

Fennel soup for Hearty Harvest Soup

Each team will be preparing a stand-alone soup,
all of which will combine at the middle bench.

Equipment:	Ingredients	
Knife Chopping board and mat Saucepan with lid Metal bowls Pair of chicken wings spatulas Small tasting dishes	1 small fennel 1 tablespoon olive oil 200 g tomato passata 250mL stock 3 handfuls of parsley (1 bunch sorrel if available)	

Method:

Remember to clean up your workstation as you go

1. Remove the stalks from the fennel.
2. Give the delicate fronds to Station 1 for garnish.
3. Separate the fennel layers and search for dirt and grot and clean it. **Be really fussy!**
4. Slice and dice the fennel into 1-2cm dices
5. Remove the parsley stems.
6. Using firstly the Bear Claw technique, then Rock and Chop, chop the parsley finely. Put them into the bowl.
7. If you are using sorrel, remove the stems and finely chop the leaves. Put the sorrel with the parsley.
8. Wash, dry, cover and put away your knife (and nobody else's).
9. Gently heat the oil. Add the fennel, cooking and stirring until softened.
10. Add the passata, beans and the stock. Increase the heat until it returns to the boil. Keep stirring.
11. Reduce the heat to a gentle simmer. Put the lid on.
12. When the other teams have about finished making their soups, add the parsley (and sorrel if using) into your saucepan. Stir and cook for a couple of minutes.
13. Taste the soup. Can you identify each of the ingredients on your tongue?

How to hygienically taste test:

You will need a clean spoon to use as a ladle, plus other clean tasting spoons for each person. Using a clean spoon, ladle a small portion of the food to a separate tasting spoon, and then taste from that. Wash the tasting spoon immediately after use.

14. Take your saucepan to the central pot. It will join with the other soups to become Hearty Harvest Soup!
15. While you wait for the others, start cleaning your workstation.