

LI: I can develop good knife skills and I can control the hob when simmering and boiling my soup.

Tomato and Vegetable Soup

Ingredients

$\frac{1}{2}$ carrot
 $\frac{1}{2}$ potato
 $\frac{1}{2}$ onion
500ml vegetable stock
75ml tinned tomatoes
Pinch of mixed herbs

EQUIPMENT

Large measuring jug
Plate
Boiling pan
Brown chopping board
Peeler
Vegetable knife or
chef's knife
Wooden spatula
Pot stand

Method

1. Measure stock into a measuring jug. Pour into pan and put on to a medium heat.
2. Collect potato, carrot and onion.
3. **Potato** - Wash, peel and dice the potato and add to pan.
4. **Onion** - Peel and dice onion and add to pan.
5. **Carrot** - Wash and peel carrot, grate on plate and add to pan.
6. Collect tomatoes and herbs then add to pan.
7. Simmer for 15 minutes.
8. Switch off hob and place on pot stand. Pour soup into container.
(You may have to pour soup into measuring jug first depending on the size of your container).

FOOD PREPARATION SKILLS	COOKERY PROCESSES