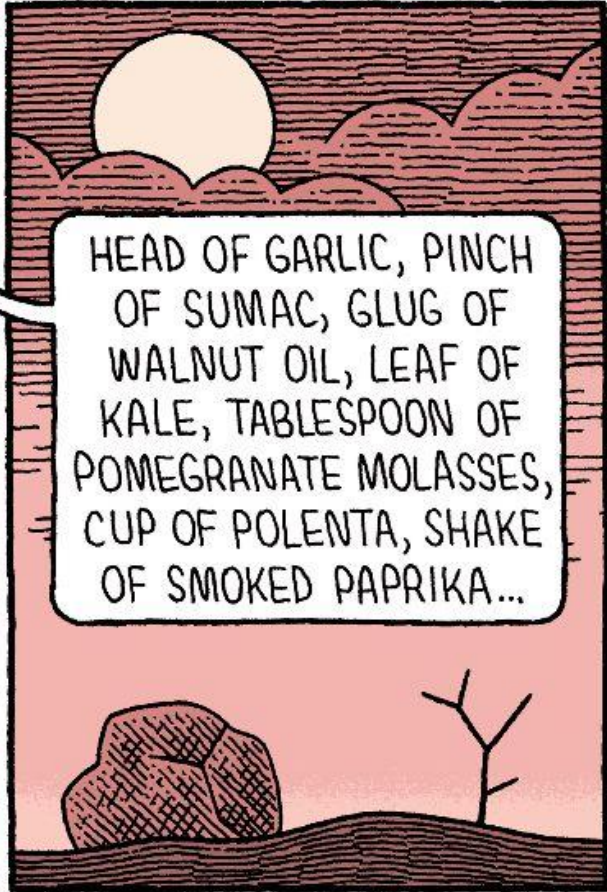
“I look at what I eat now. The course has taught me easy and healthy things to make, and I get all the ingredients from the Pantry!”





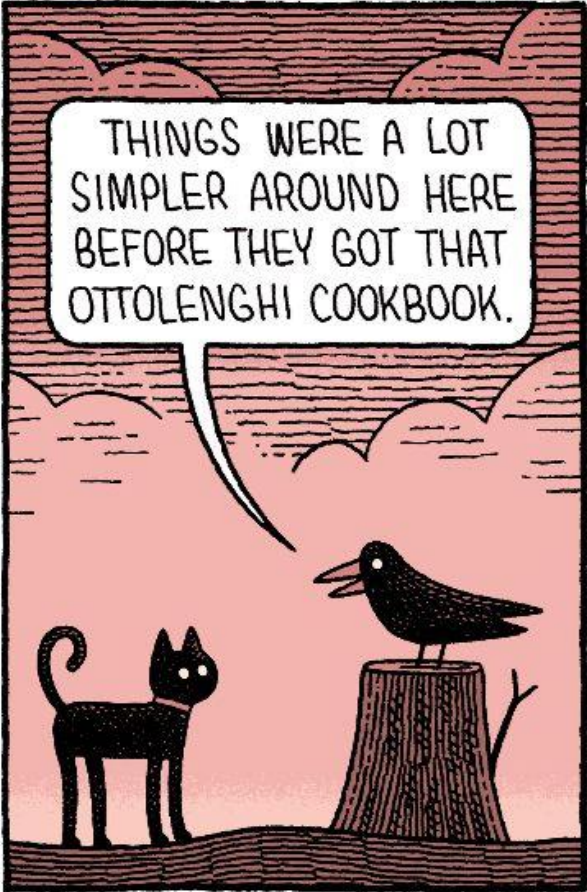
EYE OF NEWT,
TOE OF FROG,
WING OF BAT...

The first panel shows two witches in a landscape with a large cauldron over a fire. One witch is holding a basket and the other is stirring the cauldron. The background features a large sun and stylized clouds.



HEAD OF GARLIC, PINCH
OF SUMAC, GLUG OF
WALNUT OIL, LEAF OF
KALE, TABLESPOON OF
POMEGRANATE MOLASSES,
CUP OF POLENTA, SHAKE
OF SMOKED PAPRIKA...

The second panel shows a landscape with a large sun, clouds, a rock, and a tree. A speech bubble from the first panel points to this text.



THINGS WERE A LOT
SIMPLER AROUND HERE
BEFORE THEY GOT THAT
OTTOLENGHI COOKBOOK.

The third panel shows a landscape with a black cat and a bird on a tree stump. A speech bubble from the second panel points to this text.




WHAT

IF...

Circle of Soup



An aerial photograph of a large agricultural field. The field is divided into numerous rectangular plots, many of which are covered with plastic mulch. In the center of the field is a prominent circular garden with concentric rings of plants. At the bottom of the image, a long row of white umbrellas is set up, likely for a market or festival. The surrounding area includes trees and some structures.

I LIVE MY
LIFE IN
WIDENING
CIRCLES THAT
REACH OUT
ACROSS THE
WORLD.



Circle of Soup

Thank You

