

Soup of fresh seasonal greens for Hearty Harvest Soup

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

Equipment:	Ingredients
Peeler (optional) Knife Chopping board and mat Bowl Saucepan with lid Chicken wings spatulas Teaspoons Small tasting dishes	2 carrots prepared by the previous class 1 tablespoons olive oil 2 bunches fresh seasonal greens. These may include a combination of kale, silver beet, Warrigul greens etc 200 g tomato passata 300mL vegetable stock For the next class: Carrots, scrub and/or peel carrots



Method:

Remember to clean up your workstation as you go

1. Remove and compost the central stems from the kale and the silver beet.
2. Roll the greens and cut them into fine ribbons with the knife (this is called "shredding"). Finely chop any other greens, if using.
3. Put the chopped greens aside in a bowl for later.
4. Pour the passata and stock into the saucepan until it just boils.
5. Add the carrots into the saucepan. Put the lid back on and return to the boil.
6. Lower heat to a gentle simmer.
7. **Prepare the carrots for the next class: Wash and peel carrots.**
 - a. Scrub and or peel them.
 - b. Cut them into long lengths and then dice into about 1cm cubes.
 - c. Put them into the sealed box.

8. When the other teams are almost finished, add the shredded greens to the saucepan (they only want to be cooked for about 5 minutes)
9. Taste the soup using the tiny tasting dishes. 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.

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