

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
<ol style="list-style-type: none">200g vegetables (we will weigh in lesson)<ul style="list-style-type: none">- Onions- Carrots- Celery- Frozen peas(Or you can select and use alternative vegetables)300g potatoesVegetable stock cube1 tbsp vegetable oilCrème fraîche (or alternative)Fresh herbs	<ol style="list-style-type: none">SaucepanMeasuring jugChopping boardPeelerKnifeBowl or bowls to serveTablespoonSoup serving spoonPlate to serve on10. Weighing scales11. Cooking hob



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

