

This quantity is for 4 teams to make soup and 1 team to make an accompaniment.

Equipment:	Ingredients
Colander 2 tea towels Large saucepan Stirrers Measuring equipment Skewers Ladle Blender Coarse strainer Serving bowl	1 tbs vinegar About 700-750g clean Jerusalem artichokes 2 medium potatoes 1 onion, coarsely chopped 2 cloves garlic, peeled and chopped 2 sticks celery, thinly sliced

Method:

Remember to clean up your workstation as you go

1. **Read the whole recipe**, and discuss between you how you will work well as a team. The Head Chef is the boss.
2. Fill the large box with water. Add the vinegar into the water. This is **acidulated water**. It stops food going brown.
3. Peel the potatoes and the Jerusalem artichokes, cut them into 1-2cm dice and put them into the water.
4. Process the other onion, garlic and celery according to the ingredients list above. Put them together into the medium box.
5. Clean, dry and put away your knife. Clean your cutting board and put away your safety mat. Wipe the scraps into your compost tub.

Salt will be served separately at the table.

Jerusalem Artichoke soup

Part 1: cooking

This quantity is for 4 teams to make soup and 1 team to make an accompaniment.

Equipment:	Ingredients
Colander 2 tea towels Large saucepan with lid Stirrers Skewer Ladle Blender Serving bowl Cloth Plate or wide bowl	2 boxes of ingredients prepared by the previous class 1/4 cup oil 750mL (3 cups) stock Chopped herbs to garnish

Method:

Remember to clean up your workstation as you go

1. **Read the whole recipe**, and discuss between you how you will work well as a team. The Head Chef is the boss.
2. **Discuss** how you will do the next step without spilling water everywhere.
3. Put the colander into the sink. Take the box of with water over to the sink. Remove the lid and drain the potatoes and Jerusalem artichokes into the colander. Shake off as much water as you can.
4. Place a tea towel on your work station, and finish drying the vegetables by tipping them onto the towel and rubbing them.
5. Heat the saucepan over a high heat. Add the oil and a **small piece of onion**. When the onion starts to **sizzle**, the oil is ready for you to **add all the onion, garlic and celery**. Using your Chicken Wings, stir thoroughly to mix.
6. Add the **Potatoes** and **Jerusalem artichokes**. Stir for about a minute.
7. Pour in the **stock**. Put the lid on and bring to a simmer.
8. Reduce the heat to low, and simmer with lid on for about 10 minutes or until the vegetables are soft when stabbed with a skewer.

While your soup cooks, ask for the next recipe and prepare the ingredients for the next class.

9. Discuss how you will do the next step without spraying soup everywhere.
10. Using the stick blender, blend the soup until it is smooth enough for your liking.
11. Fill your serving bowl with soup.
12. Garnish with fresh herbs.

Salt will be served separately at the table.