

Root vegetable and Herb 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 Wooden spoon or silicon spatula Frypan with lid Tiny tasting dishes	1-2 tablespoons olive oil 1 box diced vegetables and herbs 300mL hot stock 200 g tomato passata (3 more potatoes for the following class) To prepare for the next class: 3 potatoes, peeled or scrubbed clean and cut into 1-2cm dice Root vegetables as available, scrubbed clean or peeled, also cut into 1-2cm dice 4 sprigs rosemary, washed, stem removed and leaved finely chopped 4 sprigs of oregano, washed, stem removed and leaved finely chopped 4 sprigs thyme, stem removed

Method:

Remember to clean up your workstation as you go

1. Put the oil into the saucepan over a medium heat.
2. Put in the vegetables and herbs from the box. Stir for 2 minutes.
3. Add the stock and passata. Replace the lid. Bring to a rolling boil, then reduce heat to a simmer.
4. Stir occasionally so the vegetables don't stick to the bottom of the saucepan. Put the lid back on between stirs.
5. The vegetables will take around 10 minutes to become softish (somewhere between crunchy and mushy).
6. While it cooks, prepare the vegetables for the next class: See instructions in the ingredients list.
7. Taste the soup using the tiny tasting dishes. Can you taste each of 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.

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