

Soup of Onion and Leek 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 and lid Teaspoons Wooden spoon or silicon spatula	1 onion 1 leek 6 cloves garlic 1-2 tablespoons olive oil 200 g tomato passata 300mL stock (salt and pepper will be on the table)



Method:

Remember to clean up your workstation as you go

1. Peel and finely dice the onion.
2. Cut the leek in half lengthwise. Thoroughly wash it. Dirt and slugs might be hiding. Slice the white and the tender green parts into 1cm wide slices. Compost the leaves.
3. Peel and slice the garlic.
4. Heat the olive oil in the large saucepan over medium heat.
5. Add the onion and leek to the saucepan and sauté for about 5 minutes or until onion is soft but not brown.
6. Add the garlic and stir for another 30 seconds until it is covered in oil and slightly cooked.
7. Add the passata and stock. Bring to boil with lid on.
8. Turn the heat down to a simmer, stirring gently.
9. Before your soup is combined with the other three varieties, taste it. Can you taste all the ingredients?

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.