

Learning Intentions.... To use the electric hand blander safely
...further develop knife skills

Sweet Potato, Leek and Tomato Soup

Ingredients

$\frac{1}{2}$ leek
1 small sweet potato
100g tinned chopped tomatoes
500ml cold water
vegetable stock cube
Salt and pepper
Few strands fresh chives

Equipment

boiling pan
pot stand
wooden spatula
small bowl
large measuring jug
sieve
scissors
chef knife
chopping board

Method

1. Wipe worktop and collect equipment.
2. Collect water, stock paste, leek and potato. Put water and stock paste onto boil (lid on).
3. Peel and dice sweet potato, add to pan and replace lid.
4. Wash, trim (if necessary) and slice leek thinly. Place in sieve and re-wash. Add to pan.
5. Collect tinned tomatoes, add to pan. Bring to the boil and simmer for 15 minutes.
6. Snip chives with scissors and set aside. Wash up.
7. Place pan onto potstand and allow to cool slightly. Blend carefully using the hand blender as demonstrated by the teacher.
8. Serve soup and garnish with chives. Complete washing up. **keep electricity away from water.*

Soup	Storage Re-heat	Place in a container with a cover. Refrigerate. Microwave or heat on the hob until piping hot.
------	--------------------	---