

Combining ingredients: making a soup

Design and technology - Cooking and nutrition: celebrating culture and seasonality

Mrs Mee



In this lesson, you will need:

Ingredients and equipment

Ingredients	Equipment
<div><div>1. 200g vegetables (we will weigh in lesson)</div><div><div>- Onions</div><div>- Carrots</div><div>- Celery</div><div>- Frozen peas</div></div><div>(Or you can select and use alternative vegetables)</div><div>2. 300g potatoes</div><div>3. Vegetable stock cube</div><div>4. 1 tbsp vegetable oil</div><div>5. Creme fraiche (or alternative)</div><div>6. Fresh herbs</div></div>	<div><div>1. Saucepan</div><div>2. Measuring jug</div><div>3. Chopping board</div><div>4. Peeler</div><div>5. Knife</div><div>6. Bowl or bowls to serve</div><div>7. Tablespoon</div><div>8. Soup serving spoon</div><div>9. Plate to serve on</div><div>10. Weighing scales</div><div>11. Cooking hob</div></div>



In this lesson, you will need:

Recipe card - Vegetable soup

Method

1. Heat oil in a pan
2. Add potatoes and vegetables and fry until softened
3. Cover with vegetable stock and simmer for 10 - 15 minutes until vegetables are tender
4. Then season with a choice of fresh herbs
5. Add a dollop of creme fraiche and serve

