

Beetroot Soup - Borscht

Garnishes and table decorations

Equipment:	Ingredients
Soup spoons Soup bowls Cups and jugs Knife Cutting board and mat Small serving plates	(For station 1) Salt and pepper, 1 set for each table Parsley Lemon

Method:

1. **First, set the tables** with soup bowls, soup spoons, jugs of water and no more than 1 of each colour cup.
2. Put a compost tub, damp cleaning cloth, bench scraper and spatula on each table.
3. Also put salt and pepper on each table.
4. **Cut the lemon into wedges.** The lemon will be served to add to the salt and pepper for seasoning, so prepare 1 for each table. Put your lemon wedges onto small plates and put it onto a table.
5. Chop the **parsley**. Serve into a small dish, with a pair of tongs to serve.
6. **Don't run out of time.** As soon as the other teams are combining their soup it is time for you to clean and put away your knife if you have not already done so, and clean your station with cleaning cloths, bench scrapers and compost tub.

Now for the other maintenance tasks:

7. Head Chef, Gather your team and notice what each of them are best at.
 - a. **Folding** - take the dry washing from the dryer and put it into the folding box. Follow the instructions on the box and sort them neatly into separate piles as you fold:
 - Tea towels
 - Cleaning cloths (top drawer)
 - Sponges and Scourers
 - Small floor towels (third drawer)
 - Large floor towels (bottom drawer)
 - Aprons - 3 different types, 3 different locations:
 - Head Chef aprons fold and put in HC apron tub
 - Maroon aprons fold and put in Team apron tub
 - Adult aprons hang up near the window
 - b. **drying** - following instructions on the dryer (the top machine), put clean washing from the washing machine (bottom machine) into the dryer.
 - c. **Washing** - following instructions on the washing machine (bottom machine), put dirty washing from the laundry basket into the washing machine and start it.

After the folding and laundry is finished, other jobs may include:

- Sort spoons
- Sort cutlery
- Polish cutlery with vinegar and hot water
- Stock check
- Brainstorm what you have learned in Kitchen
- Sorting plastic containers
- Last class of the week can go on an upside-down treasure hunt where they look for problems that need fixing or improvements we could make
- Borrow a device for taking photos

Beetroot Soup With onions and celery

Five recipes will come together to make one magnificent borscht.

Equipment:

Saucepan with lid
Spatulas
Knife
Cutting board and mat
Measuring equipment
Small and large bowls
Serving bowl for soup
Serving ladles



Ingredients

1 batch of vegetables prepared by the previous class:
Onion, celery and beetroot

600mL stock
2 tablespoons olive oil



Ingredients to prepare for the next class:

1 small onion, **finely diced and place into a bowl**
1 stalk celery, **diced celery by first cutting the stems lengthways thinly into long strips, then cutting them across, then put into another mixing bowl**
1 small beetroot - cooked, **coarsely grated**. (Optional - use disposable gloves if you don't want stained hands). **Put the beetroot into a separate bowl**

Method:

Remember to clean up your workstation as you go



1. Place the vegetables from the prepared box into the saucepan with the stock. **Put the lid on.** Bring to a boil, **then reduce heat and let simmer.** Simmer on a small flame with saucepan lid on until you or the other teams have finished preparing their vegetables for the next class (whichever is first). **The longer it simmers the better it will taste.**
2. **While the soup cooks process the ingredients for the next class, ensuring grated beetroot is placed into a separate bowl.**
3. Clean, dry and return your knife.

Head chef: Has every team member has put away their knife? Don't do it for them!

4. Put olive oil into the saucepan on a medium heat. Add the onion and celery. Stir to coat. Cook until the onions are soft but not brown.
5. Add the grated beetroot. Stir for about a minute, then turn off the heat and let it cool.
6. When cool, put it into the container that your prepared ingredients were in.

By now your soup should be ready:

When your soup is finished, bring it to the middle bench to be added to the large saucepan to make one big, magnificent borscht!

Five recipes will come together to make one magnificent borscht.

Equipment:	Ingredients
Saucepan with lid Spatulas Knife Grater Cutting board and mat Measuring equipment Small and large bowls Saucepan, steamer and lid for potatoes Serving bowl for soup Serving ladle	1 batch of vegetables prepared by the previous class: Onion, mushroom, potatoes and beetroot 600mL stock 1 sprig thyme 1 tablespoon tomato paste Ingredients to prepare for the next class: 3 small or 1/2 large mushroom, wiped clean with a damp cloth, and diced or sliced finely 1 small onion, finely diced and place into a bowl 2 medium potatoes, peeled and diced into about 1cm dice. Put into steamer and steam for about 10 minutes 1 small beetroot - cooked, coarsely grated. (Optional - use disposable gloves if you don't want stained hands). Put the beetroot into a mixing bowl Olive oil 1 teaspoon caraway seeds 2 teaspoons sweet paprika



Method:

Remember to clean up your workstation as you go

- Place the vegetables from the prepared box into into the saucepan with the stock. **Put the lid on.** Bring to a boil, **then reduce heat and let simmer.** Simmer on a small flame with saucepan lid on until you or the other teams have finished preparing their vegetables for the next class (whichever is first). **The longer it simmers the better it will taste.**
- While the soup cooks process the ingredients for the next class, ensuring grated beetroot is placed into a seperate bowl.**
- Clean, dry and return your knife.**

Head chef: Has every team member has put away their knife? Don't do it for them!

- Put 2tsp olive oil into the saucepan on a medium heat. Add the onion and mushroom. Cook, stirring occasionally until the onions are soft.
- Push them to the side of the pan.
- To the middle of the pan add another teaspoon oil. Add the paprika, caraway seeds. Cook for about 30 seconds, then add the grated beetroot, and potato. Stir for about a minute, then turn off the heat and let it cool.
- When cool, put it into the container that your prepared ingredients were in.

By now your soup should be ready:

When your soup is finished, bring it to the middle bench to be added to the large saucepan to make one big, magnificent borscht!

Beetroot Soup With carrot and kale

Five recipes will come together to make one magnificent borscht.

Equipment:	Ingredients
Saucepan with lid Spatulas Knife Cutting board and mat Measuring equipment Small and large bowls Serving bowl for soup Serving ladles	1 batch of vegetables prepared by the previous class: Cooked carrot and beetroot, raw shredded kale 600mL stock Ingredients to prepare for the next class: 1 bunch kale, central stems removed, leaves chopped and put into a bowl 1 carrot, coarsely grated and place it into another mixing bowl. 1 small beetroot - cooked, coarsely grated. (Optional - use disposable gloves if you don't want stained hands). Put the beetroot into the mixing bowl with the carrot. 2 tsp Olive oil 1 bay leaf



Method:

Remember to clean up your workstation as you go

1. Place the prepared vegetables into the saucepan with the stock. **Put the lid on.** Bring to a boil, **then reduce heat and let simmer.** Simmer on a small flame with saucepan lid on until you or the other teams have finished preparing their vegetables for the next class (whichever is first). **The longer it simmers the better it will taste.**
2. **While the soup cooks process the ingredients for the next class, ensuring kale is placed into a separate bowl.**
3. **Clean, dry and return your knife.**

Head chef: Has every team member has put away their knife? Don't do it for them!

4. Put olive oil into the saucepan on a medium heat.
5. Put a tiny carrot grating into the oil. When it sizzles, add the grated carrot, bay leaf and beetroot.
6. Stir and cook until carrots are soft.

By now your soup should be ready:

When your soup is finished, bring it to the middle bench to be added to the large saucepan to make one big, magnificent borscht!



Beetroot Soup With carrot and garlic

Five recipes will come together to make one magnificent borscht.

Equipment: Saucepan with lid Spatulas Measuring equipment Garlic press Small and large bowls Serving bowl for soup Serving ladles 	Ingredients 1 batch of vegetables prepared by the previous class: Carrot, beetroot and garlic 600mL stock  Ingredients to prepare for the next class: 1 carrot, coarsely grated and placed into a bowl 1 small beetroot - cooked, coarsely grated. (Optional - use disposable gloves if you don't want stained hands). Put the beetroot into the mixing bowl with the carrot. 4 cloves garlic, peeled, chopped, crushed and put into a separate bowl 1 tablespoon olive oil 
---	---

Method:

Remember to clean up your workstation as you go

- Place the vegetables from the prepared box into into the saucepan with the stock. **Put the lid on.** Bring to a boil, **then reduce heat and let simmer.** Simmer on a small flame with saucepan lid on until you or the other teams have finished preparing their vegetables for the next class (whichever is first). **The longer it simmers the better it will taste.**
- While the soup cooks** process the ingredients for the next class, ensuring **grated beetroot is placed into a separate bowl.**
- Clean, dry and return your knife.

Head chef: Has every team member has put away their knife? Don't do it for them!

- Put olive oil into the saucepan on a medium heat.
- Put a tiny carrot grating into the oil. when it sizzles, add the grated carrot and beetroot. Stir and cook until carrots are soft.
- Push them to the side of the pan.
- To the middle of the pan add another teaspoon oil.
- Add the garlic, and stir fry for about 30 seconds, then turn off the heat and let the veggies cool

By now your soup should be ready:

When your soup is finished, bring it to the middle bench to be added to the large saucepan to make one big, magnificent borscht!

Reflections. T3T7 2026. Borscht: Borscht divided into 4 recipes GF Vegan 2

Set up

ALLOW HEAPS OF TIME FOR INITIAL SET UP

For all classes:

Steam beetroots
12 on first day if there are 2 classes
8 per day x number of days

For first class only:

Peel, dice and steam potatoes x 4
Dice celery x 2 sticks
Dice onions x 2
Grate beetroots

The lesson plan was very successful.

5 simple beetroot soup recipes that come together to make one complex borscht. This format of recipe is wonderful for ensuring that the teams are all on track. Just establish early that every team must focus on the recipe to ensure no-one is left behind. Establish early if there are any teams struggling.

The students love having 5 separate recipes that come together at the end to make one complex recipe.

If the students taste the recipe, even the most beetroot-resistant person will probably go back for seconds.

From the garden we harvested:

Potato
Carrots
Celery
Kale
Mushroom
Parsley,
Thyme
Bay leaves

We could also have harvested dill, lemons